

Netherhall & Beacon Hill Adult Education Centre September 2011



NETHERHALL

Contact Susan or Shirley on 01900 815765
Mon 09.30am-8.30pm, Tues/Wed 09.30am-
2.30pm Thurs 12pm-8.30pm Term Time only.
Enrolments in person (Mon eve) or post/email
aded@netherhall.cumbria.sch.uk

BEACON HILL

Contact Judith on 016973 20509 Wed & Thurs
evenings 5pm-9pm Term Time only
beaconhillcommunity@hotmail.com



Cumbria
County Council

Monday

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
Sugarcraft	Gillian Marr	19.09.11	19:00	21:00	Netherhall School	52/41.60/26	10
Computing for Beginners	Sara Barnes	19.09.11	19:00	21:00	Netherhall School	26/20.80/13	5
Using the Internet & Email	Sara Barnes	31.10.11	19:00	21:00	Netherhall School	26/20.80/13	5
Beginners German	tba	19.09.11	19:00	21:00	Allonby School	52/41.60/26	10
Prepare a Meal for a Fiver	Maggie Paynter	19.09.11	19:00	21:00	Netherhall School	26/20.80/13	5
Move on With English	tba	19.09.11	18:30	21:00	Tba	FREE	16
Beginners Bridge	Mike Madden	19.09.11	13:00	15:00	Our Lady & St Patrick's	52/41.60/26	10
Yoga at Gilcruix	Cherry Peel	04.10.11	19:00	20:30	Gilcruix Village Hall		10
Get Arty †	Michelle Cattanach	19.09.11	10:00	12:00	The Settlement	26/20.80/13	5
Watercolour Painting	Ian Reed	19.09.11	10:00	12:00	Blennerhasset Village Hall	52/41.60/26	10
Silverwork & Enamelling	Michael Benedict Owens	19.09.11	13:00	15:00	Torpenhow Village Hall	52/41.60/26	10
Sugarcraft	Gillian Marr	31.10.11	13:00	15:00	Blennerhasset Village Hall	26/20.80/13	5
Family History on the Internet	Judith Smith	19.09.11	16:00	18:00	Aspatria Library	26/20.80/13	5
Yoga at Plumbland	Cherry Peel	19.09.11	10:00	11:30	Plumbland Village Hall		10

Sugarcraft

Be creative with sugar, making flowers and cake top decorations.

Computing for Beginners and Using the Internet and Email

Suitable for those who haven't used a computer before or are fairly unfamiliar with computers. These two non-accredited courses follow on from each

other and should leave the learner feeling more confident with using computers.

Beginners German

An introduction to the German language and culture.

Prepare a Meal for a Fiver

Learn to make innovative, nutritious meals which need not cost the earth.

Move on with English This is an opportunity to gain the Adult Certificate in English, at the equivalent level of a GCSE.

Beginners Bridge

Join other players and learn to play bridge. Bridge is played by four players in two competing partnerships with partners sitting opposite each other around a small table. Ideally players should come in pairs or fours, though don't be put off if you have no-one to come with.

Yoga at Gilcrux

Join us in Gilcrux's fabulous, newly renovated village hall for some time to yourself. Yoga is made up both physical and mental practices. This course is designed to help keep you fit, help your flexibility, balance and breathing.

Get Arty

Discover your artistic side and come for these five week 'taste of art' sessions. Lessons will vary each week introducing you to various art and craft techniques.

Watercolour Painting

A class designed to develop watercolour techniques including perspective, drawing and composition. Taught by a professional, experienced tutor in a friendly relaxed atmosphere.

Silverwork & Enamelling

Previous learners have been thrilled with the keepsakes and jewellery they have been able to produce on this course, expertly guided by the expert hand and skills of the tutor.

Sugarcraft

A shorter version of the Monday night class.

Family History on the Internet

An introduction to researching your family tree using the internet.

Yoga at Plumbland

Yoga is made up both physical and mental practices. This course is designed to help keep you fit, help your flexibility, balance and breathing and about having fun and meeting new people. This course is very popular.

