

Creative Learning

Autumn 2019 Courses



Creative Learning



Community Action Dacorum Registered Charity No: 288080 – Company
Ltd by Guarantee 1745852

Welcome

Creative Learning is a community learning project hosted by **Community Action Dacorum** and funded by **Hertfordshire Adult and Family Learning Service (HAFLS)**.

We use a team of local tutors to teach ESOL, Dance & Exercise and all sorts of Skills & Leisure courses for Dacorum residents. We provide for all adults aged 19+ and we're particularly keen to support those who have barriers to learning.

Please note, some fees can be reduced dependant on personal circumstances.

Contact **Creative Learning** to book your place or for more information on courses with no confirmed start date.

Tel: 01442 253 935

Email:

learning@communityactiondacorum.org.uk



Courses

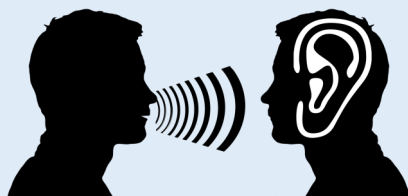
Course title	Page
ESOL	4-5
Basic computing for work	6
Further computing for work	6 & 7
Introduction to Tablets	8
Further Tablets	8 & 9
Online Marketing for the Self-Employed	9
Bespoke courses	10-13



English for Speakers of Other Languages—ESOL

A 10-week English course for Speakers of Other Languages. Classes cover speaking, listening, reading and writing.

There are five levels from Beginners through to Upper Intermediate. ESOL fees are £60 per term. This is an admin/registration fee and does not change if learners join part way through the course.



No need to book your place, turn up to the class you believe is most appropriate for you and you will be given a short test to confirm your level. The tutor will advise you if you need to attend another class/level.

Please note—no courses during October half-term.

Course	Venue	Start Date
ESOL Intermediate	Hatfield Breaks Manor Link Drive, Hatfield AL10 8TP	Tuesday 24th Sep- tember to 3rd Decem- ber 18:00-20:00
ESOL Beginner	South Hill Centre Cemetery Hill, Hemel Hempstead HP1 1JF	Monday 23rd Sep- tember to 2nd De- cember 09:30-11:30
ESOL Elementary	Hobbs Hill School, Peascroft Road Hemel Hempstead HP3 8ER	Tuesday 24th Sep- tember to 3rd Decem- ber 09.00-11:00
ESOL Pre- intermediate	CAD 48 High Street Hemel Hempstead HP1 3AF	Tuesday 24th Sep- tember to 3rd Decem- ber 10:00-12:00
ESOL Intermediate	CAD 48 High Street Hemel Hempstead HP1 3AF	Monday 23rd Sep- tember to 2nd De- cember 19:00-21:00
ESOL Upper Intermediate	CAD 48 High Street Hemel Hempstead HP1 3AF	Tuesday 24th Sep- tember to 3rd Decem- ber 19:00-21:00

Basic Computing for Work

6 weeks x 2 hour sessions

Who is it for:

Unemployed, and also suitable for people with learning difficulties. The course will provide an introduction to the “Cloud” and spreadsheets.

Date	Time	Venue	Cost
27 September	2.30-4.30pm	South Hill Centre	£30



Further Computing for Work

6 weeks x 2 hour sessions

Who is it for: Unemployed, and those looking to up-skill. Particularly suited to support learners job-seeking or to progress onto Basic Administration courses.

Date	Time	Venue	Cost
6th January	10.30-12.30pm	CVSBEH Skills and Learning Centre Hertford	£30

Further Computing for Work

6 weeks x 2 hour sessions

Who is it for:

Unemployed, and those looking to up-skill.

Particularly suited to support learners job-seeking or to progress onto Basic Administration courses.

Date	Time	Venue	Cost
8th November	2.15-4.15pm	South Hill Centre	£30

Feedback Opportunities

"It was of enormous benefit to me"

"Very enjoyable, and although I have had similar training I still learned a lot"



Introduction to Tablets

6 weeks x 2 hour sessions

Who is it for?

