

FEE EXEMPTIONS APPLY

N.B. For those in receipt of benefits, proof must be provided, otherwise there is a charge.

Other Support Services At The Centre:

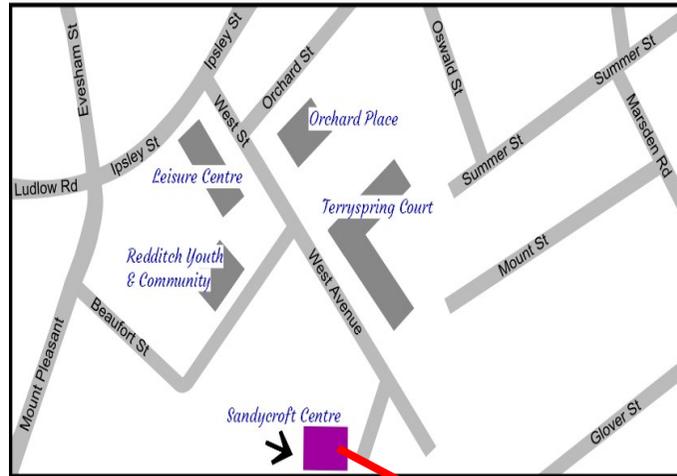
- ◆ Outreach And Support
- ◆ Information Advice & Guidance
- ◆ Counselling
- ◆ Mentoring and Befriending
- ◆ Mental Health Support Services
- ◆ Domestic Abuse Services
- ◆ Family Services
- ◆ Wellbeing support
- ◆ Links with external agencies

Our Partnerships



FREE PARKING FOR THOSE VISITING THE CENTRE

- **Improve your current skills**
- **Learn new skills**
- **Make new friends**
- **An active life is a healthy life**



Address:

The Sandycroft Centre,
West Avenue,
Smallwood,
Redditch,
Worcestershire, B98 7DH.



Telephone: 01527 595135
E-mail: info@sandycroft.org
Website: www.sandycroft.org

Opening Hours:

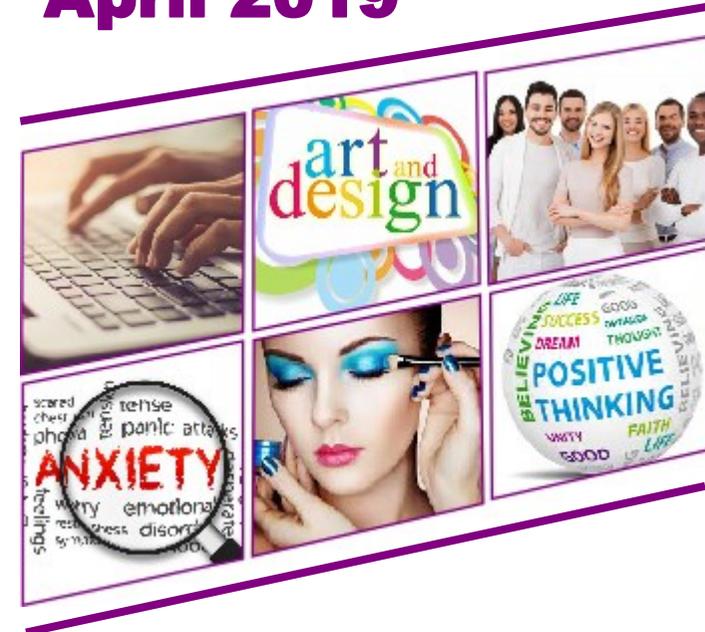
Mon-Tue: 9.30am — 8.30pm
Wed - Fri: 9.30am — 6.00pm
Sat - Sun: CLOSED