Tuesday

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
Sip & Sew	Gaye Townley	20.09.11	13:00	15:00	Her Citi	26/20.80/13	5
Quilting	Gaye Townley	01.11.11	13:00	15:00	Her Citi	26/20.80/13	5
Soft Furnishings	Gaye Townley	06.12.11	13:00	15:00	Her Citi	26/20.80/13	5
Felting & Jewellery	Julie Harrison	20.09.11	18:00	20:00	Her Citi	26/20.80/13	5
Belly Dancing	June Gerrard	20.09.11	18:30	19:30	The Wave	26/20.80/13	10
Introductory Computing	Terry Middleton	20.09.11	09:30	12:00	The Settlement		10
Improving Photos with Photoshop (Beginners)	Terry Middleton	20.09.11	09:30	12:00	The Settlement		10
ESOL	tba	27.09.11	18:30	21:00	Maryport	FREE	16

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
Bridge at Gilcrux	Mike Madden	01.11.11	19:00	21:00	Gilcrux Village Hall	52/41.60/26	10
Yoga at the Wave	Cherry Peel	22.09.11	19:00	20:30	The Wave		10

Sip & Sew, Quilting & Soft Furnishings – 3 short, 5 week courses - Join us at Her Citi for a relaxed and friendly small class. Starting with a simple project, you will have produced something at the end of each course that you'll want to show off to your friends and family and keep for ever. Classes can be taken separately.

Felting & Jewellery - An introduction to felting and making your own jewellery, suitable for beginners or those who want to refresh their felting skills. You will also learn the skills required to design and make your own jewellery. A relaxing course where your creative flair can be let loose!

Belly Dancing - An ancient dance form that promotes health & well being, especially for women. Belly dancing is also very good fun and is suitable for all ages, all body shapes and any ability.

Introductory Computing - Unravel the mystery of using a mouse, creating documents, saving files, making prints, searching the web and emailing with this introductory courses in IT for beginners.

Improving Photos with Photoshop (Beginners)

If you've got a digital camera and want to produce quality prints or if you've taken digital photos that you've never go around to doing anything with, then this course is for you. The course will guide and support you from taking photographs to producing refined and organised quality prints. **(We also hope to run this course as an evening course – please contact the centre.)**

ESOL - If English isn't your main language, this course will help you improve your English.

Bridge at Gilcrux - Join us in Gilcrux's fabulous, newly renovated village hall. Bridge is a played by four players in two competing partnerships with partners sitting opposite each other around a small table. Ideally players should come in pairs, though don't be put off if you have no-one to come with.

Yoga at the Wave - Yoga is made up both physical and mental practices. This course is designed to help keep you fit, help your flexibility, balance and breathing.

Wednesday

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
Sketching	Ian Reed	02.11.11	10:00	12:00	Gilcrux Village hall		5
Award in the Principles of Health & Fitness*	Tony Magorrian	21.09.11	18:30	21:00	Netherhall Community Sports Centre		18
Award in Assisting	Tony Magorrian	07.03.11	18:30	21:00	Netherhall Community		12

Health related Activity*					Sports Centre		
Digital Photography Project (Landscape)	Terry Middleton	05.10.11	09:30	15:30	The Settlement		3
Digital Photography Project (Coast)	Terry Middleton	Spring term	09:30	15:30	The Settlement		3
Digital Photography Project (Nature)	Terry Middleton	Summer term	09:30	15:30	The Settlement		3
Trace your family tree using the internet	Ben Opie	28.09.11	18:00	20:00	Maryport Library	26/20.80/13	5
GCSE Maths*†	Donald Williamson	21.09.11	18:45	20:45	Beacon Hill School		30
Fun in France for Beginners	Fiona Kennedy	21.09.11	18:45	20:45	Beacon Hill School	52/41.60/26	10
Spanish Complete Beginner	David Eскурриola	21.09.11	17:30	19:00	Beacon Hill School		10
Improving Your Spanish	David Eскурриola	21.09.11	19:15	20:45	Beacon Hill School		10
Italian Complete Beginner	Tim Jones	21.09.11	17:30	19:00	Beacon Hill School		10
Improving Your Italian	Tim Jones	21.09.11	19:15	20:45	Beacon Hill School		10

Sketching

Join us in Gilcrux's fabulous, newly renovated village hall. This course is for beginners who wish to learn basic drawing techniques and improvers who wish to perfect their drawing skills.

