

# Adult Education Carlisle 2010-11

Community and Continuing Education Programmes



Supported by Cumbria County Council

County Council



# Adult Education Carlisle

## Community and Continuing Education Programmes

### Dear Adult Learner!

Welcome to the 2010-2011 programme for Adult Education Carlisle, which covers the Longtown area.

This is an exciting time for the School and Adult Education with the opening of Phase 1 of the new build of the School in September.

We are offering a wide range of courses at Trinity School, and at our outreach Centres in our local communities. The programme is designed to provide you with accessible learning opportunities to develop skills and confidence for work, leisure and personal enjoyment. We are offering new courses in Handmade Keepsakes & Gifts, Marketing, Experimental Drawing, Chakra Balancing, Language Taster courses, Psychology GCSE, AS & A2, Text Processing, Cumbrian Archaeology, and many more! There is a brief description of each course within the brochure; a more detailed fact sheet for each course is available from our website and the Centre.

We try our utmost to care for your needs and each year we offer new and innovative classes in response to learner and tutor feedback. Last year over 2,000 adult learners attended courses within our Centre. All of our courses are led by experienced, qualified and dedicated tutors who are committed to helping students achieve personal and professional aspirations.

We are always looking for new tutors. If you have a teaching qualification or are willing to work towards one, please contact the Centre for an informal chat.

I hope, with over 200 courses offered in 24 rural and urban community venues that our new programme will offer you at least one rewarding learning opportunity this year.

Best wishes



Kris Brenan, Centre Manager

### Contents

Page

Centre Information	2
Arts and Crafts	3-8
Languages	9-15
Health and Fitness	16-21
Qualification Courses	22-26
First Steps and Skills for Life	27
IT and Business	28-30
General Interest	31-38
How to Book/Enrol	39-41
Trinity Leisure	42-44
Richards Rose Academy – Pool	45-46
Index A-Z listing of Courses	47-48

# Adult Education Carlisle

## Community and Continuing Education Programmes

### Centre Information

#### Opening Times:

During term time we are open Monday to Friday 9.00am – 4.00pm, and again from 5.30pm – 8.30pm from Monday to Thursday when our courses are operating.

During July and August, the office will be open for enrolments between the hours of 9.00am - 3.00pm. These opening times also apply during school holiday periods and when there are no classes taking place.

#### Contact Details:

**Address:** The Creighton Building, Trinity School,  
Strand Road, Carlisle, Cumbria, CA1 1JB

**Telephone:** 01228 403555

**Email:** [hbl@trinity.cumbria.sch.uk](mailto:hbl@trinity.cumbria.sch.uk)  
[kbr@trinity.cumbria.sch.uk](mailto:kbr@trinity.cumbria.sch.uk)

**Website:** [www.aecarlisle.com](http://www.aecarlisle.com)

#### Centre Staff:

Head of Centre: Dean Lythgoe

Centre Manager: Kris Brenan

Centre Administrator: Helen Blenkharn

Centre Assistants: Nicola Boyle & Katharine Davidson

Language Co-ordinator: Millie McKey



# Arts and Crafts

## Handmade Keepsakes & Gifts

8 weeks  
Course fee £42.00

*Monday 27 September – Heart of Craft, Viaduct Arch 6, Carlisle  
1.00pm-3.00pm / 6.30pm – 8.30pm  
Tutor: Melissa Andrews*

You will hand make a wide range of beautiful gifts for example; a memory box, mini photo album box of secrets etc. You will learn a wide range of techniques including decorative painting, paper collage etc.



## Creative Book Making

5 weeks  
Course fee £26.00

*Friday 28 January 2011 – Heart of Craft, Viaduct Arch 6, Carlisle  
1.00pm-3.00pm / 6.30pm – 8.30pm  
Tutor: Melissa Andrews*

This course will give you the opportunity to create your own handmade books in a professional setting using the latest techniques including book binding, and hand stitching.

## Creative Card Making

5 weeks  
Course fee £26.00

*Thursday 23 September – Trinity School  
6.30pm – 8.30pm  
Thursday 23 September – Botcherby Community Centre, Carlisle  
2.00pm – 4.00pm  
Tutor: Jacqui Devlin*

Come and join a friendly group of card making enthusiasts. Learn and practice a variety of techniques. Keep up-to-date with the latest trends and materials and have fun producing amazing cards.

