Adult Education

Qualification and non-qualification part time courses

2015 / 2016

LEARN
at a venue near you

SUCCEED
in an adult learning environment

ENJOY
lots of new and exciting courses

Falmouth, Penryn, Helston, Hayle, Redruth

It’s easy to apply online today!
www.cornwall.gov.uk/adultlearning

One number for all enquiries
0300 1231 117

www.cornwall.gov.uk
I am delighted to introduce our new range of courses from September. We’ve got something for everybody - adults, young people, families, businesses and community organisations.

There are courses here which will help you keep your skills up to date, improve them to gain employment, move on at work, work in new areas or support self-employment. You will be able to move on to further study and gain confidence for whatever you go on to do next.

We also believe in the benefits gained from the buzz of learning something new or doing something you have never done before. We like to trial new courses and this year you could try Access to Higher Education in Science or Absolute Beginners Guide to Tablets.

There are also important new ways to fund Level 3 courses, including our successful Access courses which could take you to university (see page 6).

Adult Education is also keen to let everyone know that we are developing opportunities for apprenticeships – to find out more or get advice for your business please see page 10 or contact us on 0300 1231 117.

We look forward to hearing from you and getting started.

Rob Sweetzer-Sturt
Head of Adult Education
Guide to levels

Entry Level
Learners with no formal qualifications who wish to gain basic knowledge and skills.
Qualifications are offered at Entry 1, Entry 2 and Entry 3 (E1, E2, E3) in a range of subject areas, including languages, IT and numeracy.

Level 1
Learners with little or no knowledge of the subject who want an introduction to routine skills or basic information.
Equivalent to: NVQ 1, ABC level 1, GCSE grades D-G.

Level 2
Learners who want to learn, apply and interpret information about the subject or skill.
Equivalent to: GCSE grades A*-C, NVQ 2.

Level 3
Learners who want to explore a subject in detail, with some independent research and reflection of the subject.
Equivalent to: NVQ 3, Access to Higher Education GCSE A5 / A2 level.

Level 4
Learners who want in-depth knowledge of current issues and how they apply to the wider environment.
Equivalent to: Professional Certs and Awards, Cert of Higher Education, Degree and Foundation Degree.

How can I enrol?
You should enrol for your course at least one week before the start date. There are a number of ways you can enrol:

Online
Enrol at www.cornwall.gov.uk/adultlearning
Please note that free courses can only be booked by calling 0300 1231 117 or calling in to your local centre (see page 2).

By post
Fill in the enrolment form in this brochure ensuring all three sides are completed. Sign and return it to your local centre (see page 2). Please make cheques payable to Cornwall Council.

By phone
Call our enquiry line number on 0300 1231 117. You will need to pay by credit or debit card.

In person
Call in to your local centre (see page 2). You can make payments by credit card, debit card, cheque or cash.

What do I need to pay?
The fees are quoted beside each course. Some courses are eligible for reduced fees or may be free depending on the course you are enrolling on. Please see pages 4 and 5 to check if you may be eligible for a reduced fee.

5% off
on non-qualification courses if you enrol before 31 August 2015

16+
The minimum age for all courses is 16. You must be 16 on or before 31 August 2015

Please bring photo ID to the first session.
This can be a passport, photo driving licence or bus pass. If you are unable to provide any of these, please phone for information.
**Qualification courses**

Am I eligible for free tuition?

<table>
<thead>
<tr>
<th>If you are...</th>
<th>Tuition is free*</th>
<th>Please provide...</th>
</tr>
</thead>
<tbody>
<tr>
<td>In receipt of active/inactive benefits:</td>
<td>Most qualification courses marked with 🏫</td>
<td>Current evidence of your entitlement as soon as possible after enrolment and before your course starts.</td>
</tr>
<tr>
<td>• Job Seekers Allowance</td>
<td></td>
<td>Signed self declaration form</td>
</tr>
<tr>
<td>• Employment Support Allowance (Work Activity Group)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• In receipt of Universal Credit and mandated to attend skills training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Unemployed or on other state benefits (contact 0300 1231 117) to find out which state benefits are eligible</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aged over 16 and under 19 years old at 31 August 2015</td>
<td>Most qualification courses marked with 🏫</td>
<td>Date of birth</td>
</tr>
<tr>
<td>Aged 19-23 on the first day of learning <strong>without a full level 2 qualification</strong> (see page 3)</td>
<td>Most qualification courses at:</td>
<td>Signed self declaration form</td>
</tr>
<tr>
<td>• Entry level</td>
<td>• Level 1</td>
<td></td>
</tr>
<tr>
<td>• Full level 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Learners aged 19 to 23** <strong>without a full level 3 qualification</strong> (see page 3)</td>
<td>Full level 3 qualification courses</td>
<td>Signed self declaration form</td>
</tr>
</tbody>
</table>

*Exam/Registration fees may still apply
** The learner’s age on first day of the course
*For more information on advanced learning loans see page 7 or call 0300 1231 117

---

**Non qualification/leisure courses**

Concessionary rates are available if you are in receipt of the any of the following:

- Job Seekers Allowance (income based payable to those who are unemployed)
- Employment Support Allowance (Work Activity Group)
- Housing/Council Tax Benefit
- Pension Credit (Guaranteed credit only)
- Working Tax Credit (only where the notice shows a household income of less than £15,860)
- Income Support
- Disability Living allowance, PIP (Personal Independent Payment)
- Universal Credit
- 16-18s may apply, phone 0300 1231 117 for more details.
**Key to fees:**

**Std**
This is the standard fee (note: if it is a level 3 or level 4 course and you are aged 24 or over you will pay the “Aged 24+ fee”).

**Con**
This is the concessionary rate, see page 4 for information on whether you are entitled to this rate. (Note: if it is a level 3 or level 4 course and you are aged 24 or over you will pay the “Aged 24+ fee”).

**Aged 24+ fee**
This is the fee for all level 3 or 4 courses where the learner is aged 24 or over.

---

### Revised Level 3 / 4 table:

<table>
<thead>
<tr>
<th>Course Level</th>
<th>Course Title</th>
<th>Age 19 - 23 Std Rate</th>
<th>Age 24+ Loan Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to Higher Education</td>
<td>Access to HE - Art and Design</td>
<td>£1,600</td>
<td>£3,928</td>
</tr>
<tr>
<td>Level 3</td>
<td>Access to HE - Business</td>
<td>£1,600</td>
<td>£3,022</td>
</tr>
<tr>
<td>Level 3</td>
<td>Access to HE - Digital Media</td>
<td>£1,600</td>
<td>£3,928</td>
</tr>
<tr>
<td>Level 3</td>
<td>Access to HE - Health &amp; Social Care</td>
<td>£1,600</td>
<td>£3,384</td>
</tr>
<tr>
<td>Level 3</td>
<td>Access to HE - Science</td>
<td>£1,600</td>
<td>£3,384</td>
</tr>
<tr>
<td>Level 3</td>
<td>Access to HE - Social Science</td>
<td>£1,600</td>
<td>£3,022</td>
</tr>
<tr>
<td>Advanced Subsidiary GCE</td>
<td>AS Level in Art and Design</td>
<td>£662.50</td>
<td>£941</td>
</tr>
<tr>
<td>Level 3</td>
<td>AS Level in Creative Writing</td>
<td>£532.50</td>
<td>£724</td>
</tr>
<tr>
<td>Level 3</td>
<td>AS Level in English Language and Literature</td>
<td>£532.50</td>
<td>£724</td>
</tr>
<tr>
<td>Level 3</td>
<td>AS Level in Mathematics</td>
<td>£532.50</td>
<td>£724</td>
</tr>
<tr>
<td>Level 3</td>
<td>AS Level in Psychology</td>
<td>£532.50</td>
<td>£811</td>
</tr>
<tr>
<td>Level 3</td>
<td>AS Level in Sociology</td>
<td>£532.50</td>
<td>£724</td>
</tr>
<tr>
<td>Level 3</td>
<td>AS Level in Spanish</td>
<td>£532.50</td>
<td>£724</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Bookkeeping</td>
<td>£471</td>
<td>£1,265</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Counselling Studies</td>
<td>£432</td>
<td>£811</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Creative Craft - Art &amp; Design</td>
<td>£487</td>
<td>£941</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Creative Craft - Ceramics</td>
<td>£487</td>
<td>£941</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Creative Craft - Glass</td>
<td>£487</td>
<td>£941</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Creative Craft - Textiles</td>
<td>£487</td>
<td>£941</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Managing a Music Business Enterprise</td>
<td>tbc</td>
<td>tbc</td>
</tr>
<tr>
<td>Level 3</td>
<td>Certificate in Photography</td>
<td>tbc</td>
<td>tbc</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Aromatherapy</td>
<td>£1,045</td>
<td>£2,882</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Business Administration</td>
<td>£1,026</td>
<td>£2,573</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Complementary Therapies (2 year course)</td>
<td>£1,863</td>
<td>£4,670</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Hairdressing</td>
<td>£1,562</td>
<td>£3,345</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Massage</td>
<td>tbc</td>
<td>tbc</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Nail Services</td>
<td>£1,385.50</td>
<td>£2,583</td>
</tr>
<tr>
<td>Level 3</td>
<td>Diploma in Reflexology</td>
<td>tbc</td>
<td>tbc</td>
</tr>
<tr>
<td>Level 4</td>
<td>Diploma in Therapeutic Counselling (2 year course)</td>
<td>£1,842</td>
<td>£4,670</td>
</tr>
</tbody>
</table>
Help with fees and charges

We know that for some people being able to take part in adult education is only possible if they receive assistance towards the costs of tuition, exam fees, travel, books, materials or childcare.

The Skills Funding Agency has allocated some funding to provide financial assistance to these learners. Please ring 0300 1231 117 or email iag@cornwall-acl.ac.uk for information and advice on how to apply for this support.

Paying by instalments

If you would prefer to spread the cost you may wish to take the opportunity to pay by instalments. This option is available if your course fee is £60.00 or over.

Your costs will be divided equally into monthly instalments (the final instalment must be paid before the end of your course). The first instalment is due at the point of enrolment which can be paid by cash, cheque, debit or credit card. The easiest way to pay the remaining instalments is by setting up a standing order when you enrol. If you prefer to pay in person you can make your payments at your local centre.

What about examination fees?

All examination and registration fees are included in the course fees quoted unless otherwise stated.

Course materials

For some courses an initial cost for materials is built into the fee to get you started, but you will need to provide your own books, stationery and any additional materials. Details of the materials you will need and a breakdown of what is already included in the course fee can be found on the course information sheet. Please log on to www.cornwall.gov.uk/adultlearning and click on Coursefinder to find the relevant course information sheet, or ring 0300 1231 117 to request a copy.

Refunds

If a class does not start or closes due to insufficient enrolments a full refund of course fees will be made.

If a learner cancels their place on a course more than 5 working days prior to the course start, they will be given a full refund less £20 administration fee. If a learner cancels their place on a course within 5 working days of the course start, there will be no refund.

Refunds for other reasons are not generally given, except in exceptional circumstances such as bereavement or illness supported by a Doctor’s certificate. If a course has already started the refund will be calculated on a pro rata basis and will be subject to an administration charge of £20.

Courses, changes and cancellations

Courses may be cancelled, or changed, if enrolments are too low or for other reasons. Course details and venues may be changed if necessary.

Equal opportunities

The Cornwall Adult Education Service welcomes learners from all backgrounds and is committed to providing the best possible learning opportunities for all our learners. It is our responsibility to ensure that no-one is treated unfairly due to their race, gender, ethnicity, learning or physical disability, religion, marital status, sexuality or age. We want all learners to achieve their full potential and to enjoy the provision we offer in a supportive environment.

It is important to us that all our learners are placed on the right course and have the support needed to get the most from their learning.

Please let us know if you have a physical disability or learning difficulty when you enrol. We will make every effort to respond flexibly to your individual needs. We may be able to provide learning support, specialist resources and equipment to support you on your course. Any information provided will only be used to support you in your learning.
Have you heard about the 24+ Advanced Learning Loan?

If you are aged 24 or over and want to study A levels, an Access to Higher Education Diploma, or a level 3 or 4 Certificate or Diploma, you will need to pay your college or training organisation for the cost of your course.

A new loan scheme has been introduced by the government to help learners. The 24+ Advanced Learning Loan is easy to apply for, doesn’t take your household income into account and doesn’t involve a credit check.

Here are some of the key facts about the loan:

- Repayments are linked to what you earn and not how much you borrowed.
- You only have to start making repayments when you've finished your course and you're earning over £21,000 a year (which is £404 a week or £1,750 a month). Until then you don't need to pay back anything, but you can make voluntary repayments at any time.
- You pay 9% of the money you earn over £21,000, before tax. For example, if you earn £22,000 a year, your monthly repayment will be £7 a month; and if you earn £35,000 a year, it will be £105 per month.
- Interest is charged on a sliding scale between the Retail Price Index (RPI) and RPI +3%, depending on how much you earn.

For further information, call 0300 1231 117 or visit nationalcareersservice.direct.gov.uk/advancedlearningloans

We have 19 learning centres throughout Cornwall.

- Barncoose
- Redruth
- Bodmin
- Bude
- Callington
- Falmouth
- Hayle
- Helston
- Launceston
- Liskeard
- Looe
- Newquay
- Penryn
- Penzance
- Saltash
- St Austell
- St Dennis
- St Ives
- Torpoint
- Truro

Wondering which qualification might be best for you?

Why not book an interview with the tutor or come along to one of our information events. We can advise and help you decide.

In early September, information events will be held between 10.30am and 12.30pm at our centres:

- **Bude**, Wednesday 2nd, The Gregson Centre
- **Liskeard**, Thursday 3rd, Laity House
- **Falmouth**, Friday 4th, Tregenver
- **Newquay**, Monday 7th, Adult Education Centre
- **Helston**, Tuesday 8th, Adult Education Centre

We have 19 learning centres throughout Cornwall.

- Barncoose
- Redruth
- Bodmin
- Bude
- Callington
- Falmouth
- Hayle
- Helston
- Launceston
- Liskeard
- Looe
- Newquay
- Penryn
- Penzance
- Saltash
- St Austell
- St Dennis
- St Ives
- Torpoint
- Truro
Do you want to change your career and fulfil your dreams?
You could become a teacher, nurse, social worker or one of many other professions

Yes? ...

Then come and study for an Access to Higher Education diploma. This course can get you to university to achieve your dream. And if university is not for you then you can also improve your employment opportunities. Come and join our committed and passionate team and start a new chapter in your life, give yourself more choices, confidence and a highly respected qualification.

- Three days per week, fits into school timetable
- Assistance with childcare and travel may be available
- One or two year evening class options available

Phone 0300 1231 117 now to book an appointment to come and talk to one of our Access to Higher Education specialists about getting back into learning.

If you get a loan to cover tuition fees for an Access to HE course (e.g. a course that will prepare you for university) and then complete a university course, you won’t have to repay the remaining loan for the access course.

From Sept 2015 courses planned for
- Bodmin
- Bude
- Camelford
- Falmouth
- Helston
- Launc斯顿
- Liskeard
- Newquay
Family Learning

Are you a parent or carer for children?
Do you understand the teaching methods used in schools today to help your child with their homework?

Family Learning delivers free courses across Cornwall to help parents and carers get back in touch with the school curriculum, support their children’s learning, meet other parents and generally have a fun time learning and updating their skills.

