

Apr – Jul 2021

STREET Learning

FREE
Local Courses

Free Courses

To anyone living in Wealden and Eastbourne

Age 19 years and over

ONLINE COURSES

English

IT Courses

Arts and crafts

Wellbeing

Maths

And many more

For further information please email:




streetlearning@wealden.gov.uk

www.wealden.gov.uk/streetlearning



Don't miss these great courses inside



Booking Essential - To book, please use the telephone number in the contact details column



ONLINE COURSES VIA ZOOM					
1	Mindfulness for the Nurturing Parent A 9-week online course where you as a parent can have the time to nurture and sustain your own well-being. Through learning mindfulness skills you can cultivate resilience to stress and have the capacity to fully enjoy everyday moments.	Online via Zoom	Fridays 9 weeks 23 rd April to 25 th June	10.00am-11.30am	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!
2	Creative Writing This course is suitable for anyone writing short stories, novels or life writing. It will cover key elements such as developing characters, descriptive language, structure, editing and other hints and tips to help make your story compelling for the reader.	Online via Zoom	Wednesdays 4 weeks 5 th - 26 th May	10.30am-12.00pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!
3	Introduction to Yarn Crafts In this short course you will explore different ideas and have fun creating different yarn craft items. You will complete four mini projects which will include: Tassels and Pompoms, Crochet Daisy Squares, Decorative Yarn Balls and Macramé Plant Holder. All levels welcome.	Online via Zoom	Mondays 4 weeks 7 th – 28 th June	10.30am-12.30pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!



Please note that due to Covid-19 there is a chance that the course might have to be moved online. Once you have enrolled on a course you will be notified in advance if this happens

4	<p>Further Creative Writing</p> <p>An extension to our Creative Writing course, this is suitable for anyone who is already writing and will cover key topics for getting a piece finished such as close editing and staying motivated to keep writing. There will be the opportunity to share writing with the group and receive feedback.</p>	Online via Zoom	<p>Wednesdays</p> <p>4 weeks</p> <p>9th - 30th June</p>	10.30am-12.30pm	 <p>East Sussex College</p> <p>Tel: 030 300 38212 or Email: community.info@escg.ac.uk</p> <p>BOOKING ESSENTIAL!</p>
5	<p>Assertiveness – Communicating with Confidence</p> <p>Becoming a more assertive communicator can help you create wellbeing in yourself and impact positively on your relationship with others. This course will help you to understand what assertive communication is and how to practise being more assertive.</p>	Online via Zoom	<p>Thursdays</p> <p>6 weeks</p> <p>10th, 17th, 24th June & 1st, 8th 15th July</p>	10.00am –12.30pm	 <p>East Sussex College</p> <p>Tel: 030 300 38212 or Email: community.info@escg.ac.uk</p> <p>BOOKING ESSENTIAL!</p>

EASTBOURNE COURSES					
Course Number	Course and description	Venue and location	Dates	Times	Contact Details to book
6	Be Confident What's stopping you moving forward? This course supports you to improve your communication skills, helps you to challenge negative thinking & enables you to set specific personal goals	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Wednesdays 6 weeks 21 st , 28 th April & 5 th , 12 th , 19 th , 26 th May	1.30pm – 4.00pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!
7	Managing Stress This course will look at what stress is and what causes it. Learn relaxation techniques & how to respond more positively to life's challenges.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Thursdays 6 weeks 22 nd , 29 th April, 6 th , 13 th , 20 th , 27 th May	10.00am – 12.30pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!
8	Beginners Drawing This four-week course is suitable for complete beginners or those with little experience of drawing. Under the guidance of an experienced instructor, you will be able to develop your skills using a range of materials and explore different drawing processes. All materials provided.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Wednesdays 5 weeks 28 th April – 26 th May	10.00am – 1.00pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!