Award in the Principles of Health & Fitness (Entry 3) & Award in Assisting Health Related Activity (Level 1), awarding body Active IQ*.

These courses are for those who would like to gain up to date qualifications recognised by REP's (Register of Exercise Professionals). If you are you looking for

skills for employment and career progression in the health and fitness industry or if you have an interest in improving your own healthy lifestyle then these courses are for you. Active IQ is a dynamic, flexible Awarding Body within the Active Leisure sector designing qualifications that support clearly defined career pathways.

Digital Photography Project (Landscape, Coast & Nature)

These 3 week workshops will allow the learner to carry out a photography project on a theme. The first and last sessions will

take place at The Settlement using cameras and Photoshop®, the 2nd week will be a field trip to take photographs to work on. These courses can be taken separately.

Trace Your Family Tree using the Internet

If you liked the BBC programme 'Who Do You Think You Are?' then this course is for you. An ideal follow on from 'Family Heritage' but focuses on using the Ancestry® computer programme at the local library. This course can also be taken on it's own.

GCSE Maths

This course prepares you to sit the GCSE exam in Maths. Some work outside classes will be necessary.

Fun in France for Beginners

A light hearted introduction to French focusing on conversation whilst learning about the culture and the country itself.

Fun in France for Beginners

A light hearted introduction to French focusing on conversation and getting by

whilst learning about the culture and the country itself.

Spanish Complete Beginner/Improving Your Spanish

For speakers of Spanish at Beginner or Intermediate level. This course is designed for people with an interest in learning and improving their Spanish Language skills but also with an interest for Spain and its culture.

Italian Complete Beginners

This is a 10 week course for absolute beginners who are keen to begin speaking Italian. The course aims to introduce students to some basic vocabulary and grammar and to help them take the first steps on the road to learning Italian.

Improving Your Italian

This is a course for those who have covered some of the main tenses and structures of Italian and who wish to gain fluency and widen their vocabulary & knowledge of grammar.

Thursday

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
Understanding Facebook & Twitter	Ben Opie	17.11.11	18:00	20:00	The Settlement	26/20.80/13	5
Introduction to Basic ICT*	Sara Barnes	22.09.11	13:00	15:00	The Settlement	£49/£49/£16	15
Introduction to Basic ICT	Judith Smith	22.09.11	16:30	18:30	Beacon Hill School		15
Spreadsheets & Databases	Judith Smith	22.09.11	18:45	20:45	Beacon Hill School	52/41.60/26	10
Move on with Maths*	Tba	22.09.11	18:30	21:00	Maryport Library	FREE	16
Family Heritage	Ben Opie	22.09.11	10:00	16:00	The Settlement		1
Pencil Drawing at Allonby†	Michelle Cattanach	22.09.11	19:00	21:00	Allonby School	26/20.80/13	5
Quilting at West Newton	Gaye Townley	22.09.11	19:00	21:00	West Newton Village Hall	26/20.80/13	5

Quilting at Gilcrux	Gaye Townley	03.11.11	19:00	21:00	Gilcrux Village Hall	26/20.80/13	5
Indian Cookery	Maggie Paynter	03.11.11	18:30	20:30	Beacon Hill School	26/20.80/13	5

Understanding Facebook & Twitter

If you are lost in the world of social networking but feel as if you need to catch up with everyone else then come and find out what it's all about and whether or not you want to grasp the social networking bug. This course will show you how it's done and what it's all about in easy to understand terms.

Move on with Maths

This is an opportunity to gain the Adult Certificate in Maths, at the equivalent level of a GCSE.