**Please note:** there will be an additional charge of £3.00 for all your materials required for the first class.

## Creative Glass

16=2 x 8 weeks  
Course fee £84.00  
Payable as 2x£42.00

*Tuesday 21 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Sarah Jackson*

The first 8 weeks will consist of learning and gaining experience in the copper foil technique, made famous by tiffany lampshades. A large variety of objects can be made by using this technique, from sun catchers and panels, to boxes, vases and lampshades. There will also be the opportunity to develop pattern making skills this is possible whether you are artistic or not. The 2nd 8 weeks will concentrate on the leaded light technique (it is advised that copper foil is done previously to this) that is associated with doors and windows.

**Please note:** equipment and cost of materials are required. Tools can be purchased from the tutor at a cost of approximately £35.00. Materials will depend on the project undertaken.

## **Creative Writing**

10 weeks  
Course fee £52.00

*Thursday 23 September – Trinity School  
6.00pm – 8.00pm  
Tutor: Yvonne Metherell*

This is a fun and informal Creative Writing class for all abilities. The course is aimed at all those with an interest in writing and is suitable for beginners or those who wish to improve their existing skills. Students will have a chance to try a wide range of areas including fiction, autobiography and writing for children.

## **Creative Writing – Intermediate**

10 weeks  
Course fee £52.00

*Thursday 20 January 2011 – Trinity School  
6.00pm – 8.00pm  
Tutor: Yvonne Metherell*

This is a follow on from the 'Creative Writing' Course. Where students will continue to develop skills and work towards a more coherent body of work (such as one or two completed short stories). The course will look in more detail into building character and setting the scene. Once again students will have the chance to try a wide range of areas including fiction, autobiography and writing for children

## **Creative Writing – Workshop**

Course fee £18.00\*

*Saturday 27 November – Longtown & Bewcastle Children's Centre  
10.00am – 4.00pm  
Tutor: Yvonne Metherell*

This is a fun and informal Creative Writing session for all abilities. It will be a relaxing day and a chance to spend some time on yourself. Students will have the chance to try a wide range of areas including fiction, autobiography and writing for children.

## **Drawing & Painting**

30=3x10weeks  
Course fee £156.00  
Payable as 3x £52.00

*Monday 20 September – Wigton Road, Methodist Church  
1.30pm – 3.30pm*

*Monday 20 September – Richard Rose Morton Academy  
7.00pm – 9.00pm*

*Wednesday 22 September – Kirkbampton Village Hall  
7.00pm – 9.00pm*

*Thursday 23 September – The Wooden Hut, Brampton Community Centre  
10.00am – 12.00pm*

*Thursday 23 September – The Wooden Hut, Brampton Community Centre  
1.30pm – 3.30pm*

*Tutor: Thirlie Grundy*

Do you want to learn how to paint, start all over again or improve your existing style? Whatever your starting point and preferred medium, this friendly, confidence boosting course may be just what you need! Some basic equipment and materials are required.

## **Introduction to Drawing & Painting**

25=2x10+5 weeks  
Course fee £130.00  
Payable as  
2x£52+£26.00

*Tuesday 14 September – Trinity School*

*7.00pm – 9.00pm*

*Tutor: Haydn Layton*

The course is aimed at beginners and intermediate students. It aims to develop and extend students basic drawing skills to fulfill their potential aesthetically and practically. You will learn how to handle new mediums, enhance your capabilities and techniques. You will learn how to observe and record through the use of line, tone, texture, pattern, colour and composition. Drawing & painting equipment required.

## **Introduction to Drawing & Painting**

25=2x10+5 weeks  
Course fee £130.00  
Payable as  
2x£52+£26.00

*Monday 13 September – The Wooden Hut, Brampton Community Centre*

*7.00pm – 9.00pm*

*Tutor: Haydyn Layton*

The course aims to develop and extend student's basic drawing and painting skills. Students will learn how to use new mediums and enhance their artistic techniques. Each student will learn how to observe and record through the use of wide variety of differing mediums. Drawing & painting equipment required.

## **Dressmaking & Tailoring - Advanced**

25=2x10+5 weeks  
Course fee £260.00  
Payable as  
2x£104+£52.00

*Monday 20 September – St James Centre, Denton Holme*

*10.00am – 3.00pm (with an hour lunch break)*

*Tutor: Joan Carter*

Students need a sound knowledge of dressmaking and tailoring techniques with a good knowledge of fabrics and their properties. The course is taught on an individual basis. Each student will provide their own fabric and equipment (sewing machines are provided), and work at their own speed/level. The garments created are of the students own choice. During each lesson a new skill will be demonstrated, including practical application for cutting 'on the stand'. Each student has to keep a record of their work and progress in a lever arch file. Visits are made to exhibitions and retail outlets.