Please note that due to Covid-19 there is a chance that the course might have to be moved online. Once you have enrolled on a course you will be notified in advance if this happens

9	<p>Experiments in Art</p> <p>Discover your hidden talents under the guidance of an experienced teacher while having lots of fun.</p> <p>Explore inspiring shape, colour and texture combinations with drawing and painting studies, collage artworks, print making and 3D mixed media projects. No previous art experience is needed but also welcomed.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>Tuesdays</p> <p>4 weeks</p> <p>8th – 29th June</p>	10.00am-1.00pm	 <p>East Sussex College</p> <p>Tel: 030 300 38212 or Email: community.info@escg.ac.uk</p> <p>BOOKING ESSENTIAL!</p>
10	<p>Arts & Crafts for Wellbeing</p> <p>This course takes an experimental approach to allow you to explore your creativity in a friendly & supportive environment.</p> <p>Try your hand at paper crafts and decoupage artefacts to create beautiful gift items, draw with simple lines and patterns to create intricate and personal greeting cards and create 3D treasure chests/memory boxes to remember those most cherished moments.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>Tuesdays</p> <p>4 weeks</p> <p>8th – 29th June</p>	1.30pm-4.30pm	 <p>East Sussex College</p> <p>Tel: 030 300 38212 or Email: community.info@escg.ac.uk</p> <p>BOOKING ESSENTIAL!</p>

11	Beginners Sugarcraft Learn basic sugarcraft techniques including modelling, making flowers and decorations for cakes. No experience necessary.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Wednesdays 3 weeks 9 th , 16 th , 23 rd June	10.00am -12.00pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!
12	Pizza and Bread Making Come along and learn how to make bread and pizza from scratch. Suitable for those with little or no cooking experience. All ingredients provided.	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	Wednesdays 3 weeks 9 th , 16 th , 23 rd June	12.30pm - 2.30pm	 East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk BOOKING ESSENTIAL!



All Hailsham Schools

Uniform Donation Station



Take what you need and donate when you can



Find us on facebook (Hailsham Community Hub) or email
hailsham@sussexcommunity.org.uk



Can you complete a quick survey for ACRES Adult Learning?

Did you know that adult courses happen at colleges and community venues all around here with ACRES - Adult College for Rural East Sussex

We want to know what courses you think should be happening nearby in your own community!

Perhaps you would like the opportunity to retrain to open up job opportunities, or gain skills to assist with homeschooling? Would you like to enhance your life with a new hobby or interest? What are you passionate about? Do you want to find something to complement your existing skills or discover something new?

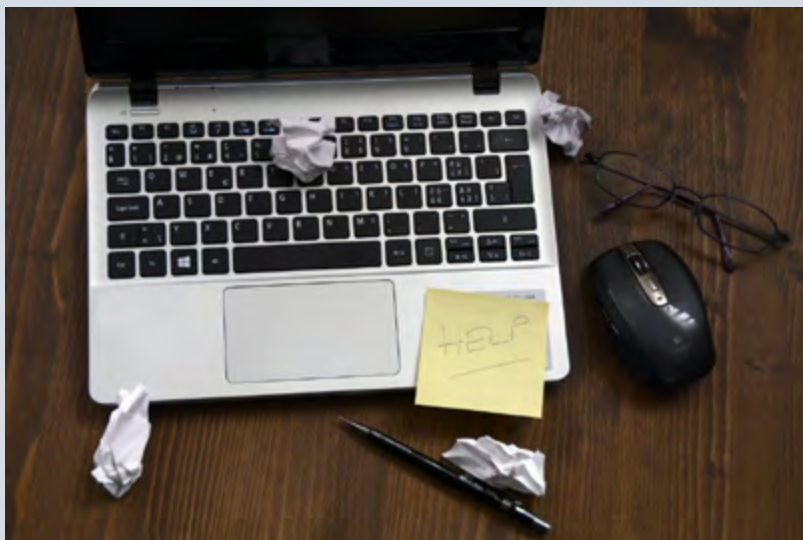
By sharing your views and opinions you will help your local adult college to provide the courses that are important to you and your local community.

Complete our short survey and get a **£5 voucher** off any ACRES course to say Thank You.
It can be found on our website

www.acreslearning.org.uk

Thank You





Need help using your laptop or tablet?

Contact East Sussex Libraries *IT for You at home.*

Would you like to learn computer basics, improve your skills, or maybe you're just stuck on one task?

Our team of computer volunteers can help you over the phone with email, using the internet, Microsoft Word, Excel and more – whether you want to keep in touch with friends and family, search and apply for work, update your Universal Credit journal or just access information online.

Call **01323 463759** to request help and we'll arrange for one of our volunteers to call you at home.