To find out what free Family Learning courses there are in your area call us on 0300 1231 117 or look at the Cornwall Family Information Service website and type Family Learning into their search box.

We look forward to seeing you!

16-18 Learning

We offer vocational Programmes of Study up to level 2 with our partner agencies across Cornwall. If you know of a young person for whom school or college is not the right choice, ring us to find out what we can offer.

We have a variety of programmes of study on offer in locations throughout Cornwall where young people can study for a vocational qualification, work towards English and maths qualifications and gain real work experience.

We are currently offering programmes of study in agriculture; equine studies; marine engineering; boat building; horticulture; employability skills, and many other areas.
Did you know we offer apprenticeships across the county?

Business and Administration
Bude, Bodmin, Liskeard, Newquay, Falmouth and Helston

Beauty
Bude, Camelford and Falmouth

Hairdressing
Newquay

Customer Service
Bude, Bodmin, Liskeard, Newquay, Falmouth and Helston

An apprenticeship is the first step towards a brighter future for your business.

Apprentices are aged 16 or over and combine working, with studying for a work-based qualification.

Your apprentice will:

- work with experienced staff
- learn job-specific skills
- study for a work-based qualification for one day of their working week, with Adult Education in your local area
- work for a minimum of 30 hours per week

In return an apprentice can make workplaces more productive and profitable, introducing new skills and ideas. Any skills gaps could be addressed, pushing the business towards future growth.

Are you ready for a brighter future?

Call us to find out more on 0300 1231 117.

If the apprentice is aged 16-24 and you are a small business you will probably qualify for a £1,500 apprenticeship grant.

How much will the course cost?

For 16-18s the course is fully funded – free or for 19+ employer contribution of £250

Adult Education has centres across Cornwall which will reduce travel costs, all with experienced tutors. We can provide English and maths sessions to improve skills and confidence.

Apprentices will have the opportunity to learn alongside other apprentices in a local and friendly environment.

We also offer traineeships

My confidence has grown, I now feel very settled and very much part of the team.”

Apprentice in Bodmin
Whether you are a beginner, want a skills top up or are interested in GCSE or AS level, Adult Education can help.

We have English and maths courses at every level, and most of them are FREE! There is a centre near you with daytime or evening sessions.

Improving English and maths skills will help you climb the ladder of success – **enrol today and join us!**

“Learning support is good, particularly in developing learners’ mathematics and English skills”.

**OFSTED** November 2014

Call **0300 1231 117** for more details
We have one number for all enquiries 0300 1231 117

Teaching and professional development

Continuing professional development

A Beginner’s Guide to Creating a Course on Moodle
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
This course is for participants to learn how to upload their own resources and learning materials to create a course page on Moodle (an online learning platform) to support their teaching. Participants will be provided with teacher rights on our Moodle site to practice how to customise a course page and will learn how to upload documents, images and links to websites and to create an online forum and a glossary. This course is suitable for participants who have access to a Moodle site. Although this course is appropriate for ‘Moodle beginners’, participants should possess basic computer skills.

Tregenver, Falmouth
CPD50045 • 27/10/2015 • Fri • 10 am • Sessions 1 x 3 hrs • Kay Edwards

Academic Writing Skills for Beginners
Suitable for All • Std £15.00 • Con £8.10 • Aged 24+ fee n/a
Academic writing is a completely different writing style that requires time and thought - let us help you to take a short cut! You will explore the “Academic Tool Kit” and complete different tasks to practice your academic skills. This is your opportunity to present your work professionally and have fun whilst learning the “tricks of the academic trade”.

Barcoose Link Centre
SS50007 • 30/09/2015 • Wed • 10 am • Sessions 1 x 3 hrs • Sue Benton

Effective Management of Group Dynamics
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
Gain the most from your group with the efficient and effective management of group dynamics. Gain an understanding of the psychology that lies behind group formation, thus providing you with the tools and skills to develop awareness and understanding of the importance of roles, norms and structure, ensuring a positive group environment.

Tregenver, Falmouth
CPD50034 • 18/03/2016 • Fri • 10 am • Sessions 1 x 3 hrs • Sue Benton

Exam Techniques and Practice
Suitable for All • Std £15 • Con £8.10 • Aged 24+ fee n/a
Train for your exams using the Exam Techniques Personal Trainer. Learn how to revise effectively and how to use your memory and personal learning style. You will explore the “Exam Techs Tool Kit” and complete different tasks to practice and enhance your skills.

Barcoose Link Centre
SS50010 • 15/04/2016 • Fri • 10 am • Sessions 1 x 3 hrs • Sam Nicoll

Identifying Equality and Diversity in the Classroom
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
A 3hr workshop which provides an opportunity for participants to engage in enjoyable, stimulating experiences and to enthuse them to be positive about identifying and integrating Equality, Diversity & Inclusion into their professional practice.

Tregenver, Falmouth
CPD50033 • 16/02/2016 • Tue • 10 am • Sessions 1 x 3 hrs • Dawn Lambert

Introduction to working in Health and Social Care
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
This workshop will provide an insight into the NEW Care Certificate. It will introduce you to key responsibilities related to the 15 standards that make up the induction certificate within the care sector. This workshop is suitable for those working in the care sector, including Care Home managers/owners, carers, assessors delivering Health & Social Care & in-house trainers.

Tregenver, Falmouth
CPD50041 • 14/09/2015 • Mon • 10 am • Sessions 1 x 3 hrs • Dawn Lambert

We have one number for all enquiries 0300 1231 117
Teaching and professional development

Making Maths Functional
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
The workshop focuses on maths Functional Skills and is aimed at those new to maths Functional Skills or those who wish to improve their delivery with practical strategies and resources and ideas on how to integrate them. This workshop aims to engage participants in enjoyable, stimulating experiences and to enthuse them to be positive about maths and to support learners, whilst ensuring that learning activities and tasks are stimulating and sufficiently challenging.

Helston Adult Education Centre
CPD50019 • 16/02/2016 • Tue • 10 am • Sessions 1 x 3 hrs • Phil Lambert
Tregenver, Falmouth
CPD50018 • tbc • Sessions 1 x 3 hrs • Phil Lambert

Planning and Writing Assignments
Suitable for All • Std £15 • Con £8.10 • Aged 24+ fee n/a
Writing fantastic assignments is an art form that needs instruction, but once you have the “tricks of the trade” you will never again sit in fear when you are given a new assignment. You will explore the “Planning and Assignment Tool Kit” and complete different tasks to practice your skills.

Tregenver, Falmouth
SS50009 • 17/02/2016 • Wed • 2 pm • Sessions 1 x 3 hrs • Sam Nicoll

Research Skills for Beginners
Suitable for All • Std £15 • Con £8.10 • Aged 24+ fee n/a
The secret to an excellent assignment is using accurate and effective research skills, knowing which source to trust and how to use the information gained from the thousands of sources available. Understanding “how to” research, “where to” research and “how to” use your research materials will hugely develop your study skills and your assignments.

Tregenver, Falmouth
SS50011 • 15/07/2016 • Fri • 10 am • Sessions 1 x 3 hrs • Sam Nicoll

Spelling, Punctuation and Grammar for All
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
This is a one-off workshop for people who want to brush up their skills in spelling, punctuation and grammar in order to improve their written work or refresh their understanding of the English language.

Helston Adult Education Centre
CPD50048 • 24/09/2015 • Thu • 1.30 pm • Sessions 1 x 3 hrs • Helen Bennett

Study Strategies to Improve Grades
Suitable for All • Std £15 • Con £8.10 • Aged 24+ fee n/a
The study strategies taught will help you to gain the very best out of your learning experience and help you to progress onto your chosen course or employment. You will explore the “Planning, Decoding and Presentation Tool Kit” and complete different tasks to practice and enhance your skills.

Tregenver, Falmouth
SS50008 • 17/02/2016 • Wed • 10 am • Sessions 1 x 3 hrs • Sam Nicoll

Supporting Individuals with Challenging Behaviour
Suitable for All • Std £60.00 • Con £60.00 • Aged 24+ fee n/a
This dynamic, integrative workshop is aimed to provide you with the tools to support individuals with challenging behaviour in both your personal and professional lives. Positive behavioural support alongside adaptable communication skills will help you gain the most from your environment.

Barncoose Link Centre
CPD50009 • 25/11/2015 • Wed • 10 am • Sessions 1 x 6 hrs • Sue Benton

Train the Trainer
Suitable for All • Std £210 • Con £210 • Aged 24+ fee n/a
This two day certificated course provides an excellent introduction to preparing and delivering effective training. It will examine the training cycle and the associated roles and responsibilities, explore the significance of classroom management (in terms of the environment and attendees) and the importance of multi-sensory learning as a vital element of meeting learner needs. It is suitable for anyone in a role, who trains other employees in their organisation or candidates looking for a training qualification to further their career prospects and professional development.

Tregenver, Falmouth
CPD50014 • 05/10/2015 • Mon • 9 am • Sessions 2 x 8 hrs • Dawn Lambert
Teaching and professional development

Using a SmartBoard Effectively
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
This course is for participants to learn how to use a SmartBoard effectively and efficiently. A SmartBoard is much more than a traditional whiteboard and participants will learn how to calibrate the Board to enable touch screen capability; how to use the pens to highlight and annotate presentations and how to make notes and save worked pages. For this session, participants will be provided with a laptop installed with the Smart Notebook software to enable them to practice and to create an activity using the Smart Notebook. This course is suitable for participants who have no experience but have access to a SmartBoard.
Tregenver, Falmouth
CPD50046 • 16/02/2016 • Tue • 10 am • Sessions 1 x 3 hrs • Kay Edwards

Using Active Maths as part of your Teaching Toolkit
Suitable for All • Std £30 • Con £30 • Aged 24+ fee n/a
This workshop aims to engage participants in enjoyable, stimulating experiences and to enthuse them to be positive about maths and to support learners, whilst ensuring that learning activities and tasks are stimulating and sufficiently challenging.
Barncoose Link Centre
CPD50015 • 23/02/2016 • Tue • 1:30 pm • Sessions 1 x 3 hrs • Phil Lambert

Writing Applications for Employment and University
Suitable for All • Std £15 • Con £8.10 • Aged 24+ fee n/a
Do you find application forms confusing? Applying for a job or university and not sure how to transfer your personal and professional skills? Then this is the workshop for you. Preparing an application form in an academic and professional manner will help you to achieve your ultimate goal or dream career.
Tregenver, Falmouth
SS50012 • 15/01/2016 • Fri • 10 am • Sessions 1 x 3 hrs • Sam Nicoll

Level 3 Award in Education and Training
Suitable for All • City and Guilds • Std £531 • Con £531 • Aged 24+ fee £531
An Award in Preparing to Teach in the Lifelong Learning Sector provides an introduction to deliver teaching and training to adults. It is aimed at those who do not have prior teaching experience or qualifications, or at professionals already working in the area who want to gain a recognized qualification. The course will provide essential tools to help plan, deliver and assess alongside an exploration of new teaching and learning ideas.
Tregenver, Falmouth
TTS13004 • 05/10/2015 • Mon • 6 pm • Sessions 16 x 3 hrs • Sue Benton
TTS13005 • 22/02/2016 • Mon • 6 pm • Sessions 16 x 3 hrs • Sue Benton

Wondering which qualification might be best for you?

Why not book an interview with the tutor or come along to one of our information events. We can advise and help you decide.

In early September, information events will be held between 10.30am and 12.30pm at our centres as follows:

Bude, Wednesday 2nd, The Gregson Centre
Liskeard, Thursday 3rd, Laity House
Falmouth, Friday 4th, Tregenver
Newquay, Monday 7th, Adult Education Centre
Helston, Tuesday 8th, Adult Education Centre
Courses for beauty and complimentary therapy professionals and anyone interested in these industries.

**Beauty**

**Diploma in Beauty Therapy - General Route**

Level 2 • City and Guilds • Std £1,677 • Con £200 • Aged 24+ fee n/a

This qualification will enable you to gain the necessary theoretical and practical skills to provide beauty services and includes facials, eyelash and eyebrow treatments, waxing, manicure and pedicure services as well as makeup units.

**Tregenver, Falmouth**

F507009 • 21/09/2015 • Multi • 9:30 am • Sessions 99 x 5 hrs • Kirstie Rowland

**Diploma in Nail Services L2**

Level 2 • City and Guilds • Std £1,307 • Con £235 • Aged 24+ fee n/a

The main aim of the qualification is to enable you to gain the necessary practical and theoretical skills in order to provide Nail Services in Manicure, Pedicure, Nail Art and Nail Enhancements (Gel, Acrylic and Wraps).

**Helston Adult Education Centre**

H507001 • 21/09/2015 • Multi • 9:30 am • Sessions 70 x 4.5 hrs • Deborah McCormick

**Tregenver, Falmouth**

F507010 • 14/09/2015 • Multi • 9:30 am • Sessions 70 x 4.5 hrs

**Diploma in Aromatherapy**

Level 3 • City and Guilds • Std £1,183 • Con £78 • Aged 24+ fee see page 5

This qualification will enable you to gain the theoretical and practical skills to blend your own oils and provide aromatherapy treatments in a spa, salon, clinic or for yourself. If you do not already have Level 3 Anatomy and Physiology, this will be part of the course. This is a vocational qualification delivered to the highest quality. It is designed to provide occupational competency for employment and is acceptable for registration on the CNHC register or to provide a sound platform onto further learning or training. You will need to evidence a total of 60 case studies.

**Tregenver, Falmouth**

F501003 • 23/09/2015 • on enquiry • Sessions 51 x 6 hrs • Eileen Stevens

**Diploma in Massage**

Level 3 • City and Guilds • Std £1,066 • Con £100 • Aged 24+ fee see page 5

This qualification will enable you to learn the techniques used in massage therapy, work on a range of clients, learn to distinguish the uniqueness of each individual and feel able to adapt the techniques for their benefit. You will also learn the relevant anatomy and physiology and business skills. This is a vocational qualification delivered to the highest quality. It is designed to provide occupational competency for employment and is acceptable for registration on the CNHC register or to provide a sound platform onto further learning or training. You will need to evidence a total of 50 treatments including 8 case studies and complete two interesting assignments. The course finishes with multiple choice exams and a practical exam.

**Tregenver, Falmouth**

F507007 • 23/09/2015 • on enquiry • Sessions 64 x 5 hrs

**Diploma in Reflexology**

Level 3 • City and Guilds • Std £1,066.28 • Con £100 • Aged 24+ fee see page 5

This qualification will enable you to gain the practical and theoretical skills necessary to provide reflexology treatments for the purposes of relaxation and stress release. If you do not already have Level 3 Anatomy and Physiology, this will be part of the course.

**Tregenver, Falmouth**

tbc • Multi • 9:30 am • Sessions 64 x 5 hrs • Jenny Johnston-Blake
We have one number for all enquiries 0300 1231 117
**Complementary therapies**

**Diploma in Complementary Therapies (2 year course)**

Level 3 • ITEC • Std £1,863 • Con £200 • Aged 24+ fee see page 5

This Diploma combines Massage, Aromatherapy and Reflexology in one qualification. You will learn massage techniques and treatments, how to blend essential oils, aromatherapy techniques and treatments and reflexology techniques and treatments as well as the theory behind them, anatomy and physiology and business skills. It is designed to provide occupational competency for employment and is acceptable for registration on the CNHC register or to provide a sound platform onto further learning or training. You will need to evidence a total of 80 treatments and 116 case studies.