<https://www.facebook.com/Sandycroft-Centre>

Working towards a brighter tomorrow

PROSPECTUS April 2019



Sandycroft Adult Learning Centre



01527 595135

Course Title	Time	Day	Courses commencing 29th April 2019
Sewing Techniques	9.30—12.00	Monday	Use a sewing machine and hand sewing methods to design and create a garment. You will also produce various samples of necklines, seams, French seams, buttons, and button holes to enhance your designs.
English Functional Skills	10.00—12.00pm	Monday	Our Functional Skills English courses develop practical skills for the modern world and help you get the most from life, learning and work. During the course you will develop communication skills in reading, writing, speaking and listening.
Jewellery Making	10.00am — 12.00pm	Monday	An opportunity for learners to further develop their beaded and wirework jewellery making skills.
Understanding Mental Health	10.00—12.00	Monday	If you would like a deeper knowledge of the mechanisms at play behind poor mental health whether this is to enable you to better support someone you know who is struggling with this issue or for your own personal interest then this course is for you.
Advanced Sewing Skills Dressmaking for Everyone	12.15—2.45 18.00—20.00	Monday	This course is for learners with some prior knowledge of sewing and garment making to build upon these skills
Effective listening and responding skills Starting 13th May 2019	12.30pm—2.30pm	Monday	Learn the importance of non-verbal communication and why this can help to improve relationships. Learn to differentiate between different helping roles, including, counselling, coaching, support work and friendship.
Confidence and Action	12.30—2.30	Monday	Are you able to recognise your own achievements? Can you identify what makes you feel confident and better about yourself? This course focuses on positive psychology and helps participants to develop confident communication skills.
Stress and Anxiety	7.00pm—9.00	Monday Evening	This is a 10 week programme designed to help you explore your feelings and learn how to recognise what makes you stressed and triggers your anxiety. Learn Tools and techniques to help you deal with your stress.
Embroidery for Beginners	9.30am—12.00pm	Tuesday	Explore basic embroidery stitches by hand and by machine. Find out about the most suitable threads and fabric for embroidery and create simple designs that could be used to embellish garments or household furnishings.
Psychology for Wellbeing	10.00am — 12.00pm	Tuesday	Discover what psychology is and about the different approaches. Find out about the signs and theories of emotions such as stress and anxiety. Explore how we perceive things and make judgements and also how we create memory.
Dressmaking	12.15pm — 2.45pm	Tuesday	Learn to thread a machine, use different stitch types, sew seams & hems whilst building basic skills such as measuring and costing items.
Yarn Craft	13.30pm—16.00pm	Tuesday	Explore transforming ordinary yarns into fabulous textiles whether they be functional objects or pieces of art. Find out how to knit, crochet or wrap yarns in traditional or contemporary ways.
Fostering Successful Attitudes to Take on Life	12.30 –2.30	Tuesday	You'll discuss assertive, resilient and confident personality types and explore how our anxieties, emotions and emotional intelligence affects our attitudes. This knowledge will provide you with tips on managing social situations.
Everyday Budgeting Starts 4th May 2019	10.00—12.00	Wednesday	Are you struggling to manage on a really tight budget? Do you want some support to manage your finances better? This course will cover ways for you to shop 'smart' and stay within your budget, how to plan for the future and perhaps even how to start to save.
Tailoring Techniques	12.15—2.45	Wednesday	Learn how to adjust garments to your size by taking accurate body measurements and learning basic tailoring techniques.
Soft Furnishing	2.45—5.15	Wednesday	Using a variety of sewing machine and hand sewing techniques learners will discover how to design and produce a range of soft household furnishings and accessories to include cushion covers and basket linings.
Twilight Art and Craft	6.00—9.00	Thursday	Do you want to join an arts and crafts group but struggle to get to any of our courses running during the day? Would you like to explore a range of arts and crafts techniques in a supportive and friendly environment to discover where your strengths lie? If so then this is the course for you
Mixed Media	13.30—16.00	Thursday	Mixed media is a term used to describe artworks composed from a combination of different media or materials. Come along to this course and make use of repurposed materials to create sculptures that could explore themes from personal memory or express other thoughts, feelings or opinions
Computers for beginners and improvers	10.00pm-12.00pm	Friday	Whether you're a beginner or an improver sign up for this course to discover more about the power of word processing, the internet and email communication whilst developing additional skills for employment.
Creative Writing	10.00—12.00pm	Friday	When people think of writing they often think solely of writing a novel but there are lots of different markets. Learn how to develop your creative writing skills, research genres, capture your reading audience and enjoy writing.
Employability & Business Administration Skills	12.30—2.30	Friday	Strengthen your ICT & Business Administration Skills to support your employability, includes coverage of Microsoft Word, and an introduction to Spreadsheets. There will be an opportunity to draft yourself a new CV and even practice your answers to some commonly asked interview questions.