To help us help you, please have the following information to hand -

- Make and model of your device
- If you have a desktop or laptop computer, the version of Windows – eg Windows 8, 10 etc...
- The area you require help with - eg using email, online forms, Word etc...
- If your query relates to email, the type of email being used eg Gmail, Hotmail, Outlook etc...
- Your preferred contact number (and permission to share that number with the volunteer)

Please note, we cannot advise on technical faults or repairs on your device.





Study for a qualification with East Sussex Libraries Learning Services...online

- Functional Skills English, Maths and ICT
From Entry Level 3 to Level 2 (equivalent A – C at GCSE grade 9-7)
- European Computer Driving Licence (ECDL) level 1
computer basics, security, internet and email use
- European Computer Driving Licence (ECDL) level 2
Word, Excel and Powerpoint

Email LearningServices@eastsussex.gov.uk to find out if you're eligible for free study





Job Pod online interview space and support... at Eastbourne and Hastings Libraries.

Have you been offered an online job interview? East Sussex libraries can help.

You can now book a fully equipped Covid secure private space for remote interviews.

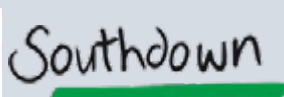
You'll get all the technical support you need and time to prepare, all in a private and professional setting.

Bookings are available Monday to Thursday between 10 am and 4 pm.

And the service is of course contactless with all equipment and surfaces cleaned between uses.

To find out more or book your place call 01323 463759 and ask for *Job Pod*

Or visit <https://eastsussex.spydus.co.uk> and select *Interview Space and Support*



EAST SUSSEX COLLEGE £1MILLION PLEDGE

TO HELP YOU RETRAIN AND UPSKILL

East Sussex College is investing £1million to specifically help local communities and businesses recover from the Covid-19 crisis by delivering free courses and qualifications.

Across Sussex, this pledge will support;

- Unemployed adults who are claiming Universal Credit, so they can access sector-based work academies to gain qualifications directly linked to job opportunities.
- Employed adults and volunteers to boost and gain skills, including Digital Skills for the Workplace and Mental Health First Aid Training.
- College leavers and university graduates to access bespoke employability training programmes to equip them for the challenging labour market.

We are working in partnership with East Sussex County Council, local authorities, Local Enterprise Partnerships, the Department for Work and Pensions, Let's Do Business Group and Sussex Chamber of Commerce to provide training that is highly valued by employers.

A range of flexible online courses are available through the College's website:

escg.ac.uk/million-pound-pledge



Scan the QR
code to see
what we can
offer you



To find out more please get in touch:
grasp@escg.ac.uk



Develop & Level Up Your Skills

Start your career in **care** or
level up your existing skills.

- ◆ Flexible and achievable Level 2 qualifications in just 8-12 weeks
- ◆ Regular support and feedback from our qualified team

- ✓ Aged 19 or over on 31st August 2020
- ✓ Lived in the EU for at least 3 years

FREE
online
accredited
courses

FREE courses in:

Understanding Autism

Understanding Behaviour
that Challenges

Understanding Children
& Young People's
Mental Health

Understanding
Safeguarding & Prevent

Understanding Specific
Learning Difficulties

With CACHE, the
leading specialist in
Early Years Education
www.cache.org.uk

For more information and to enrol visit:

www.grasplearning.co.uk/elearning-short-online-courses

or email **grasp@escg.co.uk**





Online
Accredited
Courses

Stand out from the crowd

Level up your **business** skills
with our free online courses.

- ◆ Online accredited Level 2 qualifications
- ◆ Flexible and achievable in 8-12 weeks
- ◆ Regular support and feedback from our qualified team

- ✓ Aged 19 or over on 31st August 2020
- ✓ Lived in the EU for at least 3 years

Our Courses:

Digital Skills for Work

Become qualified in the use of the latest digital applications used in the workplace (Teams, Zoom, Instagram, LinkedIn).

LEAN Management

Develop valuable skills to support improvement of business performance.

Equality and Diversity

Raise awareness of the issues surrounding equality and diversity in the workplace.

Mental Health First Aid

Develop skills to support colleagues with mental health issues.