*Barncoose Adult Education*

H501005 • 22/09/2015 • Multi • 9:15 am • Sessions 100 x 5.2 hrs • Eileen Stevens

**Indian Head Massage**

Suitable for All • Std £60 • Con £32.40

Indian Head Massage is an ancient form of manipulation and is believed to assist greatly in encouraging the body’s natural healing process. This enjoyable and interactive course is aimed at both the beginner and the professional therapist and will cover the development of Indian Head Massage and the benefits and effects.

*Barncoose Adult Education*

H501007 • 06/10/2015 • Tue • 7 pm • Sessions 6 x 2 hrs • Jenny Johnston-Blake

**Introduction to Mindfulness Based Stress Reduction**

Suitable for All • Std £32.50 • Con £17.55

This Workshop is a practical insight into how we can create improvements in many areas of our lives. ‘Life’ management or ‘change’ management for optimum health and emotional well-being.

*Tregenver, Falmouth*

F501052 • 17/10/2015 • Sat • 9:30 am • Sessions 1 x 6.5 hrs • Gillian Grant

F501053 • 19/03/2016 • Sat • 9:30 am • Sessions 1 x 6.5 hrs • Gillian Grant

**Reiki 1st Degree**

Suitable for All • Std £80 • Con £43.20

Reiki 1st Degree is predominantly about self-healing and learning more about your inner self. Together on this course we will be looking at the history of Usui Reiki, the Precepts (Principles), breathing techniques, meditation and how to use Reiki in a practical setting. Reiki will show how it can help you to lead a happier and more positive life and accomplish challenges and deal with the physical and emotion – boundaries with Reiki are limitless and you will find you are more relaxed.

*Helston Adult Education Centre*

H501006 • 12/01/2016 • Tue • 7 pm • Sessions 8 x 2 hrs • Jenny Johnston-Blake

**Certificate in Counselling Skills - L2**

Level 2 • CPCAB • Std £429 • Con £0 • Aged 24+ fee n/a

This course aims to provide learners with the counselling skills to help and support others, either in a voluntary or employed capacity. It may help learners decide whether they wish to train further as counsellors and is the first compulsory qualification on the route to becoming a counsellor.

*Barncoose Adult Education*

H501001 • 08/09/2015 • Tue • 9:15 am • Sessions 20 x 4.5 hrs • Andy Nash

*Helston Adult Education Centre*

H501002 • 11/09/2015 • Fri • 9:15 am • Sessions 20 x 4.5 hrs • Andy Nash

*Tregenver, Falmouth*

F501001 • 11/09/2015 • Fri • 9:15 am • Sessions 20 x 4.5 hrs • Sarah Charnley

**Certificate in Counselling Studies - L3**

Level 3 • CPCAB • Std £432 • Con £0 • Aged 24+ fee see page 5

This qualification introduces you to the 3 main theoretical approaches to counselling and shows you what you can expect from working with counselling agencies, building on the knowledge gained in Level 2. You can, as part of this qualification, volunteer to work in an agency in a non-counselling capacity.

*Barncoose Adult Education*

H501003 • 08/09/2015 • Tue • 9:15 am • Sessions 20 x 4.5 hrs • Andy Nash

*Helston Adult Education Centre*

H501004 • 23/02/2016 • Tue • 9:15 am • Sessions 20 x 4.5 hrs • Andy Nash

*Tregenver, Falmouth*

F501002 • 26/02/2016 • Fri • 9:15 am • Sessions 20 x 4.5 hrs • Sarah Charnley

**Diploma in Therapeutic Counselling (2 year course)**

Level 4 • CPCAB • Std £1,842 • Con £0 • Aged 24+ fee see page 5

This is the final qualification needed to become a fully fledged counsellor. You will need to undertake 100 hours of community counselling as part of the course and must have Level 2 Counselling Skills and Level 3 Counselling Studies before applying to join this course. It is an opportunity to learn a wide range of counselling theories and approaches and is competence-based training, which highlights the development of skills practice via experiential learning.

*Tregenver, Falmouth*

F501006 • 24/09/2015 • Thu • 9:15 am • Sessions 70 x 5 hrs • Sarah Charnley
Develop essential skills for business and work

### Accountancy

**Award in Computerised Accounts for Business**

**Level 1 • IAB • Std £289 • Con £0 • Aged 24+ fee n/a**

An introduction to financial record keeping using commercially available computerised accounting software. Level 1 will enable students to gain the necessary skills to carry out a range of basic day to day computerised bookkeeping tasks. You should have a basic understanding of accounting processes. Sage for business is a level 1 course with 3 knowledge tests online plus skills assignments marked by the tutor. Two text books and a Sage Line 50 disc (time limited to 180 days) is included in the fee.

Tregenver, Falmouth

F515005 • 21/09/2015 • Mon • 6 pm • Sessions 11 x 3 hrs • Julie Eddy  
F515003 • 22/09/2015 • Tue • 9:30 am • Sessions 11 x 3 hrs • Carolyn Tuttiett  
F515007 • 26/04/2016 • tbc • Sessions 11 x 3 hrs • Carolyn Tuttiett

**Award in Computerised Payroll for Business**

**Level 1 • IAB • Std tbc • Con tbc • Aged 24+ fee n/a**

This IAB course is will give you an understanding of payroll preparation, employee records, gross pay calculations, payroll processing and processing leavers. You will need keyboard skills.

Tregenver, Falmouth

F515057 • 24/09/2015 • tbc • Sessions 30 x 2 hrs • tbc

**Certificate in Bookkeeping - L2**

**Level 2 • IAB • Std tbc • Con tbc • Aged 24+ fee n/a**

The IAB Bookkeeping qualifications are specifically designed to appeal to those who are aspiring to become, or who are already, professional bookkeepers or accounts administrators. This Level 2 course includes: principles of recording and processing financial transactions, professional values and basic business legislation, principles of VAT, banking procedures, preparing and recording financial documentation, maintaining and reconciling the cash book, maintaining petty cash records, maintaining the journal, processing ledger transactions and extracting a trial balance, maintaining control accounts. An interview will be required.

Barncoose Adult Education

HS15002 • 08/09/2015 • Tue • 9:30 am • Sessions 39 x 3 hrs • Jo Deacon  
Helston Adult Education Centre  
HS15001 • 07/09/2015 • Mon • 6 pm • Sessions 39 x 3 hrs • Jo Deacon

Tregenver, Falmouth

F515008 • 09/09/2015 • Wed • 9:30 am • Sessions 39 x 3 hrs • Jo Deacon

**Certificate in Computerised Payroll for Business**

**Level 2 • IAB • Std tbc • Con tbc • Aged 24+ fee n/a**

Know what payroll information is to be prepared and kept by law, look at data protection legislation in relation to payroll, know the general principles of employment rights legislation and the information required to set up a payroll record for a new employee. Complete a P11 deduction sheet or equivalent, for a new employee, how to deal with income tax forms for a new employee and understand the procedure for aligning employer data with HMRC records. You will be tested throughout the course. You will receive a Certificate from the IAB and another from Sage Software upon successful completion of the course and exams.

Tregenver, Falmouth

F515058 • 10/09/2015 • tbc • Sessions 53 x 2 hrs
Certificate in Bookkeeping - L3
Level 3 • IAB • Std £471 • Con £0 • Aged 24+ fee see page 5
The IAB bookkeeping qualifications are specifically designed to appeal to those who are aspiring to become, or who are already, professional bookkeepers or accounts administrators. This Level 3 qualification is primarily designed for the following candidates: 1. Those who already have some bookkeeping experience and who wish to acquire further skills and knowledge required of bookkeepers, accounts clerks and financial administrators. 2. Those candidates who already hold the IAB Level 1 award. 3. Those who are already employed in bookkeeping or allied roles and who wish to enhance their firm foundation and the knowledge and skills to perform some advanced routine and non-routine tasks. 4. Those who may wish to continue to a higher level of study in accounting and related subjects and qualifications. An interview will be required.

Tregenver, Falmouth
F515010 • 23/09/2015 • Wed • 6 pm • Sessions 36 x 3 hrs • Jo Deacon
F515011 • 24/02/2016 • Wed • 9:30 am • Sessions 36 x 3 hrs • Jo Deacon

Diploma in Accounting to International Standards L4 IAB
Level 4 • IAB • Std £1,000 • Con £1,000 • Aged 24+ fee n/a
This course is designed for those who already hold a level 3 accounting qualification and have a degree of senior bookkeeping experience and wish to acquire further skills and knowledge of the fundamental principles concerned in the preparation and publication of financial statements, ensuring they comply with International Accounting Standards and to the UK Accounting Concepts and Policies.

Tregenver, Falmouth
F515009 • 24/09/2015 • Thu • 9:30 am • Sessions 30 x 3 hrs • Jo Deacon

Business

Business Branding Workshop
Suitable for All • Std £50 • Con £27
This course is perfect for new and existing business owners. What is a brand? How do customers perceive your brand? Is it working? You will explore your business’ current branding with a view to tightening and improving it through various activities.

Tregenver, Falmouth
F515051 • 03/10/2015 • Sat • 10 am • Sessions 2 x 5 hrs • Natalie Fox

Design a Flyer or Poster Workshop
Suitable for All • Std £25 • Con £13.50
This course will teach you how to create a flyer or poster for your business using free, open-source software. Determine what information is really necessary and how to catch your audience’s attention. We will then show you how to turn it into print-ready artwork.

Tregenver, Falmouth
F515052 • 30/01/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Natalie Fox

Images and Social Media Workshop
Suitable for All • Std £25 • Con £13.50
Do you have a Facebook page for your business and wish to boost engagement? Using images can boost your views significantly. This workshop will show you how to find and create your own images for use on your page for free.

Tregenver, Falmouth
F515053 • 12/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Natalie Fox

Logo Design Workshop
Suitable for All • Std £50 • Con £27
Do you want to create your own logo for an existing or new business? We will teach you how to come up with several designs relevant to your company and evaluate them for effectiveness. Then we will show you how to create these designs into useable artwork on the computer using free, open-source software.

Tregenver, Falmouth
F515050 • 28/11/2015 • Sat • 10 am • Sessions 2 x 5 hrs • Natalie Fox

Social Media for Marketing your Business
Suitable for All • Std £125 • Con £67.50
Would you like free advertising for your business? What if you could expand your client base without paying for it? All of this is available to you by utilising Social Network Marketing and this course will help you promote your brand or company by developing a positive online presence.

Barncoose Adult Education
HS515006 • 13/01/2016 • Wed • 6:30 pm • Sessions 10 x 2.5 hrs • Stuart Lansdowme
Helston IT Learning Centre
HS515005 • 23/09/2015 • Wed • 6:30 pm • Sessions 10 x 2.5 hrs • Stuart Lansdowme
Digital Skills Award
45 hrs • Std £135 • Con £0
Bite-sized and flexible, this new qualification is ideal for adult learners of all ages with limited or no digital skills. Includes: getting online, searching the internet, using email and an introduction to computer skills.

European Computer Driving License – Flexible Level 1 Award or Certificate
40 hrs • (Award) Plus 20 home study • Std £120 • Con £0
60 hrs • (Certificate) Plus 20 home study • Std £175 • Con £0
The ECDL level 1 Flexiqual is an innovative means of creating a bespoke qualification around your own specific requirements.
You tell us what you need & we will try and build it for you!

ECDL Level 1 Award for IT users (comprises of 3 units of your choice) or ECDL Level 1 Certificate for IT users (comprises of up to 5 units of your choice)

Delivery options
Flexible Learning – choose days that are convenient to you. Learn using online learning materials and tutor support at your tutorial sessions.

Taught Classes – A tutor will teach the group at the same place at the same time each week.

Most courses consist of some study in centre and some study at home. Ring to find out details.
All learners will be given a free assessment session to ensure the course is the right one for you.

European Computer Driving Licence (ECDL) Essentials FastTrack – Level 1
40 hrs • Std £175 • Con £0
This Level 1 qualification course is ideal for those wishing to improve their computing skills for the benefit of themselves and future employers.

European Computer Driving Licence (ECDL) Extra FastTrack – Level 2
80 hrs plus 40 home study • Std £175 • Con £0
ECDL Extra is a full level 2 certificate, consisting of 4 modules; Word Processing; Spreadsheets; Presentations and Improving Productivity using IT. Evidence of successful completion of an ICT Level One course is required before enrolment.

Non-qualification courses
Some centres offer non-qualification courses in:
• Basic computing
• Business computing
• Buying and selling online
• Courses leading to a qualification
• Explore your interests using a computer
• IPads, Tablets, Mobiles
• Keyboard skills
• Microsoft applications
• Safety and security
• Social media
• The internet
• Windows and file management
Other courses may be available by arrangement.
Your local centres

Bodmin Adult Learning Centre
Chy Trevail, Beacon Technology Park, Bodmin, PL31 2FR
Tel: 0300 1231 117
Email: it.bodmin@cornwall-acl.ac.uk

Bude IT Learning Centre
The Gregson Centre, New Road, Stratton, Bude, EX23 9AP
Tel: 01288 356302
Email: it.bude@cornwall-acl.ac.uk

Camelford IT Learning Centre
Sir James Smith’s School, Dark Lane, Camelford, PL31 9UJ
Tel: 01288 356302
Email: it.bude@cornwall-acl.ac.uk

Falmouth IT Learning Centre
Tregenver, Tregenver Road, Falmouth, TR11 2QW
Tel: 01326 318370
Email: it.falmouth@cornwall-acl.ac.uk

Helston IT Learning Centre
Helston Adult Education Centre, Church Hill, Helston, TR13 8YQ
Tel: 01326 565380
Email: it.helston@cornwall.gov.uk

Launceston IT Learning Centre
2-4 Church Street, Launceston, PL15 8AP
Tel: 01566 779603
Email: it.launceston@cornwall-acl.ac.uk

Liskeard IT Learning Centre
Laity House, Higher Lux Street, Liskeard, PL14 3DJ
Tel: 01579 340821
Email: it.liskeard@cornwall-acl.ac.uk

Newquay IT Learning Centre
Tolcarne Road, Newquay, TR7 2NQ
Tel: 01637 874688
Email: it.newquay@cornwall-acl.ac.uk

Torpoint IT Learning Centre
Laity House, Higher Lux Street, Liskeard, PL14 3DJ
Tel: 01579 340821
Email: it.liskeard@cornwall-acl.ac.uk

Wadebridge
Wadebridge School, Gonvena Hill, Wadebridge, Cornwall PL27 6BU
Tel: 01288 356629
Email: aebude@cornwall.gov.uk

Call your local centre to register your interest or to find out when the next course starts.

Single Unit Certificates from BCS

Are you just looking to learn how to use Microsoft Word, or Excel, perhaps PowerPoint or even Access, without having to undertake a full qualification? Call centre for details.

Single unit
20 hrs • Std £88 • Con £48

Level 3 Units

Level 3 ECDL Advanced Units
15 hrs per unit plus home study • Std £75 • Con £40.50

*Some courses are eligible for reductions and concessions
See page 4 or call 0300 1231 117 for details
Improve your skills with the latest IT qualifications

Computing

IT for users

Computers - Next Steps
Beginners • Std £62.50 • Con £33.75
This course follows on from Computers for Beginners but would also suit those who may want to build up their skills and learn more. On this fun and informal course we will take a more in-depth look at emailing, searching the Internet and word processing.