## **Dressmaking & Tailoring Beginners / Improvers**

25=2x10+5 weeks  
Course fee £260.00  
Payable as  
2x£104+£52.00

*Tuesday 21 September – St James Centre, Denton Holme*

*10.00am – 3.00pm (with an hour lunch break)*

*Tutor: Joan Carter*

No prior experience is needed for this class. The course is taught on an individual basis. Each student will provide their own fabric and equipment (sewing machines are provided), and work at their own speed/level. The garments created are of the students own choice, during each lesson a new skill will be demonstrated. Each student provides a lever arch file in which they keep a record of their theory and practical sessions plus a record of their own learning.

## Dressmaking & Tailoring Beginners / Improvers

25=2x10+5 weeks  
Course fee £130.00  
Payable as  
2x£52+£26.00

## Flower Arranging - Beginners

9 weeks  
Course fee £47.00

## Make & Recycle Your Own clothes

10 weeks  
Course fee £52.00

*Tuesday 21 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Joan Carter*

No prior experience is needed for this class. The course is taught on an individual basis. Each student will provide their own fabric and equipment (sewing machines are provided), and work at their own speed/level. The garments created are of the students own choice, during each lesson a new skill will be demonstrated. Each student provides a lever arch file in which they keep a record of their theory and practical sessions plus a record of their own learning.

*Tuesday 21 September –  
Trinity School  
Tuesday 8 March 2011  
6.00pm – 8.00pm  
Tutor: Jean Watt*

Students will learn about the mechanics of flower arranging design, colours, types of flowers and foliage alongside the elements and principles of design. Also the techniques involved in wiring and taping flowers and foliage will be covered. Some aspects of floristry will be touched on, such as buttonholes. Equipment and materials are required for the first class.

*Friday 24 September –  
The Wooden Hut, Brampton  
Community Centre  
Friday 28 January 2011  
1.00 pm – 3.00pm  
Tutor: Katie Douglas*

Starting from scratch, learn how to make your own clothes or recycle your old garments. You will work on your own individual projects and be guided through the techniques needed, which may include; using a paper pattern, cutting out, stitching, fitting the garment and caring for the fabric. Add a bit of flair and individuality to your wardrobe and start saving the planet and some money! Learn sewing techniques, both hand and machine.

**Please note:** a sewing kit is required and bring your own sewing machine and find out how it works!



## Embroidery & Textiles

10 weeks  
Course fee £52.00

Thursday 23 September – Church of Scotland, Chapel Street, Carlisle  
Thursday 27 January 2011  
10.00am – 12.00pm  
Monday 20 September –  
Warwick on Eden Village Hall  
1.00pm – 3.00pm  
Tutor: Pam Bainbridge

A lively and productive class where students will learn a variety of embroidery and textile making techniques, which they can develop to suit their individual style. You will be introduced to a number of projects inspired by both modern and traditional craft based events, which you can then tailor to suit your own personality and skill level. New projects are looked at each year.



## Oil Painting for Pleasure Beginners / Intermediate

24=3x8 weeks  
Course fee £126.00  
Payable as 3x£42.00

Monday 20 September – Wetheral Village Hall  
Tuesday 21 September – Botcherby Community Centre, Carlisle  
Wednesday 22 September – Botcherby Community Centre, Carlisle  
7.00pm – 9.00pm (1.30pm – 3.30pm Monday)  
Tutor: Alf Self

The art of Oil Painting will be fully discussed in a relaxed atmosphere in which students will be encouraged to undertake and complete a project of their choosing.

**Please note:** a starter kit of paints and brushes, a canvas and some white spirit required.

## Pottery for All

24=3x8 weeks  
Course fee £156.00  
Payable as 3x£52.00

Monday 20 September –  
Trinity School  
6.30pm – 8.30pm  
Tutor: Felicia Campo

A relaxed and creative pottery course suitable for all levels of ability. During the course you will be introduced to a variety of hand building techniques, slab & coil, glaze application. Students will be encouraged to develop their own style and pursue a project of their choice with full tutor support.

**Please note:** old clothes and apron required, if possible. Some costs are included. However, excessive usage of materials will incur additional costs.



## Experimental Drawing

10 weeks  
Course fee £57.00

*Thursday 20 January 2011 –  
Trinity School  
6.30pm – 8.30pm  
Tutor: Katy Little*

The 'Experimental Approaches to Drawing' course aims to provide students of a variety of abilities and levels with an alternative and challenging experience of Drawing.

The course seeks to provide students with the opportunity to experiment with a wide variety of material, technical and philosophical approaches to Drawing. The course will provide a challenging yet reassuring environment in which students will be introduced to new techniques and approaches to drawing for example; collage, mono-print, drawing with non traditional drawing materials etc.