For more information

and to enrol visit:

[www.grasplearning.co.uk/
elearning-short-online-courses](http://www.grasplearning.co.uk/elearning-short-online-courses)

or email grasp@escg.co.uk



FREE

Money Matters

FREE

(For families living in East Sussex)

A relaxed and interactive course to look at a range of ideas to help make your money go further as well as how to access support around finances and/or debt



Fridays via Zoom

10:00 – 11:30 a.m. or 1:30 – 2:00 p.m.

4 or 6 week options available

For more information regarding this free course, or to enquire about dates and availability, please email:

rachael@grhtraining.co.uk



www.grhtraining.co.uk



www.eastsussex.gov.uk

Free Family Learning **courses in East Sussex**

GRH Training, as a Family Learning provider, is funded to deliver a range of courses to benefit families within East Sussex. Below are some of the courses and workshops on offer:

- **Employability Skills / CV workshops**
- **Money management (budgeting & debt support)**
 - **Support with home-learning – phonics, literacy and numeracy for EYFS & KS1**
 - **Story Sacks/Creative Stories**
 - **Family Cookery**
 - **Budget & Healthy Eating**
- **Parent & Child Sign Language**
 - **Themed Family Craft**
 - **Go Wild in the Garden**
 - **Grow your Own**
 - **Let's Get Sewing**

For more information regarding any of these free courses, to enquire about other funded courses available, or to discuss bespoke courses to suit your needs, please email:

rachael@grhtraining.co.uk



www.grhtraining.co.uk



www.eastsussex.gov.uk

FREE

**Interactive 4-week Zoom course for parents
of Reception & Year 1 children in East Sussex**

FREE

Fun with Numeracy

Ideas and activities to support your EYFS/KS1 child with numeracy home learning – including a variety of games as well as how to sneak numbers into fun everyday activities.

“My son loved the games so much that he didn’t even realise he was learning phonics and numbers.”

“The sessions were really useful to have a benchmark of what school expectations of learning will be and how much children learn through fun and play.”



**Thursdays via Zoom for 4 weeks
10:00—11:30 a.m. or 1:00—2:30 p.m.**

For more information regarding this free course, or to enquire about dates and availability, please email:

rachael@grhtraining.co.uk



FREE

**Interactive 4-week Zoom course for parents
of Reception & Year 1 children in East Sussex**

FREE

Fun with Phonics

**Ideas and activities to support your EYFS/KS1
child with phonics and literacy – including a
variety of games and ideas on how to make
home learning fun!**

“My son loved the games so much that he didn’t even realise he was learning phonics and numbers.”

“The sessions were really useful to have a benchmark of what school expectations of learning will be and how much children learn through fun and play.”



**Tuesdays via Zoom for 4 weeks
10:00—11:30 a.m. or 1:00—2:30 p.m.**

For more information regarding this free course, or to enquire
about dates and availability, please email:

rachael@grhtraining.co.uk



FREE Get Ready for Work FREE

(For families living in East Sussex)

A short 4-week course to build confidence in exploring your transferable skills, looking at job search techniques, creating a CV & covering letter, completing an application form and techniques on how to be successful at interview.



Wednesdays via Zoom
1:00 – 2:30 p.m. for 4 weeks
other days and times are available

For more information regarding this free course, or to enquire about dates and availability, please email:

rachael@grhtraining.co.uk



www.grhtraining.co.uk



www.eastsussex.gov.uk

FREE Parent & Child Signing **FREE**

(For East Sussex Families)

A short course designed to give parents / carers the skills and confidence to use and teach key signs to their baby/child to support their speech, language and communication development



Mondays/Tuesdays via Zoom for 6 weeks

Morning course: 10:00 – 11:00 a.m.

Afternoon course: 1:30 – 2:30 p.m.

Evening course: 7:00 – 8:00 p.m.

For more information regarding this free course, or to enquire about dates and availability, please email:

rachael@grhtraining.co.uk



www.grhtraining.co.uk



www.eastsussex.gov.uk

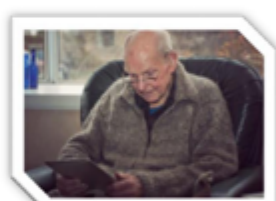
Join Together

Support for your local community & surrounding areas

If you are feeling lonely, isolated or disconnected from your community during this uncertain time of Covid-19, we can support you with a regular friendly telephone.