Helston IT Learning Centre
HS06009 • 03/11/2015 • Tue • 10 am • Sessions 5 x 2.5 hrs • Jacqui Bennett

Computers for beginners
Beginners • Std £62.50 • Con £33.75
Computers are now everywhere so why not come along and join a short course to get an insight into the new digital era. The course starts with the basics progressing to word processing, the Internet and how to send emails. You do not need any experience or a computer at home to enrol.

Helston IT Learning Centre
HS06008 • 22/09/2015 • Tue • 10 am • Sessions 5 x 2.5 hrs • Jacqui Bennett
HS06011 • 26/04/2016 • Tue • 10 am • Sessions 5 x 2.5 hrs • Jacqui Bennett

Getting to Grips with Tablets
Beginners • Std £62.50 • Con £33.75
Are you thinking of buying a tablet or have you received a new tablet as a present? Do you need to ‘get to grips with it’? Or maybe you will be giving someone a tablet for Christmas and would like to make the gift extra special by including a course on how it can be used? You will learn how to connect to a wi-fi signal, use the touch screen, set up e-mail, search the Internet, download and use Apps and the camera.

Helston IT Learning Centre
HS06010 • 12/01/2016 • Tue • 10 am • Sessions 5 x 2.5 hrs • Jacqui Bennett

How to buy and sell on Ebay
Suitable for All • Std £30 • Con £16.20
Come along to this fun course and learn how to buy and sell successfully on this famous online auction site. A practical way to gain the confidence to start bidding and selling on Ebay.

Falmouth IT Learning Centre
FS06050 • 07/11/2015 • Sat • 10 am • Sessions 2 x 3 hrs • Jane Pascoe-Buchanan
FS06051 • 23/04/2016 • Sat • 10 am • Sessions 2 x 3 hrs • Jane Pascoe-Buchanan

Creating and Designing Websites - Part 1
Suitable for All • Std £125 • Con £67.50
This practical course is aimed at anyone wanting to learn how to build websites. Following practical exercises and demonstrations, learners will be able to build their own website adding text, images, maps, video, email and social network links.

Helston IT Learning Centre
HS06005 • 24/09/2015 • Thu • 6:30 pm • Sessions 10 x 2.5 hrs • Stuart Lansdowne

Creating and Designing Websites - Part 2
Suitable for All • Std £125 • Con £67.50
Following on from Part 1, this practical course is aimed at anyone wanting to expand their knowledge with building websites. Following practical exercises and demonstrations, learners will be able to build their own website adding text, images, maps, video, email and social network links.

Helston IT Learning Centre
HS06006 • 14/01/2016 • Thu • 6:30 pm • Sessions 10 x 2.5 hrs • Stuart Lansdowne

Introduction to Home Networking
Suitable for All • Std £15 • Con £8.10
With everyone reliant on the Internet, this course will help you understand the best way to setup and manage your home network. You will look at a variety of home network hardware and how to install and configure it along with troubleshooting common problems. You’ll also look at making the network safe and secure for your family and other users. This course is suitable for all but you should be confident using a computer.

Falmouth IT Learning Centre
FS06053 • 15/09/2015 • Tue • 9:30 am • Sessions 3 x 1 hrs • Andrew Senior
Introduction to Home Networking - continued
Suitable for All • Std £15 • Con £8.10
This course builds on the skills and knowledge gained from the "Introduction to Home Networking" course. With your home network successfully setup and secured we’ll look at how to manage individual devices on the network including access to the internet and online services using a variety of technologies. You will look at troubleshooting mode advanced network problems along with creating a media server. This course is ideally suited to those that have completed the “Introduction to Home Networking” course.
Falmouth IT Learning Centre
F506054 • 06/10/2015 • Tue • 9:30 am • Sessions 3 x 1 hrs • Andrew Senior

Photoshop
Suitable for All • Std £25 • Con £13.50
Learn the basics of Photoshop. We will look at how to enhance, repair and add to your photographs.
Falmouth IT Learning Centre
F506055 • 26/09/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Social Networks - Facebook, Twitter, Pinterest and Youtube
Suitable for All • Std £25 • Con £13.50
A workshop to explore social media for complete beginners. Ideal for those who want to know what the world is up to - a chance to ask questions and explore. An ideal course to introduce yourself to social networking.
Falmouth IT Learning Centre
F506052 • 27/02/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

YouTube for Effective Business Promotion
Suitable for All • Std £125 • Con £67.50
Did you know that over 6 billion hours of video are watched each month on YouTube? Many of these videos are produced by companies promoting their services. This course which covers the basics of documentary film making, from writing a script and planning shots to setting up a YouTube channel and uploading films will help you to create effective promotional videos for online marketing of your business.
Helston IT Learning Centre
H506007 • 28/04/2016 • Thu • 6:30 pm • Sessions 10 x 2.5 hrs • Stuart Lansdowne

"The programmes on offer are carefully aligned with the needs of employers across Cornwall, of priority groups, and of those in isolated areas or living in difficult circumstances"
Ofsted 2014
An Introduction to Beaded Jewellery
Beginners • Std £65 • Con £42
Join this exciting course to learn how to make your own beaded necklaces, bracelets, earrings and rings for yourself or to give as gifts! You will learn the basics of bead stringing using colour, symmetry, placement of beads and how to connect clasps.
Helston Adult Education Centre
HS09008 • 23/09/2015 • Wed • 7 pm • Sessions 5 x 2 hrs • Amanda Crago

Watercolour for Beginners
Beginners • Std £100 • Con £54.00
This course is for anyone who would like to paint in watercolour. We will look at how to mix the colours and how to apply the paint, looking at a variety of subjects. Lessons are led by demonstrations and friendly tuition.
Helston Rugby Club
HS09025 • 23/09/2015 • Wed • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
HS09026 • 13/01/2016 • Wed • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
HS09027 • 27/04/2016 • Wed • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow

Acrylic Ink with Watercolour
Suitable for All • Std £25 • Con £13.50
This course is for anyone who wants to work in acrylic ink and overlay it with watercolour. This is a creative course where we will look at colours and techniques to translate 2 subjects. Learning will be led by demonstrations.
Helston Adult Education Centre
HS09004 • 14/11/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Acrylic Ink with Watercolour Workshop
Suitable for All • Std £25 • Con £13.50
For anyone who wants to work in acrylic ink and overlay it with watercolour, this is a creative workshop where we will look at colours and techniques to translate two subjects.
Tregenver, Falmouth
FS090121 • 05/12/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Acrylic Painting
Suitable for All • Std £100 • Con £54
For those with some experience and for those that want to learn more, we will look at the many ways to use acrylic paint, covering a variety of subjects.
Tregenver, Falmouth
FS090051 • 24/09/2015 • Thu • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow
FS090052 • 14/01/2016 • Thu • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow
FS090053 • 21/04/2016 • Thu • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow

Acrylic Painting 1
Suitable for All • Std £25 • Con £13.50
This is an acrylic painting course for anyone who wants to learn to paint in acrylic. We will look at acrylic paint techniques and how to mix colours in order to create one or two paintings throughout the workshop.
Helston Adult Education Centre
HS09005 • 03/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Acrylic Painting 2
Suitable for All • Std £25 • Con £13.50
This is an acrylic painting course for anyone who wants to learn to paint in acrylic. We will look at acrylic paint techniques and how to mix colours, creating one or two paintings throughout the workshop.
Helston Adult Education Centre
HS09021 • 02/07/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Acrylic Painting for Beginners
Suitable for All • Std £100 • Con £54
This is a beginners’ acrylic painting course with step by step lessons led by demonstrations. We will look at ways to use acrylic paint and cover a variety of subjects.
Tregenver, Falmouth
FS090054 • 24/09/2015 • Thu • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
FS090055 • 14/01/2016 • Thu • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
FS090056 • 21/04/2016 • Thu • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
Acrylic Painting in Relief Workshop
Suitable for All • Std £25 • Con £13.50
We will explore the many ways to use acrylic paint, including looking at colour mixing and a variety of painting techniques and we will create surfaces in relief to paint on.
Tregenver, Falmouth
FS09058 • 28/11/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Acrylic Painting with Relief
Suitable for All • Std £25 • Con £13.50
This is an acrylic painting in relief course suitable for anyone. We will look at the many ways to use acrylic paint, including looking at colour mixing and a variety of painting techniques and we will create surfaces in relief to paint on.
Helston Adult Education Centre
HS09007 • 23/04/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Creative Drawing and Painting for Everyone
Suitable for All • Std £135 • Con £77.50
A course for all, including beginners. We will explore a range of materials and working methods so that you can learn and develop techniques, observational skills and creativity. We will begin with still life painting with the option of progressing onto your own subjects.
Helston Adult Education Centre
HS09014 • 01/10/2015 • Thu • 9:30 am • Sessions 10 x 2.5 hrs • Tamsin Woodford
HS09015 • 14/01/2016 • Thu • 9:30 am • Sessions 10 x 2.5 hrs • Tamsin Woodford
HS09016 • 21/04/2016 • Thu • 9:30 am • Sessions 10 x 2.5 hrs • Tamsin Woodford
Tregenver, Falmouth
FS09075 • 01/10/2015 • Thu • 2 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford
FS09076 • 14/01/2016 • Thu • 2 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford
FS09077 • 21/04/2016 • Thu • 2 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford

Drawing in Soft Pastels
Suitable for All • Std £100 • Con £54
Pastels are a creative media, during the course we will look at a variety of subjects and how to translate them with pastel colours and techniques.
Tregenver, Falmouth
FS09078 • 21/09/2015 • Mon • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow
FS09079 • 11/01/2016 • Mon • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow
FS09080 • 18/04/2016 • Mon • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow

Drawing, words and expression
Suitable for All • Std £105 • Con £59
This course is perfect for those who are new to drawing and expressing themselves through other creative processes such as writing and annotation and who want to have a go in a supportive environment. Drawing and expression is both enjoyable and relaxing and this course will give you the confidence to get started. You will have an introduction to different drawing methods and exercises, other creative processes and be introduced to artists that work in similar ways.
Tregenver, Falmouth
FS09171 • 08/01/2016 • Fri • 10 am • Sessions 10 x 2 hrs • Hannah Neilsen

Flowers in Watercolour
Suitable for All • Std £25 • Con £13.50
This is a watercolour course for anyone who wants to paint flowers in watercolour. We will look at colours and techniques to translate flowers.
Helston Adult Education Centre
HS09013 • 11/06/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Flowers in Watercolour Workshop
Suitable for All • Std £25 • Con £13.50
This is a course for anyone who wants to paint flowers in watercolour. We will look at colours and techniques to translate flowers and learning will be lead with demonstrations.
Tregenver, Falmouth
FS09100 • 25/06/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

History of Art
Suitable for All • Std £105 • Con £59
Whether you love Old Masters or contemporary art, Cornwall has an art gallery to suit you. This course will introduce you to art venues in our local area, from major collections such as The Tate St Ives, to smaller, more intimate spaces such as The Lemon Street Gallery. You will learn about the people and places that have shaped art in Cornwall and the different ways in which art has been displayed and presented to the public. You will study a different work of art each week considering its history, the history of the artist, the historical background and the impact of the work both now and at the time it was created.
Tregenver, Falmouth
FS09170 • 25/09/2015 • Fri • 1 pm • Sessions 10 x 2 hrs • Hannah Neilsen
Creative arts and crafts

Life Drawing
Suitable for All • Std £161 • Con £103.50
An inclusive life drawing class appropriate for both beginners and the experienced. You will be encouraged to develop a sense of composition, tone and proportion.

Tregenver, Falmouth
FS09086 • 28/09/2015 • Mon • 6:30 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford
FS09087 • 11/01/2016 • Mon • 6:30 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford
FS09088 • 18/04/2016 • Mon • 6:30 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford

Oil Painting
Suitable for All • Std £130 • Con £72.50
A course for all in which the basics will be thoroughly covered. We will explore techniques, surfaces, mixing and using colour. We will look at the work of other artists and explore different approaches.

Tregenver, Falmouth
FS09091 • 29/09/2015 • Tue • 2 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford
FS09092 • 12/01/2016 • Tue • 2 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford
FS09093 • 19/04/2016 • Tue • 2 pm • Sessions 10 x 2.5 hrs • Tamsin Woodford

Outdoor Drawing and Painting
Suitable for All • Std £130 • Con £72.50
Explore different aspects of drawing or painting each week, working outdoors in various nearby locations. Bring your chosen materials and come prepared for the weather.

Tregenver, Falmouth
FS09094 • 19/04/2016 • Tue • 9:30 am • Sessions 10 x 2.5 hrs • Tamsin Woodford

Painting the Figure
Suitable for All • Std £70 • Con £47
A workshop for both the beginner and the seasoned practitioner to enjoy exploring new ways of looking and seeing, in tandem with the more orthodox technical aspects of figure work in a friendly, supportive and professional learning environment. Develop and refine your skills to create two sustained figure paintings.

Helston Adult Education Centre
H509036 • 06/02/2016 • Sat/Sun • 10 am • Sessions 2 x 5 hrs • Tracey Wills

Pen Sketches with Watercolour
Suitable for All • Std £25 • Con £13.50
During this course we will look at making several sketches in waterproof pen and then using watercolour to add colour. We will look at many techniques to make the sketches.

Helston Adult Education Centre
H509017 • 19/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Pen Sketches with Watercolour Workshop
New
Suitable for All • Std £25 • Con £13.50
This is a course for anyone who wants to be creative with pen drawing and watercolour. We will look at the techniques needed to translate 2 subjects. Learning will be led with demonstrations.

Tregenver, Falmouth
FS09098 • 12/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Portrait Drawing
Suitable for All • Std £70 • Con £47
A workshop for both the beginner and the seasoned practitioner to enjoy exploring new ways of looking and seeing, in tandem with the more orthodox technical aspects of figure work in a friendly, supportive and professional learning environment. Develop and refine your skills to create two sustained portraits.

Helston Adult Education Centre
H509035 • 19/09/2015 • Sat/Sun • 10 am • Sessions 2 x 5 hrs • Tracey Wills

Rocks and Sea
New
Suitable for All • Std £25 • Con £13.50
This a course for anyone who wants to paint rocks and sea in watercolour. We will look at the colours and techniques to translate a coastal scene with rocks and sea.

Helston Adult Education Centre
H509006 • 23/01/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Apply online at www.cornwall.gov.uk/adultlearning
Qualification course

Rocks and Sea in Watercolour Workshop
Suitable for All • Std £25 • Con £13.50
We will look at the vibrant colours and techniques to translate a rocks and sea scene using watercolour.

Tregenver, Falmouth
F509064 • 06/02/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Judi Trevorrow

Watercolour for the Beginner
Suitable for All • Std £100 • Con £54
This course is for anyone who would like to paint in watercolour. We will look at how to mix the colours and how to apply the paint, looking at a variety of subjects. Lessons are lead by demonstrations and friendly tuition.

Tregenver, Falmouth
F509108 • 21/09/2015 • Mon • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
F509109 • 11/01/2016 • Mon • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow
F509110 • 18/04/2016 • Mon • 1 pm • Sessions 10 x 2 hrs • Judi Trevorrow

Watercolour for the Intermediate Painter
Suitable for All • Std £100 • Con £54
This is a watercolour course for those with some experience and for those that want to learn more. We will look at the many ways to use watercolour, covering a variety of subjects. Learning will be led with demonstrations.