Family Heritage

Amateur sleuths hoping to trace their Family history can find valuable clues on this one day, intensive course. They will

be guided through the maze of material available on the web and other sources.

Pencil Drawing at Allonby

This course is for beginners and improvers and is friendly introduction to methods of application, materials, colour, design and perspective.

Quilting at West Newton/Quilting at Gilcrux

These two five week courses will put to use all those bits of material and old clothes you have always thought could go into a nice quilting item. So come along and learn the basics of quilting (material available if you don't have any).

Indian Cookery

Try out some regional dishes from across India and Sri Lanka for something simple, tasty and cheap. Experiment with the creative use of spices for flavour and not just fire.

Friday

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
GCSE Maths*†	Donald Williamson	23.09.11	18:45	20:45	Maryport Library		30
Making the most of your Digital Camera	Gaye Townley	23.09.11	10:00	12:00	The Settlement	26/20.80/13	5
Fun in France - Intermediate	Fiona Kennedy	23.09.11	19:00	21:00	Maryport CVS	52/41.60/26	10

GCSE Maths

This course prepares you to sit the GCSE exam in Maths. Some work outside classes will be necessary.

Making the most of your Digital Camera

If you've recently bought a digital camera or if you're only ever using the same settings and

want to know how to take better pictures then join us at The Settlement to get the most out of your digital camera.

Fun in France – Intermediate

A light hearted course focusing on the French language (for improvers) and culture.

Saturday/Sunday

Course	Tutor	Date	Start	Finish	Venue	£	Weeks
Sugarcraft Christmas Cake	Gillian Marr	26.11.11	10:00	16:00	Netherhall School		1
Sugarcraft Easter cake	Gillian Marr	17.03.12	10:00	16:00	Netherhall School		1
Teaching your child a language	Fiona Kennedy	01.10.11	10:00	12:00	Maryport CVS	52/41.60/26	10
Basic Food Hygiene & foundation certificate in Health & Safety*	Robin Treasurer	08.10.11	10:00	17:00	The Wave	55/55/55	1
Basic Food Hygiene etc *	Robin Treasurer	Spring term	10:00	17:00	The Wave	55/55/55	1
Basic Food Hygiene etc *	Robin Treasurer		10:00	16:00	Aspatria	55/55/55	1
Paediatric First Aid*	Steve Wilson	17.09.11	10:00	17:00	The Wave	3.20/25/15.60	2
First Aid for Youth Workers*	Steve Wilson	15.10.11	10:00	17:00	The Wave		
First Aid for Volunteers *	Steve Wilson	26.11.11	10:00	17:00	The Wave		1
Alexander Technique	Jackie Barker	12.11.11	10:00	16:00	The Wave		1
Prepare an Indian Thali	Maggie Paynter	17.09.11	10:00	16:00	Netherhall School		1
Digital Photography Project (Landscape)	Terry Middleton	08.10.11	09:30	15:30	The Settlement		3
Digital Photography Project (Coast)	Terry Middleton	Spring term	09:30	15:30	The Settlement		3
Digital Photography Project	Terry Middleton	Summer term	09:30	15:30	The Settlement		3

(Nature)							
Pencil Drawing Workshop	Michelle Cattanach	01.10.11	10:00	16:00	The Settlement		1
Stained glass workshop	Nikki Clark	12.11.11	10.00	16.00	Gilcruix Village Hall		1
Christmas Craft†	Michelle Cattanach	19.11.11	10.00	16.00	Gilcruix Village Hall		1
Christmas Craft†	Michelle Cattanach	20.11.11	10.00	16.00	The Settlement		1
Family Heritage	Ben Opie	26.11.11	10:00	16:00	The Settlement		1
Making the Most of Your Digital Camera	Gaye Townley	19.11.11	10:00	16:00	The Settlement		1
Watercolour Workshop	Ian Reed	19.11.11	10:00	16:00	Plumbland Village hall	£15.60/£12.48 /£7.80	1
Watercolour Workshop	Ian Reed	26.11.11	10:00	16:00	Plumbland Village hall	£15.60/£12.48 /£7.80	1
Silverwork Workshop	Michael Benedict Owens	19.11.11	10:00	16:00	Plumbland Village hall	£15.60/£12.48 /£7.80	1
Silverwork Workshop	Michael Benedict Owens	26.11.11	10:00	16:00	Plumbland Village hall	£15.60/£12.48 /£7.80	1