65+, people with learning disabilities and/or unemployed. It will focus on Touchscreen, accessing settings and connecting to WiFi.

Date	Time	Venue	Cost
7th August	1-3pm	DBC Tenant Academy	£30



Further Tablets

6 weeks x 2 hour sessions

Who is it for? Those aged 65+, people with learning disabilities and/or unemployed. Focusing on how to manipulate photographs, print from tablets and use cloud storage.

Date	Time	Venue	Cost
23rd October	2-4pm	DBC Tenant Academy	£30

Further Tablets

6 weeks x 2 hour sessions

Who is it for?

Those aged 65+, people with learning disabilities and/or unemployed. Focusing on how to manipulate photographs, print from tablets and use cloud storage.

Date	Time	Venue	Cost
TBC	TBC	TBC	£30



Online Marketing for the Self-Employed

6 weeks x 2 hour sessions

Who is it for: Voluntary Organisations, Self-employed and very small business. Those looking to turn skills into self employment opportunities e.g. mobile hairdressers, home cooks, crafters etc.

Date	Time	Venue	Cost
TBC	Evening Time: TBC	CAD 48 High Street Hemel Hempstead	£30



Many of our courses are requested by groups, companies or charities who want something specific. Please contact us to discuss your requirements.

Some of the bespoke courses we regularly run:

Pathways into employment

- Recognise individual barriers and learn how to overcome them
- Learn about the hidden job market
- Rediscover your skills and abilities, and learn about developing new ones
- Increase your confidence
- Create winning CVs, covering letters and application forms
- Develop your interview skills





THEDOJO.ORG.UK



Mind and Body Conditioning

In collaboration with THEDOJO.ORG.UK

- Increase body fitness, stamina and strength
- Learn and practice the fundamentals of self-defence techniques
- Learn how to gain control of emotions,
- release stress, frustration and anger whilst maintaining self control

Cook Well Eat Well

In collaboration with Cookfresh



- How to cook on a budget
- Introduction of recipes that are healthy and fresh
- The nutritional benefits fresh food has on the mind, body and soul
- Moving away from unhealthy processed foods offered in supermarkets



Nimble Crafters

In collaboration with Dacorum Borough Council and delivered across Care homes.

Leading to improved mental health, improved social networking, pride in creative work, dexterity and other courses.



Working with Wood

In collaboration with Carers in Hertfordshire.

Upcycling furniture made from different types of timber, from small tables to chairs. To generate a new skill and activity, and fill in time spent alone with something creative and satisfying.

Keeping Fit

In collaboration
with Dacorum
menchap.



Boxercise - Using the principles, philosophy and fundamentals of the Martial Arts as a metaphor and tool to develop character.

Exercise (for women)

In collaboration with Muskaan & Indian Society, local faith and culture groups. Dance, swimming, well-being and walking groups.

If there is a course you would like for your group, please contact us on 01442 253 935 to discuss your requirements.



Senior Exercise

In collaboration with Muskaan & Indian Society, local faith and culture groups. Dance, swimming, well-being and walking groups.



Chair Based Exercise

Delivered across sheltered housing groups this course tackles isolation and aims to improve mental and physical health.



Me Time

A course for members of the community needing diet, exercise and mindfulness support for stress relief, e.g. carers.

Mind Full, or Mindful?



Parents and kids yoga

Improve health and wellbeing, whilst introducing exercise with your child leading to improved parenting skills.

If there is a course you would like for your group, please contact us on 01442 253 935 to discuss your requirements.

Community Action Dacorum is a charity that provides a circle of support to the local community.

Supporting voluntary organisations and community groups at the early stages of their development

Delivering services and projects that support local individuals, businesses and community



Tel: 01442 253 935

Email:

learning@communityactiondacorum.org.uk

48 High Street

Hemel Hempstead

HP1 3AF



Community Action Dacorum Registered Charity No: 288080 – Company Ltd by Guarantee 1745852