Tregenver, Falmouth
F509111 • 21/09/2015 • Mon • 3:30 pm • Sessions 10 x 2 hrs • Judi Trevorrow
F509112 • 11/01/2016 • Mon • 3:30 pm • Sessions 10 x 2 hrs • Judi Trevorrow
F509113 • 18/04/2016 • Mon • 3:30 pm • Sessions 10 x 2 hrs • Judi Trevorrow

Watercolour for Experienced Painters
Advanced • Std £100 • Con £54
This course is for anyone with experience of watercolour painting. We will look at how to develop your existing knowledge of watercolour further.

Helston Rugby Club
HS09022 • 23/09/2015 • Wed • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow
HS09023 • 13/01/2016 • Wed • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow
HS09024 • 27/04/2016 • Wed • 9:30 am • Sessions 10 x 2 hrs • Judi Trevorrow

Ad Ed L1 - Drawing and Painting - Materials and Techniques
Level 1 • Std £245 • Con £141.50
This is a course that will introduce you to a broad base of drawing and painting techniques. You will explore how to build a creative image by looking at the work of other artists. In the later stages of the course the focus will be towards planning and producing a final composition.

Tregenver, Falmouth
F509008 • 29/09/2015 • Tue • 9:30 am • Sessions 15 x 3 hrs • Tamsin Woodford

“Good teaching and learning, delivered by enthusiastic and knowledgeable tutors, result in thought-provoking and interesting lessons that fully engage learners”
Ofsted 2014
Creative arts and crafts

Ad Ed L1 - Life Drawing - Materials and Techniques
Level 1 • Std £300 • Con £196.50
Working with a range of models, explore media and the techniques of drawing a model with understanding of proportion and form.
Tregenver, Falmouth
FS09009 • 23/09/2015 • Wed • 2 pm • Sessions 15 x 3 hrs • Simon Roff

Ad Ed L2 - Life Drawing - Materials and Techniques
Level 2 • Std £300 • Con £196.50
For those with some experience of drawing a life model. Extend your skills base into painting techniques. You will also be looking at the work of other artists to inform and plan your final paintings.
Tregenver, Falmouth
FS090026 • 24/02/2016 • Wed • 2 pm • Sessions 15 x 3 hrs • Simon Roff

Ad Ed L2 - Drawing and Painting - Materials and Techniques
Level 2 • Std £245 • Con £141.50
For those that have previous experience of drawing and painting, or who have completed a Level 1. This course is designed to stretch your skills base and challenge your ideas towards more adventurous image making. The course will include a good balance of still-life, landscape and portraiture, as well as imaginative composition building.
Tregenver, Falmouth
FS090025 • 23/02/2016 • Tue • 9:30 am • Sessions 15 x 3 hrs • Tamsin Woodford

Certificate in Creative Craft - Ceramics L2
Level 2 • NCFE • Std £417 • Con £0 • Aged 24+ fee n/a
These new Creative Craft courses offer a craft route to ceramic’s making. There are four units of work all of which are assessed by the tutor. You will build a body of work and a notebook which has to show good use of materials and techniques; creative development of ideas; planning; making and the evaluation of final items and research into makers and enterprises through exhibition/selling opportunities for craft work.
Tregenver, Falmouth
FS090001 • 15/09/2015 • Tue • 6 pm • Sessions 30 x 3 hrs • Penny Clifford

Certificate in Creative Craft - Art and Design L2
Level 2 • NCFE • On enquiry
These new Creative Craft courses offer an art and design route. There are four units of work all of which are assessed by the tutor. You will build a body of work and a notebook which has to show good use of materials and techniques; creative development of ideas; planning; making and the evaluation of final items and research into makers and enterprises through exhibition/selling opportunities for craft work.
Tregenver, Falmouth
FS090003 • 25/09/2015 • tbc • Sessions 30 x 3.5 hrs • tbc

Certificate in Creative Craft - Art & Design L3
Level 3 • NCFE • On enquiry
These exciting Level 3 courses are for those who have existing skills in their Art and Design and want to study at a more advanced level. There is no exam and the tutor assesses the work. You will build a portfolio of practical work alongside a working note book to support future projects. There are 3 core elements to the course;
1. Craftsmanship, understanding and making good use of tools materials and equipment.
2. Planning and making work to a high standard within project briefs.
3. Understanding how to work to a brief within time, budget and the brief framework.
Tregenver, Falmouth
FS090006 • 29/09/2015 • tbc • Sessions 31 x 3.5 hrs • Tamsin Woodford

We have one number for all enquiries 0300 1231 117
Certificate in Creative Craft - Ceramics L3
Level 3 • NCFE • Std £487 • Con £0 • Aged 24+ fee see page 5

These exciting Level 3 courses are for those who have existing skills in their Craft/Ceramics option and want to study at a more advanced level. There is no exam and the tutor assesses the work. You will build a portfolio of practical work alongside a working notebook to support future projects. There are 3 core elements to the course:
1. Craftsmanship, understanding and making good use of tools, material and equipment.
2. Planning and making work to a high standard within project briefs.
3. Understanding how to work to a brief within time, budget and the brief framework.

Tregenver, Falmouth
F509004 • 15/09/2015 • Tue • 6 pm • Sessions 3 x 3.5 hrs • Penny Clifford

Certificate in Creative Craft - Glass L3
Level 3 • NCFE • Std £487 • Con £0 • Aged 24+ fee see page 5

This qualification aims to build on your experience to date and extend your skills in glass to an advanced level. It could incorporate new or advanced techniques on an individual basis in a more tutorial based format. The techniques developed will depend very much on each individual’s focus and direction with fused glass as independent artists. The course will involve a number of offsite visits and has a commercial focus. You will have a budget allocation within the materials’ costs to manage and control as part of the course.

Tregenver, Falmouth
F509005 • 21/09/2015 • Mon • 9:30 am • Sessions 31 x 3.5 hrs • Marion Wilson

An Introduction to Patchwork and Quilting Workshop
Beginners • Std £25 • Con £13.50
Explore patchwork and quilting, looking at techniques, fabrics and colours in order to create a hand sewn quilt.

Tregenver, Falmouth
FS09057 • 19/09/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Learn to Crochet
Beginners • Std £25 • Con £16.20
This workshop is aimed to teach you the first steps in crochet. It will demonstrate the basic skills and stitches and by the end of the course you will be confident with a crochet hook and be able to create items for the home or as fun gifts.

Helston Adult Education Centre
HS09030 • 24/09/2015 • Thu • 7 pm • Sessions 3 x 2 hrs • Jane Pascoe-Buchanan

Learn to Crochet Workshop
Beginners • Std £25 • Con £13.50
An introduction to first steps in crochet. You will practice the basic skills and stitches and by the end of the day you will be confident with a crochet hook and be able to create items for the home or as fun gifts.

Tregenver, Falmouth
FS09085 • 24/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Patchwork and Quilting for Beginners
Beginners • Std £50 • Con £27
Have you long harboured a dream of making your own quilt but never had the time? Then this is the course for you. The course will be a gentle introduction to patchwork and quilting in a friendly class setting.

Tregenver, Falmouth
FS09095 • 03/11/2015 • Tue • 7 pm • Sessions 5 x 2 hrs • Jane Pascoe-Buchanan
FS09096 • 12/01/2016 • Tue • 7 pm • Sessions 5 x 2 hrs • Jane Pascoe-Buchanan

Printing without a Press
Beginners • Std £110 • Con £64
Learn how to produce an artist original print by hand using a baron. Explore relief printing techniques such as lino and Japanese woodcuts also monotypes and collagraphs. All of these techniques can be created in your own home without the need for specialist tools and equipment or a printing press! The work created on this course can be used to create a portfolio of images to support a journey towards FE study or used for personal craft projects such as greetings cards and handmade papers.

Tregenver, Falmouth
FS09172 • 08/01/2016 • Fri • 1 pm • Sessions 10 x 2 hrs • Hannah Neilsen
Textiles Skills for Beginners

Beginners • Std £110 • Con £64

This course is for those who have no sewing experience. You will have the opportunity to set up and operate a sewing machine, insert a zip, apply buttonholes and use decorative stitches. You will also be guided to select suitable fabrics and construct a simple product.

Tregenver, Falmouth
F509060 • 19/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Amanda Crago

Beaded and Mixed Media Christmas Decorations

Suitable for All • Std £65 • Con £42

In this fun workshop, create beaded Christmas decorations that you can use to hang on your tree, or wear as jewellery! You will learn how to create vintage gift tags for your Christmas presents or tree using simple decoupage techniques and vintage Christmas images!

Helston Adult Education Centre
HS09009 • 04/11/2015 • Wed • 7 pm • Sessions 5 x 2 hrs • Amanda Crago

Beaded Jewellery Workshop

Suitable for All • Std £35 • Con £23.50

Learn how to create your own jewellery! Make a matching necklace, bracelet and earring set using glass, pearl and/or ceramic beads and using simple wirework.

Tregenver, Falmouth
F509060 • 19/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Amanda Crago

Card Making Workshop

Suitable for All • Std £20 • Con £13.10

A series of short practical mornings that will enable you to ensure you are using the correct card, inks and pens and to create toppers and cards using stamping, painting, colouring, stencilling and other techniques.

Tregenver, Falmouth
F509061 • 24/10/2015 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
F509062 • 28/11/2015 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
F509163 • 28/05/2016 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
F509164 • 25/06/2016 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens

Carpentry for Fun

Suitable for All • Std £100 • Con £54

An enjoyable and practical course to learn and develop basic woodworking skills whilst making a project of your own design. Complete beginners or those with some experience welcome.

Mullion School
HS090010 • 22/09/2015 • Tue • 7 pm • Sessions 10 x 2 hrs • David Corry
HS090011 • 12/01/2016 • Tue • 7 pm • Sessions 10 x 2 hrs • David Corry
HS090012 • 26/04/2016 • Tue • 7 pm • Sessions 10 x 2 hrs • David Corry

Ceramics for All

Suitable for All • Std £170 • Con £101

Explore a range of techniques such as building individual pieces using slab, coils and throwing on a potter’s wheel. This is a fun course with the flexibility to cater to all levels and abilities.

Tregenver, Falmouth
F509062 • 22/09/2015 • Tue • 1 pm • Sessions 12 x 2.5 hrs • Penny Clifford
F509059 • 12/01/2016 • Tue • 1 pm • Sessions 12 x 2.5 hrs • Penny Clifford

Christmas Party Jewellery Workshop

Suitable for All • Std £35 • Con £23.30

This is the ideal workshop if you are keen to make jewellery for gifts.

Tregenver, Falmouth
F509059 • 28/11/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Amanda Crago

Apply online at www.cornwall.gov.uk/adultlearning
Christmas Quilting
Suitable for All • Std £25 • Con £13.50
An enjoyable workshop to look at patchwork skills, ideally timed to create beautiful gifts for Christmas or to decorate your home. Come along and have fun exploring your creative side in a friendly atmosphere.

Tregenver, Falmouth
F509096 • 17/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Create Fun Odd Sock Animals
Suitable for All • Std £25 • Con £13.50
Fun workshop to create a wide range of animals from all your old socks! Personalise them to give them your own cheeky characters!

Tregenver, Falmouth
F509149 • 13/02/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Create Hand Sewn Gifts for Christmas
Suitable for All • Std £50 • Con £27
Come along and learn how to make unique beautiful Christmas gifts using fabrics to stitch and embellish that special and personal small present.

Helston Adult Education Centre
HS09028 • 15/10/2015 • Thu • 7 pm • Sessions 5 x 2 hrs • Jane Pascoe-Buchanan

Create A Patchwork Quillow
Suitable for All • Std £25 • Con £13.50
Come and put a quilillow together! Make a machine stitched quilt which can be folded and tucked away into a pillow - a lovely gift idea.

Tregenver, Falmouth
F509147 • 19/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Create Beautiful Handmade Cushions Workshop
Suitable for All • Std £25 • Con £13.50
A practical workshop to create your own unique patchwork cushion. Gain new skills and create an individual piece of furnishing for your home or as a gift.

Tregenver, Falmouth
F509066 • 22/09/2015 • Tue • 7 pm • Sessions 5 x 2 hrs • Jane Pascoe-Buchanan

Create Fun Fabric Bird Doorstops
Suitable for All • Std £25 • Con £13.50
Fun workshop to create animal doorstops or figures using a sewing machine and hand embellishments.

Tregenver, Falmouth
F509148 • 12/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

We have one number for all enquiries 0300 1231 117
Creative arts and crafts

Create Machine/Hand Sewn Grab Bags Workshop
Suitable for All • Std £25 • Con £13.50
Come to this fun and practical workshop. Learn how to create a unique ‘grab bag’ using machine and hand stitching. You will also learn embellishing techniques.
Tregenver, Falmouth
FS09067 • 03/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Create Machine/Hand Sewn Holdalls Workshop
Suitable for All • Std £25 • Con £13.50
Have fun using a sewing machine to create a large bag that is big enough to carry all your goodies for sewing, for the beach or for an overnight stay.
Tregenver, Falmouth
FS09150 • 05/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Crochet Flowers and Blankets Workshop
Suitable for All • Std £25 • Con £13.50
You will develop basic skills to start a crochet project using and following a pattern, working crochet in rows and learning the technique of turning stitches whilst using different colours.
Tregenver, Falmouth
FS09068 • 05/12/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Get to Grips with your Sewing Machine
Suitable for All • Std £45 • Con £24.30
Come along to this fun and friendly course and learn some useful skills for using your sewing machine, including: how to thread; tension; button holes; zips; different seams; reading a pattern
Helston Adult Education Centre
HS09034 • 23/09/2015 • Wed • 6:30 pm • Sessions 3 x 3 hrs • Jane Pascoe-Buchanan

Glass Fusing for Fun
Suitable for All • Std £185 • Con £116
This is a fun class, using kiln formed glass techniques. You will learn everything necessary to cut, shape and form glass and every week you will learn a new technique or have time to use the skills you have learnt to make your own items.
Tregenver, Falmouth
FS09081 • 21/09/2015 • Mon • 6 pm • Sessions 10 x 3 hrs • Marion Wilson
FS09083 • 11/01/2016 • Mon • 6 pm • Sessions 10 x 3 hrs • Marion Wilson
FS09082 • 11/04/2016 • Mon • 6 pm • Sessions 10 x 3 hrs • Marion Wilson

How to use a Rotary Cutter
Suitable for All • Std £25 • Con £13.50
Get to grips with your rotary cutter. Learn how to cut quickly and accurately for better patchwork results.
Tregenver, Falmouth
FS09145 • 30/01/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

Intermediate Silver Metal Clay
Suitable for All • Std £230 • Con £161
This is a follow on class, for those who have attended the beginners’ class, or who have worked with metal clay before. It will focus on more advanced techniques including rings, lentil beads, syringe work, paper and paste. The course is suitable for men and women of all ages, who want to learn the professional way to make jewellery and create pieces to a high standard.
Tregenver, Falmouth
FS09119 • 13/01/2016 • Wed • 6 pm • Sessions 10 x 3 hrs • Marion Wilson

Introduction to Animal Sculpture
Suitable for All • Std £95 • Con £60.50
This is for beginners and for those looking for a follow on from the introduction to figurative sculpture. It will teach you the basic skills and methods of using accessible and affordable materials to develop and approach projects.
Tregenver, Falmouth
FS09141 • 21/09/2015 • Mon • 1:30 pm • Sessions 5 x 3 hrs • Denise Pipkin
FS09142 • 25/01/2016 • Mon • 1:30 pm • Sessions 5 x 3 hrs • Denise Pipkin
FS09143 • 11/04/2016 • Mon • 1:30 pm • Sessions 5 x 3 hrs • Denise Pipkin

Apply online at www.cornwall.gov.uk/adultlearning
**Introduction to Figurative Sculpture**  
Suitable for All • Std £95 • Con £60.50  
An introduction to the basic methods used in making a figurative piece of sculpture. You will be encouraged to be creative in producing a final piece that is individual to you. We will also briefly explore historical and contemporary figurative sculpture.