Sugarcraft Christmas Cake/Easter Cake

These two one day workshops are a fabulous way to impress your loved ones with a masterpiece in cake decoration. Beginners as well as more experienced are welcome. A list of requirements will be sent to you on registration.

Teaching your Child a Language

It is never too early to start teaching your child another language. Children have such amazing brains! They absorb everything around them at lightning speeds. It is important not to underestimate a young child's ability. Teaching your child a second language, even while he is still developing his first language, has some real benefits. It is good for brain and communicative development and will have lasting benefits that will be seen later in life. This course is aimed at parents who would like

to help their child to learn a language, giving hints and tips for teaching your child. **You can choose the language and you don't even have to know the language yourself.**

Basic Food Hygiene & foundation certificate in Health & Safety

This course will equip you with

Paediatric First Aid (12 hours)

This course is ideal for anyone looking after younger children in a nursery, childminding setting, playgroup or youth club. Certificates are recognised by Ofsted and are valid for three years.

First Aid for Youth Workers (6 hours)

This course is ideal for anyone working or volunteering with young people and will give you the basic knowledge and skills to deal with common incidents relating to children and young people. Certificates are valid for three years.

First Aid for Volunteers

Most volunteers end up being a 'jack of all trades', but importantly they are sometimes the only one around if things go wrong. It is therefore advisable for volunteers to have some First Aid knowledge. This course will equip volunteers to take control in the event of an accident or illness. Certificates are valid for three years.

Alexander Technique

The Alexander Technique is a way to feel better, and move in a more relaxed and comfortable way... the way nature intended. On this one day workshop an Alexander Technique teacher will help you to identify and lose the harmful habits you have built up over a lifetime of stress and learn to move more freely.

Prepare an Indian Thali

Learn to put together an Indian Thali with an assortment of dishes. A **Thali**, meaning "plate" is a Western, Central, and North-Western Indian meal with contents varying from one region to another.

Digital Photography Project (Landscape, Coast & Nature)

These 3 week workshops will allow the learner to carry out a photography project on a theme. The first and last sessions will take place at The Settlement using cameras and Photoshop®, the 2nd week will be a field trip to take photographs to work on. These courses can be taken separately.

Pencil Drawing Workshop

This one day workshop is aimed at beginners and improvers is will look at methods of application, materials, colour, design and perspective. Learners will be given a project to work on throughout the day.

Stained Glass Workshop

This workshop is designed to give you a taste of one of the principal techniques of glass panel making, traditional lead work, as used to produce beautiful windows for centuries. On our one-day course in this time-honoured technique you will be able to make a simple stained glass panel to take home with you.

Christmas Craft

You can discover how to make your Christmas that bit more special this year by preparing your home for Christmas by creating wondrous festive pieces on this one day workshop.

Family Heritage

Amateur sleuths hoping to trace their Family history can find valuable clues on this one day, intensive course. They will be guided through the maze of information available on the web and other materials. (This course can be complemented by 'Trace your Family Tree using the Internet').

Making the most of your Digital Camera

If you've recently bought a digital camera or if you're only ever using the same settings and want to know how to take better pictures then join us at The Settlement to get the most out of your digital camera.

Watercolour Workshop

A one day class designed to develop watercolour techniques including perspective, drawing and composition. Taught by a professional, experienced tutor in a friendly relaxed atmosphere.

Silverwork Workshop

Previous learners have been thrilled with the keepsakes and jewellery they have been able to produce on this one day course, expertly guided by the expert hand and skills of the tutor.