**Please note:** there will be extra costs for materials approximately £20-£25. A list will be available at the first class.



## Watercolours

25=2x10+ 5 weeks  
Course fee £162.50  
Payable as  
2x£65+£32.50

*Monday 13 September –  
Botcherby Community  
Centre, Carlisle  
1.00pm – 3.30 pm  
Tutor: Haydn Layton*

This is a 25 week course aimed at teaching students in a structured way on every aspect of watercolour painting, from the basics and importance of drawing to the use and techniques of materials and their effect on differing papers. Students will develop their own styles and reach their full potential in a practical way.

**Please note:** Art & Design AS/A2 is available and is shown in the Qualifications Section & Jewellery & Felt courses are offered as workshops and shown in the workshop section.

# Languages

## A quick guide to finding your level

It is highly recommended that you read this guide before you decide which level suits you.

Communication is the name of the game; the main emphasis of all our language classes will be conversational skills. These courses will equip you to cope in most situations that you could find yourself in whilst on holiday or when meeting foreign visitors in this country. Basic structures and vocabulary will be learned using a wide range of materials. If you are unsure as to which class to go to you should choose the one you think is closest to your level and then ask the tutor's advice.

**Please note:** Year 1 classes are non-accredited i.e. there is no assessment process, and no certificate. Year 2 and upwards including Year 4 are accredited through the ABC, an adult-friendly scheme of assessment in which there is no exam. **Please note: as this is an accredited programme, learners will be expected to complete the full 30 week programme.** During the course learners will collect a portfolio of completed tasks as evidence of achievement.

### Beginners (Year 1) – non accredited (L)

For absolute beginners or those wishing to start again. You will learn to get by in the country of your choice. Topics include greetings, personal information, finding the way, shopping, ordering food and drink, tourist information and using public transport. Some basic grammar will be introduced.

### Continuation (Year 2) (Q)

For those who have completed a year 1 course or 'false' beginners e.g.: an old qualification. Topics as above in more depth, also booking accommodation, talking about your home, family, leisure and interests, daily routine, illness and injury. More grammatical structures will be covered.

### Intermediate (Year 3) (Q)

You have completed a course at the above level or equivalent. You can talk about yourself, family; hobbies etc. and get by in a number of everyday situations. You can usually understand a native speaker using familiar language; you can read simple texts and are beginning to develop writing skills. You should be able to express yourself in a number of tenses.

### Intermediate Plus (Year 4) (Q)

For students of reasonable competence with a good understanding of the language. All four language skills (speaking, reading, listening, and writing) will be developed using a variety of topics. The course aims to develop fluency, accuracy and expression.

### Conversation classes - non accredited (L)

Please note that these classes are not for beginners but for learners who have a good knowledge of the language and who wish to extend their vocabulary, gain confidence and increase their fluency. There are two levels:

### Year 5 Conversation (L)

For learners with 4/5 years of study or a recent GCSE pass (A-C), or equivalent.

### Year 6 + / Advanced Conversation (L)

For competent learners wishing to improve accuracy and develop fluency and variety of expression with the guidance of a native speaker.

**L** – Leisure Course – progress is recorded by the student and tutor

**Q** – ABC Qualification Course – assessment based with certification

# French

## French Year 1

30 = 3 x 10 weeks  
Course fee £156.00  
Payable as 3 x £52.00 **L**

*Monday 20 September – Trinity School  
6.30pm – 8.30pm  
Tuesday 21 September – Botcherby Community Centre, Carlisle  
10.00am – 12.00pm  
Tutor: Liz Hayward*

## French Year 1/2

20=2 x 10weeks  
Course fee £104.00  
Payable as 2 x £52.00 **L**

*Monday 20 September – Brampton Community Centre  
7.00pm – 9.00pm  
Tutor: Nicky Beecham*

## French Year 2

30=3 x 10 weeks  
Course fee £168.00  
Payable as 3 x £56.00 **Q**

*Monday 13 September – Trinity School  
7.00pm – 9.00pm  
Millie Mc Key*

## French Year 3

30=3 x 10 weeks  
Course fee £168.00  
Payable as 3 x £56.00 **Q**

*Tuesday 14 September – Trinity School  
7.00pm – 9.00pm  
Millie Mc Key*

## French Conversation Year 3/4

25=2x10+5 weeks  
Course fee £130.00  
Payable as  
2x£52+£26.00 **L**

*Tuesday 21 September – Brampton Community Centre  
7.00 pm – 9.00 pm  
Tutor: Dominique Ogilvy*