Tregenver, Falmouth  
F509084 • 21/09/2015 • Mon • 9:30 am • Sessions 5 x 3 hrs • Denise Pipkin  
F509139 • 25/01/2016 • Mon • 9:30 am • Sessions 5 x 3 hrs • Denise Pipkin  
F509140 • 11/04/2016 • Mon • 9:30 am • Sessions 5 x 3 hrs • Denise Pipkin

**Make Beautiful Celebration Bunting for all Occasions Workshop**  
Suitable for All • Std £25 • Con £13.50  
On this workshop you will create some beautiful bunting for a special occasion or just to decorate your home. You will learn some basic sewing techniques and have the opportunity to use a sewing machine.

Tregenver, Falmouth  
F509090 • 10/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

**Textile Art - Drawing with Stitch**  
Suitable for All • Std £110 • Con £64  
Learn the creative technique of free machine embroidery, allowing you to draw and doodle with your sewing machine. This course will show you how to outline, shade, applique, use lettering in your embroidery. You will then have the opportunity to complete your own experimental final piece.

Tregenver, Falmouth  
F509146 • 08/01/2016 • Fri • 1 pm • Sessions 10 x 2 hrs • Beth Owen

**Patchwork and Quilting**  
Suitable for All • Std £50 • Con £27  
Have you long harboured a dream of making your own quilt but never had the time? Then this is the course for you. This course will be a gentle introduction to patchwork and quilting in a friendly class setting.

Barncoose Adult Education  
HS09033 • 11/01/2016 • Mon • 7 pm • Sessions 5 x 2 hrs • Jane Pascoe-Buchanan  
HS09032 • 25/02/2016 • Thu • 7 pm • Sessions 5 x 2 hrs Jane Pascoe-Buchanan  
HS09031 • 14/01/2016 • Thu • 7 pm • Sessions 5 x 2 hrs Jane Pascoe-Buchanan  
Tregenver, Falmouth  
F509144 • 12/04/2016 • Tue • 7 pm • Sessions 5 x 2 hrs Jane Pascoe-Buchanan

**Sewing Machine Patchwork - Bargello Wall Hanging Workshop**  
Suitable for All • Std £25 • Con £13.50  
Come along to this fun workshop to learn how to machine a Bargello quilt top or wall hanging, using dark and light fabrics to create waves and curves.

Tregenver, Falmouth  
F509102 • 21/11/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Jane Pascoe-Buchanan

**Textile Art - Fabric Flowers Workshop**  
Suitable for All • Std £56 • Con £33  
Learn how to make a range of fabric flowers, using hand and sewing machine techniques and a range of fabric combinations. Develop your fabric flowers into a corsage, hair accessory or brooch.

Tregenver, Falmouth  
F509185 • 23/04/2016 • Sat • 10 am • Sessions 2 x 5 hrs • Beth Owen
New

**Textiles - Hoop Art**
Suitable for All • Std £110 • Con £64
Decorate an embroidery hoop and create your own personal artwork to go inside the frame. The course will teach you hand and machine sewing techniques, fabric selection and embellishment in order to make your final piece.

*Tregenver, Falmouth*
FS09184 • 15/04/2016 • Fri • 1 pm • Sessions 10 x 2 hrs • Beth Owen

**Working from the Figure in Art**
Suitable for All • Std £70 • Con £47
A workshop for the beginner to the seasoned practitioner to enjoy exploring new ways of looking and seeing, combined with research and discussion of other artists’ approach to figurative work in a friendly, supportive and professional learning environment. Develop your ideas and understanding each afternoon to create a drawing and a painting refined from using the figure as a starting point for subject matter.

*Helston Adult Education Centre*
HS09037 • 16/04/2016 • Sat/Sun • 10 am • Sessions 2 x 5 hrs • Tracey Wills

**Zendangle - 1 day Workshop**
Suitable for All • Std £20 • Con £13.10
Learn a new and fascinating art form. A relaxing way of being creative that is taking the crafting world by storm.

*Tregenver, Falmouth*
FS09153 • 26/09/2015 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
FS09154 • 21/11/2015 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
FS09117 • 17/10/2015 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
FS09157 • 19/03/2016 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens
FS09155 • 23/01/2016 • Sat • 10 am • Sessions 1 x 3 hrs • Eileen Stevens

**Patchwork and Quilting - continuers**
Improvers • Std £50 • Con £27
A follow on course for those who want to continue adding to their existing projects or to start a new one.

*Tregenver, Falmouth*
FS09097 • 23/02/2016 • Tue • 7 pm • Sessions 5 x 2 hrs • Jane Pascoe-Buchanan

**Advanced Glass Fusing**
Advanced • Std £175 • Con £106
This will take you further on your personal journey to working with your preferred glass media and in your own style with the opportunity to add more skills to your repertoire. Elements of selling and displaying your work outside of the learning environment will be discussed.

*Tregenver, Falmouth*
FS09013 • 23/09/2015 • Wed • 9:30 am • Sessions 10 x 3 hrs • Marion Wilson
FS09014 • 13/01/2016 • Wed • 9:30 am • Sessions 10 x 3 hrs • Marion Wilson
FS09016 • 13/04/2016 • Wed • 9:30 am • Sessions 10 x 3 hrs • Marion Wilson

**Ad Ed L1 - Fashion - Sewing Machine Skills and Garment Making**
Level 1 • Std £235 • Con £131.50
This course is designed to cover all the basic transferable skills that will be needed to make both garments and a number of project items. You will build a folder of samples including, use of the machine settings, different types of seams, inserting a zip, facings and cuffs, hems, patch pockets. After the basics have been covered you will move on to planning and making simple garments of your own choice.

*Tregenver, Falmouth*
FS09022 • 25/09/2015 • Fri • 1 pm • Sessions 18 x 2.5 hrs • Beth Owen
We have one number for all enquiries 0300 1231 117

Ad Ed L1 - Ceramics - Materials and Techniques
Level 1 • Std £245 • Con £141.50
This course will introduce you to a wide number of ceramics processes such as, preparing, firing and glazing clay. You will make sample pieces using coil, slab, thrown and modelling techniques. Over the course foundation skills will be prepared so that you can plan and make a final piece.
Tregenver, Falmouth
FS09010 • 25/09/2015 • Fri • 10 am • Sessions 18 x 2.5 hrs • Penny Clifford
FS09158 • 26/02/2016 • Fri • 10 am • Sessions 18 x 2.5 hrs • Penny Clifford

Ad Ed L1 - Creative Textiles - Materials and Techniques
Level 1 • Std £245 • Con £141.50
Develop your creative skills and understanding of the exciting world of textiles. You will build a portfolio of samples using different techniques and equipment. You will look at how to be creative with designs and then progress into planning and making a piece to your own design. You will develop your skills and ideas into a creative and personal final piece.
Tregenver, Falmouth
FS09007 • 25/09/2015 • Fri • 9:30 am • Sessions 15 x 3 hrs • Beth Owen

Ad Ed L1 - Fused Glass - Materials and Techniques
Level 1 • Std £270 • Con £166.50
This course covers a range of essential skills and techniques for making and designing fused glass pieces. The course explores different materials and techniques and you will learn the essential skills for making glass pieces which could range from jewellery to artwork according to your interests.
Tregenver, Falmouth
FS09011 • 24/09/2015 • Thu • 9:30 am • Sessions 15 x 3 hrs • Marion Wilson

Ad Ed L2 - Ceramics - Design, Building, Glazing and Firing
Level 2 • Std £245 • Con £141.50
This course is the next step when you have a basic understanding of skills used in ceramics. The focus will be on planning and making a numbers of pieces to a project theme. For each theme you will use a set technique base but allow for individual adaption so that the outcomes will be very personal.
Tregenver, Falmouth
FS09027 • 25/09/2015 • Fri • 1 pm • Sessions 18 x 2.5 hrs • Penny Clifford
FS09160 • 26/02/2016 • Fri • 10 am • Sessions 18 x 2.5 hrs • Penny Clifford

Ad Ed L2 - Creative Textiles - Materials and Techniques in PR
Level 2 • Std £245 • Con £141.50
This course is for those with existing skills or learners who have completed the Level 1 and want to progress their work into more advanced projects. The course will have a number of exciting themed projects that incorporate a number of techniques combined.
Tregenver, Falmouth
FS09023 • 05/02/2016 • Fri • 9:30 am • Sessions 18 x 2.5 hrs • Penny Clifford

Ad Ed L2 - Fused Glass - Designing and Making Projects
Level 2 • Std £270 • Con £166.50
The course builds on the Level 1 course and explores design and techniques in more detail to enable you to learn the essential skills for making more advanced glass pieces according to your interests.
Tregenver, Falmouth
FS09028 • 14/01/2016 • Tue • 1:30 pm • Sessions 15 x 3 hrs • Marion Wilson

Ad Ed L2 - Jewellery Making - Materials and Designing Project
Level 2 • Std £290 • Con £186.50
This is for those who have worked with metal clay before and will focus on more advanced techniques including rings, lentil beads, syringe work, paper and paste. You will make a range of jewellery items to your own design and to a high standard.
Tregenver, Falmouth
FS09029 • 24/09/2015 • Tue • 1:30 pm • Sessions 15 x 3 hrs • Marion Wilson
Digital Photography for Fun
Still life • Suitable for All • Std £70 • Con £41.25
Portraiture • Suitable for All • Std £80 • Con £51.25
Close up • Suitable for All • Std £70 • Con £41.25
These 5 session workshops are designed for photographers of any ability. Each week there will be a different photographic subject or challenge for which you will be guided and encouraged to explore the potential of your digital camera settings and to develop your compositional skills. You will be asked to present and discuss your best image of the day at the end of each session. You will require a digital camera and memory stick. The workshop themes will cover still life, portraiture, buildings, close-up, flowers and gardens and landscape.

Ad Ed L1 - Photography - Camera and Digital Image Manipulation
Level 1 • Std £270 • Con £166.50
This is a course that is designed as a broad based introduction to Digital Photography. You will be guided through all the functions and setting you can use with a compact and SLR camera. You will gain confidence in understanding and use of the camera and possible accessories. The second element of the course is based on downloading and editing images.

“I am hoping to start my own business with my new skills”
GCSEs and AS Levels

English

**GCSE English Language**
Level 2 • AQA • Std £339.90 • Con £0 • Aged 24+ fee n/a
Enhance your knowledge and understanding of the English language. Not only will your reading improve as your studies progress but so will your writing, speaking and listening skills. In order to undertake this course you will need to have established English skills at Level 1.

*Tregenver, Falmouth*
FS12002 • 20/09/2015 • Mon • 12:15 pm • Sessions 27 x 3 hrs • Sarah Lane
FS12003 • 21/09/2015 • Mon • 6:30 pm • Sessions 37 x 2.5 hrs • Amanda Thompson
FS12004 • 22/09/2015 • Tue • 9:30 am • Sessions 27 x 3 hrs • Vicki Salvidge

**GCSE Mathematics**
Level 2 • AQA • Std £339.90 • Con £0 • Aged 24+ fee n/a
This course leads to a vital GCSE where you learn how to apply maths. Study number, algebra, shape, space, measures and data handling. Includes some additional workshops. In order to undertake this course you will need to have established maths skills at Level 1.

*Tregenver, Falmouth*
FS12001 • 22/09/2015 • Tue • 6 pm • Sessions 27 x 3 hrs • Vicki Salvidge

**AS Level Mathematics**
Level 3 • AQA • Std £532.50 • Con £0 • Aged 24+ fee see page 5
This qualification provides a good grounding in the mathematical tools and techniques often needed in the workplace. This course will also help you to develop your logic and reasoning skills. The course covers Algebra, Geometry, Trigonometry and Calculus that form the fundamental building blocks for further study. Mathematical applications are also covered.

*Tregenver, Falmouth*
FS12110 • 25/09/2015 • Fri • 10 am • Sessions 40 x 2.5 hrs • Julia Dean

Spanish

**GCSE Spanish**
Level 2 • AQA • Std £339.90 • Con £0 • Aged 24+ fee n/a
GCSE Spanish helps students develop their Spanish language skills in a variety of contexts and a broad understanding of the culture of countries and communities where Spanish is spoken. It encourages enjoyment of language learning and the recognition that language skills enable students to take their place in a multi-lingual global society.

*Tregenver, Falmouth*
FS12001 • 22/09/2015 • Tue • 6 pm • Sessions 27 x 3 hrs • Vicki Salvidge

**AS Level Spanish**
Level 3 • AQA • Std £532.50 • Con £0 • Aged 24+ fee see page 5
This course helps students develop confident, effective communication skills in Spanish and a thorough understanding of the countries and communities where Spanish is spoken.

