



FREE COMMUNITY LEARNING COURSES



To find out more or to book a space call 030 300 38212 or e-mail
community.info@escg.ac.uk Booking essential!

Course	Venue	Dates	Times
<p>The Future is Yours</p> <p>Would you like to take control of your future? Break the chain between the past and the future. Recognise you can create your own future. Set goals in alignment with your talents and abilities .</p>	<p>East Sussex College, Cross Levels Ways Eastbourne, BN21 2UF</p>	<p>6 week course</p> <p>Thursdays 22nd April to 27th May</p>	<p>1.00pm— 3.30pm</p>
<p>The Future is Yours</p> <p>Would you like to take control of your future? Break the chain between the past and the future. Recognise you can create your own future. Set goals in alignment with your talents and abilities .</p>	<p>Online via Zoom</p>	<p>6 week course</p> <p>Fridays 23rd April to 28th May</p>	<p>1.30pm- 3.30pm</p>

Courses are fully funded for adults aged 19+ Courses limited to two per person per term

Course	Venue	Dates	Times
<p>The Strength in You</p> <p>Would you like to feel more confident dealing with life's challenges? Learn how to change your relationship with fear. Strengthen your emotional resilience. Develop your ability to get back up after you have been knocked down by life's events.</p>	<p>Online via Zoom</p>	<p>6 week course</p> <p>Tuesdays 20th April to 25th May</p>	<p>1.30pm— 3.30pm</p>
<p>Finding Peace in a Frantic World</p> <p>Learn practical mindfulness skills for everyday life in order to work with and reduce anxiety and stress; to promote well-being and enjoyment; learn how to sustain these practices once the course has finished.</p> <p>To take part in this course you will need to buy a course book priced at approximately £10. Details will be given on application.</p>	<p>Online via Zoom</p>	<p>9 week course</p> <p>Tuesdays</p> <p>27th April to 29th June (no session on 1st June)</p>	<p>10.00am— 11.30am</p>

Course	Venue	Dates	Times
<p>Introduction to Yarn Crafts</p> <p>In this short course you will explore different ideas and have fun creating different yarn craft items. You will complete four mini projects : Tassels and Pompoms, Crochet Daisy Squares, Decorative Yarn Balls and Macramé Plant Holder. All levels welcome.</p>	<p>Online via Zoom</p>	<p>4 week course</p> <p>Wednesdays 5th—26th May</p>	<p>10.30am— 12.30pm</p>
<p>Graphic Design</p> <p>This introductory course uses a web-based design programme. You will learn basic design principles to create a flyer, invitation or letter-head. Design a logo and business card or create a cover for your favourite book, album and/or design your own comic strip. No previous experience required.</p>	<p>East Sussex College, Denton Island, Newhaven, BN9 9BN</p>	<p>4 week course</p> <p>Thursdays 6th—27th May</p>	<p>10.00am— 1.00pm</p>
<p>Experiments in Textiles</p> <p>From fabric printing, to weaving and patchwork join this course to create some beautiful textile based craft items. Basic materials will be provided but please bring any scrap textile pieces you might have. No experience necessary/all levels welcome.</p>	<p>East Sussex College, Cross Levels Ways, Eastbourne, BN21 2UF</p>	<p>4 week course</p> <p>Tuesdays 4th—25th May</p>	<p>1.30pm- 4.30pm</p>

Course	Venue	Dates	Times
<p>Spring Sugarcraft</p> <p>Learn basic sugarcraft techniques including modelling, making flowers and decorations for cakes. No experience required. All materials provided.</p>	<p>East Sussex College, Cross Levels Ways, Eastbourne, BN21 2UF</p>	<p>3 week course</p> <p>Wednesdays 28th April—12th May</p>	<p>10.00am—12.00pm</p>
<p>Arts & Crafts for Wellbeing</p> <p>This course takes an experimental approach to allow you to explore your creativity in a friendly and 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 relive and remember those most cherished moments.</p>	<p>East Sussex College, Mountfield Road, Lewes, BN7 2XH</p>	<p>3 week course</p> <p>Mondays 10th, 17th, 24th May</p>	<p>10.00am—1.00pm</p>



To find out more or to book a space call 030 300 38212 or
e-mail: community.info@escg.ac.uk

