



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>Exploring Art & Drawing</p> <p>Guided by an experienced tutor learners will experiment using a variety of working methods. Each week you will explore different artists' work to help inspire you.</p> <p>To take part in this course you will need:</p> <p>A range of pencils : H or HB, 2B, 3B, 4B up to 8B (3 or 4 pencils), eraser and putty rubber, Graphite stick (charcoal), Colour pencils, Paper (preferably cartridge A2).</p>	Online via Zoom	<p>4 week course</p> <p>Wednesdays 13th, 20th, 27th January & 3rd February</p>	10.00am— 1.00pm
<p>Mindful Living</p> <p>Develop your ability to move from chaos to calm. Learn how to recognise the signs of stress and anxiety and how they affect wellbeing. Learn techniques to help you handle thoughts, feelings and sensations. Delivered in a safe, friendly environment.</p>	East Sussex College, Cross Levels Ways Eastbourne, BN21 2UF	<p>5 week course</p> <p>Fridays 26th February, 5th, 12th, 19th, 26th March</p>	1.30pm- 4.00pm

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

Course	Venue	Dates	Times
<p>Confidence Towards Work</p> <p>This course will help you develop your confidence and skills while job seeking. Identify your skills and qualities, improve communication skills and develop your ability to deal with setbacks.</p>	<p>East Sussex College, Denton Island, Newhaven, BN9 9BN</p>	<p>6 week course</p> <p>Thursdays 25th February, 4th, 11th, 18th, 25th March & 1st April</p>	<p>10.00am— 12.30pm</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>Introductory session: Friday 22nd January</p> <p>Main course: Fridays 5th February to 26th March</p>	<p>10.00am— 12.00pm</p>

Course	Venue	Dates	Times
<p>Beginners Drawing</p> <p>Suitable for complete beginners or those with little experience of drawing. Develop your skills using a range of materials and explore different drawing processes throughout the weeks. All materials provided.</p>	<p>East Sussex College, Cross Levels Ways, Eastbourne, BN21 2UF</p>	<p>4 week course</p> <p>Wednesdays 3rd, 10th, 17th, 24th March</p>	<p>10.00am— 1.00pm</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 4th, 11th, 18th, 25th March</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 2nd, 9th, 16th & 23rd March</p>	<p>1.30pm- 4.30pm</p>

Course	Venue	Dates	Times
<p>Pizza & Bread Making</p> <p>Come along and learn how to make bread and pizza from scratch. Suitable for those with little or no cooking experience. All ingredients provided</p>	<p>East Sussex College, Cross Levels Ways, Eastbourne, BN21 2UF</p>	<p>3 week course</p> <p>Wednesdays 17th, 24th & 31st March</p>	<p>12.30pm—2.30pm</p>
<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 17th, 24th & 31st March</p>	<p>10.00am—12.00pm</p>



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