Receiving a phone call provides a form of comfort, connection and community

We are just a telephone call away, please give us a call



If you would like to become a **befriending volunteer** to support someone weekly, please get in touch for more details

Please help make a *difference to someone's* life

Our contact details are:

01323 440 548 - 07920 526 226 - 07341 563 649

or email hailsham@sussexcommunity.org.uk



COMPASS COMMUNITY ARTS SUMMER PROGRAM 12TH APRIL - 3RD SEPTEMBER 2021

info@compasscommunityarts.co.uk
www.compasscommunityarts.co.uk

Langney Priory
Etchingam Road
Eastbourne BN23 7DT

Free of charge
Free parking
Public transport: The Loop

Monday's 2pm-4pm

Art Group with Fenya Sharkey & Jason Williams

A group for those who enjoy art.

Sculpture and Print making

Contact us for details of workshops.

Tuesday's 2pm-4pm

Art walks: Textile with Ismini Samanidou

Come for a walk and find plants and grasses to weave on hand held looms, or stitch wool and fabric to create beautiful textile landscapes.

Gardening:

Create a natural dye garden.

*We meet under strict Covid19 guidelines.
Please contact us for further information
admin@compasscommunityarts.co.uk*

St Elisabeth's Church
267 Victoria Drive, Old Town
Eastbourne BN20 8QX

Free of charge
Free parking
Public transport: Bus 1
Disability access

Tuesday's 11am-1pm

Conversation group with Ruth Mowbray and Jane Moon

Bring your knitting, crochet, drawing and colouring and enjoy a shared conversation.

Hampden Park Café
Meet at entrance of café

Free of charge
Free parking
Public transport Buses,
51,54 and 9
Disability access

Thursday 2pm-4pm

Art Walks: Poetry with Lucy Calcott

A poetry group where poems are written through gentle conversation.

The Pier
Eastbourne Seafront
Meet at the entrance

Free of charge
Meter parking
Public transport: Bus 3 and
The Wave
Disability access

Wednesday's 11am- 1pm

Art Walks: Music with Josephine Davies and Ben Somers

Join Sharon Ive's walking group. Make improvisational music using hands, feet and materials found along the seafront

Via Zoom

Thursday's 2pm-4pm

Creative Writing Circle with Gwendoline Coates

*We meet under strict Covid19 guidelines.
Please contact us for further information
admin@compasscommunityarts.co.uk*

For information on other courses run in our area, please contact the following providers:



ACRES

Telephone number: 01825 761820

www.acreslearning.org.uk

Provide adult learning opportunities across Wealden, including Crowborough, Hailsham, Heathfield, Uckfield, Wadhurst and surrounding areas



East Sussex College

Telephone number: 030 300 38212

www.escg.ac.uk

Offers a wide range of opportunities for adults across the local area including apprenticeships, Access courses, English, Maths and many other general interest and leisure courses



**Community
Development**

**Sussex Community Development
Association**

Telephone number: 01323 440 548

www.sussexcommunity.org.uk

Supports local residents to develop their neighbourhoods, improve their facilities and strengthen their communities.

Universal Credit Hotline: 0800 328 5644

Care for the Carers: 01323 440 548, info@cftc.org.uk, www.cftc.org.uk



Also:

East Sussex Credit Union - A local financial cooperative. which aims to combat poverty, promote community development and provide credit at reasonable rates in the East Sussex area. Offering loans and savings service to people living and working in East Sussex, with the aim of promoting financial prosperity and tackling financial exclusion in the community.



Job Centre plus - **0345 604 3719**



The People Matter Trust offers FREE services to both employed and unemployed individuals aged 19+ (regardless of benefit status) in Eastbourne, Wealden District and surrounding areas. As National Careers Service Advisers, we can assist with CV review and development, careers advice, education/training information, mock interviews etc. For more information and to book a telephone appointment, please call **07843 190738**.

Just would like to say that I've enjoyed the course immensely, and have learned a lot. Margaret is a lovely teacher and a great person! Look forward to doing more classes very soon.

I really appreciated the videos sent ahead of the tutorial, which demonstrated the craft skills. Excellent! This gave me space to practice in my own time before the tutorial when we shared ideas and practice.

Jan was an excellent on line teacher. Very patient and supportive. Her lessons and teaching have greatly helped with my confidence in maths.

Thank you Jan!!