*Tregenver, Falmouth*
FS12110 • 25/09/2015 • Fri • 10 am • Sessions 40 x 2.5 hrs • Julia Dean

Free GCSE English and maths courses if you do not already have GCSE grade A-C

“Learning support is good, particularly in developing learners’ mathematics and English skills”
Ofsted 2014
General Interest

Animal care

Introduction to Chicken Keeping Workshop
Suitable for All • Std £20 • Con £10.80
Learn basic chicken husbandry, feeding and care. You will learn about different breeds and choose what breed is right for your needs.
Tregenver, Falmouth
FS03068 • 12/09/2015 • Sat • 10 am • Sessions 1 x 4 hrs • Lorraine Turnbull

BHS Horse Knowledge
Level 1 • Std £75 • Con £40.50
This course offers an insight to anyone involved with horses/ponies. Be it purely for interest, pleasure or whether you intend to buy a horse/pony, it is an invaluable source of information, whilst giving you confidence in your knowledge of general equine care.
Helston Adult Education Centre
H503001 • 08/10/2015 • Thu • 6 pm • Sessions 6 x 2.5 hrs • Sue Noy

Creative writing

Creative Writing
Suitable for All • Std £80 • Con £43.20
If you believe creative writing is beyond you then think again! If you can write a sentence then you can write creatively. So whether you want to write Great Aunt Mabel’s memoir, a poem to your new-born baby grandson, or create the next Harry Potter, come along to this enjoyable and interactive course. The main aim of the course will be personal enjoyment - publication will be a bonus!
Helston Adult Education Centre
HS12015 • 24/09/2015 • Thu • 7 pm • Sessions 8 x 2 hrs • Sue Noy

Creative Writing - Part 1
Suitable for All • Std £125 • Con £67.50
This is a fun and stimulating course where you can develop the skills you need to write creatively. You will be encouraged to develop and expand your own style by investigating existing work and experimenting with your own writing in a supportive environment.
Tregenver, Falmouth
FS12100 • 22/09/2015 • Tue • 7 pm • Sessions 10 x 2.5 hrs • Katherine Morgan

Creative Writing - Part 2
Suitable for All • Std £125 • Con £67.50
This course builds on the skills developed in Part 1, and will help you to develop your technical skills and free your imagination through writing exercises and games. You will experiment with different forms of writing and try out your skills in a supportive atmosphere.
Tregenver, Falmouth
FS12101 • 12/01/2016 • Tue • 7 pm • Sessions 10 x 2.5 hrs • Katherine Morgan

Getting to Grips with Writing
Suitable for All • Std £60 • Con £32.40
Expand your writing experience and explore writing styles used for both leisure and work. Learn how to plan your writing, delve into new vocabulary and find inspiration, using your senses and everyday objects. This course will get you thinking creatively and developing your skills in a relaxed environment.
Tregenver, Falmouth
FS12105 • 16/10/2015 • Fri • 1 pm Sessions • 6 x 2 hrs • Louise Crichton
FS12106 • 05/02/2016 • Fri • 1 pm Sessions • 6 x 2 hrs • Louise Crichton
FS12107 • 06/05/2016 • Fri • 1 pm Sessions • 6 x 2 hrs • Louise Crichton

Baking and Bread Making Workshop
Suitable for All • Std £25 • Con £13.50
Have some fun with baking. Experiment with different flavoured bread, delicious bakery goods and garnishes. Suitable for beginners and also those with more experience.
Helston College Upper Site
H507009 • 03/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Kate Jones

Food and drink
<table>
<thead>
<tr>
<th>Course Name</th>
<th>Suitable For</th>
<th>Std Fee</th>
<th>Con Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decorating Christmas Cakes Made Easy</td>
<td>All</td>
<td>£55</td>
<td>£34.30</td>
<td>A fun and enjoyable course teaching new skills in sugarcraft to create beautifully crafted and decorated Christmas cakes.</td>
</tr>
<tr>
<td>Delicious Desserts and Puddings Workshop</td>
<td>All</td>
<td>£25</td>
<td>£13.50</td>
<td>A workshop teaching how to create delicious puddings, desserts and treats using different baking techniques and chocolate garnishing.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Bhuna Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook a popular Northern Indian dish with well-roasted spices.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Biryani Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook a popular Indian dish using chicken, lamb, fish, or vegetables.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Curry Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook Indian curry dishes from scratch.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Complete three course meal</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to prepare a three-course meal from scratch.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Jalfrezi Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook Jalfrezi dishes with fresh chillies, spices, green peppers, tomatoes, herbs and onion sauce.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Korma Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook this popular South Asian dish consisting of meat, chicken, or vegetables.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Party Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to prepare Asian finger foods, chutneys, and dips for parties.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Masala Specials</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to create Masala recipes from scratch.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Jalfrezi Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook Jalfrezi dishes with fresh chillies, spices, green peppers, tomatoes, herbs and onion sauce.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Korma Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to cook this popular South Asian mild dish consisting of meat, chicken, or vegetables.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Masala Specials</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to create Masala recipes from scratch.</td>
</tr>
<tr>
<td>Indian Cookery Workshop - Party Dishes</td>
<td>All</td>
<td>£40</td>
<td>£28.50</td>
<td>A workshop teaching how to prepare a variety of Asian finger foods, chutneys, and dips for parties.</td>
</tr>
</tbody>
</table>
Indian Cookery Workshop - Starter Dishes
Suitable for All • Std £40 • Con £28.50
Throw out the take away menu and come along to learn how to create authentic Indian starter dishes. You will create all the dishes from scratch and gain the confidence to make them at home. All ingredients will be provided.
Falmouth Community School
F507065 • 26/09/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Aliya Aslam

Indian Cookery Workshop - Sweets and Desserts
Suitable for All • Std £40 • Con £28.50
This one day course will show you how to create authentic Indian desserts. A delicious end to any meal. All ingredients will be provided.
Falmouth Community School
F507066 • 12/03/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Aliya Aslam

Indian Cookery Workshop - Vegetarian and Vegan Specials
Suitable for All • Std £40 • Con £28.50
This workshop focuses on vegetarian and vegan recipes which use exotic spices, lentils, beans and vegetables to create delicious healthy meals. All ingredients will be provided.
Falmouth Community School
F507067 • 27/02/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Aliya Aslam

Seasonal Wired Sugar Flowers
Suitable for All • Std £85 • Con £50.50
Learn and practice the use of different techniques and skills in wired sugar flowers to create a seasonal themed spray of flowers.
Helston Adult Education Centre
HS070006 • 12/04/2016 • Tue • 6 pm • Sessions 6 x 2.5 hrs • Kate Jones

Seasonal Wired Sugar flowers for Beginners
Suitable for All • Std £85 • Con £50.50
Learn and practice the use of different techniques and skills in wired sugar flowers to create a seasonal themed spray of flowers.
Helston Adult Education Centre
HS070005 • 15/09/2015 • Tue • 6 pm • Sessions 6 x 2.5 hrs • Kate Jones
Tregenver, Falmouth
F504076 • 14/09/2015 • Mon • 6 pm • Sessions 6 x 2.5 hrs • Kate Jones
Tregenver, Falmouth
F504077 • 11/04/2016 • Mon • 6 pm • Sessions 6 x 2.5 hrs • Kate Jones

Vegetarian and Vegan Cookery Workshop
Suitable for All • Std £25 • Con £13.50
Come along to this fun workshop and try out different recipes to create a range of vegetarian and vegan dishes.
Helston College Upper Site
HS070008 • 14/11/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Kate Jones

Historic Cornwall Walks
Suitable for All • Std £25 • Con £13.50
A 5 mile walk looking at the historic landscape between Veryan and Nare Head. Meet at the National Trust car park at Carne Beach. We will stop for lunch on Nare head where it may be possible to access the Royal Observer Corps Atomic Bunker to see how it was manned and its purpose should nuclear war have ever broken out. There are some steep ascents and descents on this walk and a good level of fitness is required.
Tregenver, Falmouth
F508017 • 03/10/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Walter Eyre

Floristry for Beginners Part 1
Beginners • Std £60 • Con £37
This course is suitable for the beginner or for those who would like to ‘refresh’ skills. You will learn the basics and processes of flower arranging, as well as how to treat and prepare flowers.
Tregenver, Falmouth
F503001 • 24/02/2016 • Wed • 10 am • Sessions 5 x 2 hrs • Angela James

Floristry for Beginners Part 2
Beginners • Std £60 • Con £37
This follow on course will assist you to build up the skills gained in Part 1 as well as learning new skills and techniques. This course is suitable for the beginner or for those who would like to ‘refresh’ skills. You will learn the basics and processes of flower arranging, as well as how to treat and prepare flowers.
Tregenver, Falmouth
F503002 • 18/04/2016 • Wed • 10 am • Sessions 5 x 2 hrs • Angela James

Apple Tree Grafting
Suitable for All • Std £25 • Con £15.80
This workshop will introduce you to the art of grafting fruit trees. You will learn why this can be a useful and cheap way to produce apple trees. The day will be a mix of hands-on and theory with learners expected to carry out practical preparation of scion and rootstock material, and preparing the graft. Learners will be provided with ONE rootstock which they can take home with them, but more will be available on the day to buy at £2 each. Learners may bring some scion material of their own if they wish, but some will be provided free of cost. Learners are asked to bring sharp, clean secateurs.
Tregenver, Falmouth
F503052 • 27/02/2016 • Sat • 10 am • Sessions 1 x 4 hrs • Lorraine Turnbull

Apply online at www.cornwall.gov.uk/adultlearning
**Christmas Decorations from the Garden**
Suitable for All • Std £35 • Con £23.50

This fun, sociable and enjoyable workshop will enable you to make a door or table wreath, a garland or willow stars from materials in the garden. You will not be disappointed with the beautiful decorations which last long after Christmas has finished.

Godolphin Hill Nursery, Helston
H503002 • 28/11/2015 • Sat • 10 am • Sessions 1 x 5 hrs • Vicki Marshall

---

**Planting a Herb Garden**
Suitable for All • Std £35 • Con £23.50

A workshop for those wanting to know more about herbs, their uses, how to grow them and correct pruning methods. We will discover Mediterranean herbs used mainly for cooking and seasoning in addition to native green herbs used in salads.

Godolphin Hill Nursery, Helston
H503003 • 23/04/2016 • Sat • 10 am • Sessions 1 x 5 hrs • Vicki Marshall

---

**RYA Basic Navigation**
Suitable for All • Std £90 • Con £53.20

Basic navigation course covering charts, gps, planning a trip, tides, weather, collision avoidance. This course is for power and sail divers, sea anglers and boatmasters.

Tregenver, Falmouth
F504050 • 10/10/2015 • Sat • 9 am • Sessions 2 x 8 hrs • Robert Grant

---

**RYA Diesel Engine Maintenance**
Suitable for All • Std £50 • Con £31.60

This is a one day course, a must for all who go to sea. You will learn the principles of the diesel engine operation and its associated systems including fault finding, cooling, fuel systems, servicing and winterisation.

Tregenver, Falmouth
F504051 • 26/03/2016 • Sat • 9 am • Sessions 1 x 8 hrs • Robert Grant

---

**RYA First Aid at Sea**
Suitable for All • Std £45 • Con £26.60

A first aid course for all who go to sea and essential for all coastal and yachtmaster candidates taking exams.

Tregenver, Falmouth
FS04052 • 16/04/2016 • Sat • 9 am • Sessions 1 x 8 hrs • Robert Grant

---

**RYA Marine Radio Operators Short Range/VHF Certificate**
Suitable for All • Std £50 • Con £31.60

VHF radio is a must. Correct use is essential for distress and normal calling and receiving and it could save a life. Essential for practical coastal skipper and yachtmaster course - a passport picture is required.

Tregenver, Falmouth
FS04053 • 14/11/2015 • Sat • 9 am • Sessions 1 x 8 hrs • Robert Grant

---

**RYA Radar Course**
Suitable for All • Std £50 • Con £31.60

Learn to use your radar to assist decision making in navigation, pilotage and collision avoidance.

Tregenver, Falmouth
FS04054 • 21/05/2016 • Sat • 9 am • Sessions 1 x 8 hrs • Robert Grant
Keep fit, have fun and learn

**Sports, fitness and dance**

**Dance**

**Ballroom and Latin**
Suitable for All • Std £60 • Con £37
Be a part of the ‘Strictly’ dance craze! A course for both beginners and the more advanced wishing to learn or refresh their favourite moves from the ‘Strictly’ programme including Rumba, Cha Cha Cha, Waltz and Quickstep.

**Helston College**
H509001 • 17/09/2015 • Thu • 7:30 pm • Sessions 10 x 1 hrs • Wendy Hollands-Moon
H509002 • 14/01/2016 • Thu • 7:30 pm • Sessions 10 x 1 hrs • Wendy Hollands-Moon
H509003 • 28/04/2016 • Thu • 7:30 pm • Sessions 10 x 1 hrs • Wendy Hollands-Moon

**Dancercise**
Suitable for All • Std £50 • Con £27
This course is all about learning fun, energetic routines to popular music. Styles will include jazz, modern, musical theatre and touches of ballet and contemporary. So come along and have a great time improving your fitness, rhythm and co-ordination with a friendly, patient and enthusiastic tutor (jazz shoes or trainers are appropriate).

**Tregenver, Falmouth**
F508010 • 23/09/2015 • Wed • 7 pm • Sessions 10 x 1 hrs • Samantha Taylor
F508012 • 23/09/2015 • Wed • 2:30 pm • Sessions 10 x 1 hrs • Samantha Taylor
F508011 • 27/01/2016 • Wed • 7 pm • Sessions 10 x 1 hrs • Samantha Taylor
F508013 • 27/01/2016 • Wed • 2:30 pm • Sessions 10 x 1 hrs • Samantha Taylor

**Tap Dancing - Beginners**
Suitable for All • Std £54 • Con £31
A complete beginners course for those wishing to learn or refresh the basics of tap dancing. Learn to shuffle, tap step, ball change, basic time steps and pickups to name but a few. A fun and enjoyable dance class. You will need to purchase tap shoes prior to the course starting.

**Dracaena Centre**
F509018 • 06/10/2015 • Tue • 6:30 pm • Sessions 10 x 1 hrs • Samantha Taylor
F509019 • 12/01/2016 • Tue • 6:30 pm • Sessions 10 x 1 hrs • Samantha Taylor

**Tap Dancing - General**
Suitable for All • Std £54 • Con £31
This course is designed for dancers with some tap knowledge. Knowing time-steps, Maxi fords, pickups and riffs would be an advantage. The course will consist of learning short exercises and routines and learners will be working towards an end of term routine.

**Dracaena Centre**
F509019 • 06/10/2015 • Tue • 7:45 pm • Sessions 10 x 1 hrs • Samantha Taylor
F509020 • 12/01/2016 • Tue • 7:45 pm • Sessions 10 x 1 hrs • Samantha Taylor

**Fitness**

**Iyengar Yoga**
Suitable for All • Std £75 • Con £40.50
An Iyengar Yoga class, accessible to both young and old, which focuses on using props to enable you to perform the asanas correctly whilst minimising the risk of injury or strain. Develop strength, mobility and stability by moving from simple to complex poses - develop your mind, body and spirit!

**Porthleven CP School**
H508001 • 23/09/2015 • Wed • 6:30 pm • Sessions 10 x 1.5 hrs • Kirsty Richardson-Reps
H508002 • 13/01/2016 • Wed • 6:30 pm • Sessions 10 x 1.5 hrs • Kirsty Richardson-Reps
H508003 • 27/04/2016 • Wed • 6:30 pm • Sessions 10 x 1.5 hrs • Kirsty Richardson-Reps

**Tregenver, Falmouth**
F508001 • 22/09/2015 • Tue • 7 pm • Sessions 10 x 1.5 hrs • Moneeza Masood
F508002 • 12/01/2016 • Tue • 7 pm • Sessions 10 x 1.5 hrs • Moneeza Masood
F508003 • 19/04/2016 • Tue • 7 pm • Sessions 10 x 1.5 hrs • Moneeza Masood

**Qi Gong**
Suitable for All • Std £75 • Con £40.50
You will learn traditional Chinese health Qi Gong, improve your posture and fitness through low impact slow movements and improve your cardiovascular fitness through correct breathing techniques.

**Tregenver, Falmouth**
F508014 • 25/09/2015 • Fri • 1:30 pm • Sessions 10 x 1.5 hrs • Walter Eyre
F508015 • 08/01/2016 • Fri • 1:30 pm • Sessions 10 x 1.5 hrs • Walter Eyre
F508016 • 29/04/2016 • Fri • 1:30 pm • Sessions 10 x 1.5 hrs • Walter Eyre

**Tai Chi for Beginners**
Suitable for All • Std £75 • Con £40.50
Come along and learn Yang style Tai Chi. You will improve your posture and fitness through low impact slow movements. You will also be able to improve cardiovascular fitness through correct breathing techniques.

**Tregenver, Falmouth**
F508008 • 25/09/2015 • Fri • 11 am • Sessions 10 x 1.5 hrs • Walter Eyre
F508009 • 08/01/2016 • Fri • 11 am • Sessions 10 x 1.5 hrs • Walter Eyre
F508004 • 29/04/2016 • Fri • 11 am • Sessions 10 x 1.5 hrs • Walter Eyre

**Yoga - Continuers**
Suitable for All • Std £75 • Con £40.50
Discover the benefits of yoga through practices designed to strengthen the body, improve posture and flexibility. Learn how ‘vinyasa’ helps you adapt yoga to your needs. Explore meditation, breathing practices and yoga philosophy.

**Tregenver, Falmouth**
F508005 • 24/09/2015 • Thu • 9:30 am • Sessions 10 x 1.5 hrs • Julie Taylor
F508006 • 14/01/2016 • Thu • 9:30 am • Sessions 10 x 1.5 hrs • Julie Taylor
F508007 • 21/04/2016 • Thu • 9:30 am • Sessions 10 x 1.5 hrs • Julie Taylor
Modern languages

Learn a new language, explore different cultures

Arabic

Get by in Arabic
Suitable for All · Std £45 · Con £24.30
This a class for complete beginners who are interested in exploring simple words and phrases in Arabic. It’s a relaxed introduction to the language and culture of the Middle East and will help build your confidence in communicating when travelling to Arabic-speaking countries.

Tregenver, Falmouth
FS12102 · 15/10/2015 · Thu · 6 pm · Sessions 6 x 1.5 hrs · Calvin Crichton
FS12103 · 04/02/2016 · Thu · 6 pm · Sessions 6 x 1.5 hrs · Calvin Crichton
FS12104 · 05/05/2016 · Thu · 6 pm · Sessions 6 x 1.5 hrs · Calvin Crichton

French

French for Beginners - Part 1
Beginners · Std £100 · Con £54
An introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken French. The course also provides an introduction to Francophone culture.

Helston Adult Education Centre
HS12003 · 21/09/2015 · Mon · 1 pm · Sessions 10 x 2 hrs · Caroline Little
Tregenver, Falmouth
FS12054 · 22/09/2015 · Tue · 6:45 pm · Sessions 10 x 2 hrs · Isabelle Butler-Daubign

French for Beginners - Part 2
Beginners · Std £100 · Con £54
Continuing from Part 1 - this is an introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken French. The course also provides an introduction to Francophone culture.

Helston Adult Education Centre
HS12004 · 11/01/2016 · Mon · 1 pm · Sessions 10 x 2 hrs · Caroline Little
Tregenver, Falmouth
FS12055 · 12/01/2016 · Tue · 6:45 pm · Sessions 10 x 2 hrs · Isabelle Butler-Daubign

French Culture, Conversation and Grammar - Part 1
Suitable for All · Std £150 · Con £81
The ideal course for advanced students who want to improve the more cultural aspects of the language and discuss current topics, while consolidating their knowledge of the language. Radio extracts, newspaper articles, short films and stories will be used to stimulate participation.

Tregenver, Falmouth
FS12050 · 24/09/2015 · Thu · 9:30 am · Sessions 15 x 2 hrs · Isabelle Butler-Daubign

French for Improvers - Part 1
Improvers · Std £100 · Con £54
Enjoyable progression for those who have some basic understanding of French. Move on to develop your skills further and learn to use the language with greater confidence through conversation based activities and exploration of Francophone culture.

Helston Adult Education Centre
HS12005 · 21/09/2015 · Mon · 6:30 pm · Sessions 10 x 2 hrs · Caroline Little

French for Improvers Part 1 (Year 2)
Improvers · Std £100 · Con £54
An enjoyable progression course for those who have studied French for at least 2 years. Learn to communicate more confidently and accurately while exploring French culture. You will start expressing more complex ideas like giving your opinion, explaining problems and making complaints as well as dealing with everyday situations.

Tregenver, Falmouth
FS12056 · 21/09/2015 · Mon · 6:45 pm · Sessions 10 x 2 hrs · Isabelle Butler-Daubign

French for Improvers Part 2 (Year 2)
Improvers · Std £100 · Con £54
Continuing from Part 1 this is an enjoyable progression course for those who have studied French for at least 2 years. Learn to communicate more confidently and accurately while exploring French culture. You will start expressing more complex ideas like giving your opinion, explaining problems and making complaints as well as dealing with everyday situations.

Tregenver, Falmouth
FS12057 · 11/01/2016 · Mon · 6:45 pm · Sessions 10 x 2 hrs · Isabelle Butler-Daubign

We have one number for all enquiries 0300 1231 117
French Culture, Conversation and Grammar - Part 2
Advanced • Std £100 • Con £54
This course continues from Part 1 for advanced students who want to improve the more cultural aspects of the language and discuss current topics.
Tregonver, Falmouth
F512052 • 25/02/2016 • Thu • 9:30 am • Sessions 10 x 2 hrs • Isabelle Butler-Daubign

German for Beginners - Part 1
Beginners • Std £100 • Con £54
An introduction to the four basic skills - listening, speaking, reading and writing with emphasis on speaking and comprehending spoken German. The course also provides an introduction to German culture.
Barncoose Adult Education
HS12006 • 24/09/2015 • Thu • 7 pm • Sessions 10 x 2 hrs • Alice Pynn

German for Beginners - Part 2
Beginners • Std £100 • Con £54
Continuing from Part 1 - this is an introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken German. The course also provides an introduction to the German culture.
Barncoose Adult Education
HS12007 • 14/01/2016 • Thu • 7 pm • Sessions 10 x 2 hrs • Alice Pynn

German for Beginners - Part 3
Beginners • Std £100 • Con £54
Continuing from Part 2 - this is an introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken German. The course also provides an introduction to German culture.
Link Penzance
HS12008 • 23/09/2015 • Wed • 7:00 pm • Sessions 10 x 2 hrs • Alice Pynn

German for Improvers - Part 1
Beginners • Std £100 • Con £54
Enjoyable progression for those who completed the beginners’ course or who have some basic understanding of German. Move on to develop your skills further and learn to use the language with greater confidence.
Tregonver, Falmouth
F512065 • 01/10/2015 • Thu • 6:30 pm • Sessions 10 x 2 hrs • Esther Bobek

German for Improvers - Part 2
Beginners • Std £100 • Con £54
Continuing from Part 1 - move on to develop your skills further and learn to use the language with greater confidence with emphasis on speaking and comprehending spoken German.
Tregonver, Falmouth
F512066 • 14/01/2016 • Thu • 6:30 pm • Sessions 10 x 2 hrs • Esther Bobek

“Good teaching and learning, delivered by enthusiastic and knowledgeable tutors, result in thought-provoking and interesting lessons that fully engage learners”
Ofsted 2014

Apply online at www.cornwall.gov.uk/adultlearning
German for Hospitality
Suitable for All • Std £27.50 • Con £14.85
This German workshop is a highly interactive and engaging introductory course designed for staff working in the hospitality sector who wish to learn basic vocabulary and phrases to meet and greet German customers. The workshops are available for any sized group and we can join you at your venue or place of work or you can join us at one of our Adult Education venues. Please contact your local Adult Education Centre for more information.

Tregenver, Falmouth
FS12061 - 26/09/2015 • Sat • 10:30 am • Sessions 1 x 5 hrs • Esther Bobek
FS12062 - 17/10/2015 • Sat • 10:30 am • Sessions 1 x 5 hrs • Esther Bobek
FS12063 - 20/02/2016 • Sat • 10:30 am • Sessions 1 x 5 hrs • Esther Bobek

Italian

Italian for Beginners - Part 1
Beginners • Std £100 • Con £54
An introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken Italian. The course also provides an introduction to Italian culture.
Helston Adult Education Centre
HS12009 - 23/09/2015 • Wed • 1 pm • Sessions 10 x 2 hrs • Giuliana Hanman
Tregenver, Falmouth
FS12069 - 28/09/2015 • Mon • 6:45 pm • Sessions 10 x 2 hrs • Sherry Weston

Italian for Beginners - Part 2
Beginners • Std £100 Con £54
Continuing from Part 1 - this is an introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken Italian. The course also provides an introduction to Italian culture.
Helston Adult Education Centre
HS12009 - 23/09/2015 • Wed • 1 pm • Sessions 10 x 2 hrs • Giuliana Hanman
Tregenver, Falmouth
FS12063 - 11/01/2016 • Mon • 6:45 pm • Sessions 10 x 2 hrs • Sherry Weston

Italian for Beginners - Part 3
Beginners • Std £100 • Con £54
Continuing from Italian for Beginners - Part 2, this is an introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken Italian. The course also provides an introduction to Italian culture.
Tregenver, Falmouth
FS12108 - 18/04/2016 • Mon • 6:45 pm • Sessions 10 x 2 hrs • Sherry Weston

Italian for Improvers - Part 2
Improvers • Std £100 Con £54
This course is a continuation of Italian for Improvers Part 1 and is for learners who have studied Italian for two or three years and have a good understanding of basic language structures. The course is designed to help improve speaking and listening skills, to recognise and use more complicated language structures and extend vocabulary through the use of a class reader.
Tregenver, Falmouth
FS12084 - 30/09/2015 • Wed • 6:45 pm • Sessions 10 x 2 hrs • Sherry Weston

Italian for Improvers - Part 3
Improvers • Std £100 • Con £54
You will be able to read and understand an Italian text and engage in general discussion. You will be aware of current issues in Italian life and culture. This course requires a good standard of Italian
Tregenver, Falmouth
FS12067 - 13/01/2016 • Wed • 6:45 pm • Sessions 10 x 2 hrs • Sherry Weston

Italian for Improvers - Part 4
Improvers • Std £100 • Con £54
This course is a continuation of Italian for Improvers Part 3 and is for learners who have studied Italian for two or three years and have a good understanding of basic language structures. The course is designed to help improve speaking and listening skills, to recognise and use more complicated language structures and extend vocabulary through the use of a class reader.
Tregenver, Falmouth
FS12109 - 20/04/2016 • Wed • 6:45 pm • Sessions 10 x 2 hrs • Sherry Weston

Italian for Intermediates - Part 1
Intermediate • Std £150 • Con £81
A fun and lively course for those who have studied Italian for three years or more. Develop all your skills in a variety of tenses, especially the past tense, and engage in more spontaneous conversation while exploring Italian culture via authentic materials. The emphasis will be on dealing with unexpected problems and more complex situations while travelling in Italy.
Helston Adult Education Centre
HS12011 - 23/09/2015 • Wed • 5:30 pm • Sessions 15 x 2 hrs • Giuliana Hanman

Qualification course
Spanish for Beginners - Part 1
Beginners • Std £100 • Con £54
An introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken Spanish. The course also provides an introduction to Hispanic culture.

Helston Adult Education Centre
HS12013 • 22/09/2015 • Tue • 7 pm • Sessions 10 x 2 hrs • Catriona Venner De Cor
Tregenver, Falmouth
FS12077 • 24/09/2015 • Thu • 10 am • Sessions 10 x 2 hrs • Julia Dean
FS12082 • 23/09/2015 • Wed • 6:30 pm • Sessions 10 x 2 hrs • Catriona Venner De Cor

Spanish for Beginners - Part 2
Beginners • Std £100 • Con £54
Continuing from Part 1 - this is an introduction to the four basic skills - listening, speaking, reading and writing - with emphasis on speaking and comprehending spoken Spanish. The course also provides an introduction to Hispanic culture.

Helston Adult Education Centre
HS12014 • 12/01/2016 • Tue • 7 pm • Sessions 10 x 2 hrs • Catriona Venner De Cor

Get by in Spanish
Suitable for All • Std £50 • Con £27
This enjoyable course will help you to develop an understanding of Hispanic language, life and culture. You will learn how to hold a simple conversation as well as reading and writing some basic sentences.

Link Penzance
HS12012 • 23/02/2016 • Tue • 7 pm • Sessions 5 x 2 hrs • Alice Pynn

Spanish for Improvers - Part 1
Improvers • Std £100 • Con £54
Enjoyable progression for those who have some basic understanding of Spanish. Move on to develop your skills further and learn to use the language with greater confidence through conversation based activities and exploration of Hispanic culture.

Tregenver, Falmouth
FS12079 • 24/09/2015 • Thu • 1 pm • Sessions 10 x 2 hrs • Julia Dean

Spanish Culture, Conversation and Grammar - Part 1
Advanced • Std £150 • Con £81
This advanced level multimedia course will give you the opportunity to improve your ability to use the Spanish language participating in very enjoyable and carefully selected speaking activities.

Tregenver, Falmouth
FS12075 • 25/09/2015 • Fri • 2 pm • Sessions 15 x 2 hrs • Julia Dean
A
Access to Higher Education 8
Accounting 18-19
Acrylics and oils 24-26
Animal care 38
Arts 24-35

B
Baking 38 - 40
Ballroom dancing 42
Basic skills 11
Beauty 15-17
Boats and boat maintenance (see RYA)
Book keeping 18-19
British Horse Society (BHS) 38
Business 10, 19
Business administration 10

C
Complementary therapies 17
Computing 20-23
Cookery 38-40
Counselling 17
Craft 28-35
Creative arts 24-36
Creative writing 38
Customer service 10
CV preparation 11

D
Dance 42
Digital photography 36
Drawing 25-28, 33
Dress making 34

E
English 11, 37
European Computer Driving Licence (ECDL) 20-21

F
Family Learning 9
First aid 41
Fitness 42
French 43-44

G
German 44-45
Glass work 32-35

H
Horticulture and forestry 40-41

I
IT 20-23
Italian 45

J
Jewellery making 30, 33, 35

K
Keep fit 42

L
Languages 43-46

M
Manicure 15-16
Massage 15-17
Maths 37
Modern languages 43-46

O
Oils and acrylics 24-26

P
Painting 24-28
Pastels 25
PC Skills 20-22
Photography (digital) 36

R
Radio operating (short range VHF) 41
Royal Yachting Association (RYA) 41

S
Sewing 28-35
Skills for Business 10
Skills for Life 11
Spanish 46
Sports 42

T
Tai Chi 42
Teaching 12
Textiles 28-35
Typing 21

W
Watercolour 24-28
Web design 22
Writing (creative writing) 38

Y
Yoga 42
Fitness is... spending time as a family

No Joining Fee on Breeze Memberships

14 facilities for the price of one
Join Now and Qualify for Our Great Offer!

Plenty of reasons to join our fantastic Breeze memberships

- Access all facilities with one amazing Breeze membership
- Exciting new Group X Experience with extensive class programme
- Something for everyone including fitness suites, swimming pools, fitness classes & children’s activities
- Breeze member benefits including 50% off racket sports
- Full Breeze membership includes free personalised fitness programme to help you achieve your goals
- Cornish Charity

Visit www.leisureoffers.co.uk/tempus-leisure for more details or

Contact your local centre to get started

Dragan Leisure Centre
Bodmin T: 01208 75715

Helston Sports Centre
Helston T: 01326 563320

Lux Park Leisure Centre
Liskeard T: 01579 342544

Newquay Sports and Community Centre
Newquay T: 01637 875533

Phoenix Leisure Centre
Launceston T: 01566 772551

Polkyth Leisure Centre
St Austell T: 01726 223696

Saltash Leisure Centre
Saltash T: 01752 840940

Ships & Castles Leisure Centre
Falmouth T: 01326 212129

Splash Leisure Pool
Bude T: 01288 356191

St Ives Leisure Centre
St Ives T: 01736 797006

Truro Leisure Centre (+ Lynher Fitness Suite)
Truro T: 01872 261628

Wadebridge Leisure Centre
Wadebridge T: 01208 814980

Waterworld
Newquay T: 01637 853828

Subject to Availability.
Terms & Conditions Apply.

A Charitable Trust working with the community