## French Year 4

30=3 x 10 weeks  
Course fee £168.00  
Payable as 3 x £56.00 **Q**

*Wednesday 15 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Millie Mc Key*

## French Year 4/5

30=3 x 10 weeks  
Course fee £156.00  
Payable as 3 X £52.00 **L**

*Wednesday 15 September – Church of Scotland, Chapel Street, Carlisle  
10.00am - 12.00pm  
Tutor: Marie Buttler*

## **French Year 5 Conversation**

30=3 x 10 weeks  
Course fee £156  
Payable as 3x£52.00 **L**

*Tuesday 14 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Marie Buttler*

## **French Year 6 Conversation**

30=3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52.00 **L**

*Tuesday 14 September – Church of Scotland, Chapel Street, Carlisle  
9.30 am– 11.30 am  
Tutor: Marie Buttler*

## **French Year 6 Conversation**

25=2x10+ 5 weeks  
Course fee £130.00  
Payable as 2x£52+£26.00 **L**

*Thursday 23 September – Trinity School  
7.00 pm – 9.00 pm  
Tutor: Dominique Ogilvy*

## **Holiday French**

6 Weeks  
Course fee £30.00 **L**

*Thursday 3 March 2011 – Trinity School  
6.15pm – 8.15pm  
Tutor: Liz Hayward*

# German

## **German Year 1**

30= 3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52.00 **L**

*Tuesday 21 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Anna Strycharczyk*

## **German Year 2**

30= 3 x 10 weeks  
Course fee £168.00  
Payable as 3x£56.00 **Q**

*Monday 13 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Anna Strycharczyk*

## **German Yr 6 Conversation**

30=3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52.00 **L**

*Wednesday 22 September – Botcherby Community Centre, Carlisle  
10.00am – 12.00pm  
Tutor: Renee Turner*

# Italian

## Italian Year 1

30 = 3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52.00 **L**

*Wednesday 15 September – Trinity School  
7.00pm – 9.00pm*

*Wednesday 15 September – Church of Scotland, Chapel Street, Carlisle  
1.00pm – 3.00pm  
Tutor: Jim Wood*

## Italian Year 2

30 = 3 x 10 weeks  
Course fee £135.00  
Payable as 2x£45.00 **Q**

*Wednesday 15 September, Trinity School  
6.00pm – 7.30pm  
Tutor: Harriet Lock*

## Italian Year 3

30 = 3 x 10 weeks  
Course fee £135.00  
Payable as 2x£45.00 **Q**

*Wednesday 15 September – Botcherby Community Centre, Carlisle  
1.00pm – 2.30pm  
Tutor: Harriet Lock*

## Italian Year 3

30 = 3 x 10 weeks  
Course fee £135.00  
Payable as 2x£45.00 **Q**

*Wednesday 15 September – Trinity School  
7.30pm – 9.00pm  
Tutor: Harriet Lock*

## Italian Year 4

30 = 3 x 10 weeks  
Course fee £168.00  
Payable as 3x£56.00 **Q**

*Tuesday 14 September – Church of Scotland, Chapel Street, Carlisle  
1.00pm – 3.00pm  
Tutor: Christina Verani*

## Italian Conversation Year 5

30 = 3 x 10 weeks  
Course fee £117.00  
Payable as 3x£39.00 **L**

*Wednesday 15 September – Trinity School  
7.15pm – 8.45pm  
Tutor: Ignazio Cabras*

## Holiday Italian

6 weeks  
Course fee £31.00 **L**

*Thursday 3 March 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: Jim Wood*

# Japanese & Chinese

## Japanese Year 4

30= 3 x 10 weeks  
Course fee £168.00  
Payable as 3x£56.00 **Q**

*Thursday 16 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Tak Romanis*

## Japanese Taster

10 weeks  
Course fee £52.00 **L**

*Tuesday 21 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Tak Romanis*

## Mandarin Chinese Taster

10 weeks  
Course fee £52.00 **L**

*Thursday 23 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Louise Macdonald*

# Polish

## Polish Taster

10 weeks  
Course fee £52.00

*Wednesday 22 September – Trinity School  
6.00pm – 7.30pm  
Tutor: Anna Strycharczyk*

## Polish Year 2

10 weeks  
Course fee £52.00 **L**

*Wednesday 22 September – Trinity School  
7.45pm – 9.15pm  
Tutor: Anna Strycharczyk*

# Russian

## Russian Taster

10 weeks  
Course fee £32.50 **L**

*Monday 20 September – Trinity School  
6.30pm – 7.45pm  
Tutor: Galina Murray*

## Russian Year 2/3

30= 3 x 10 weeks  
Course fee £117.00  
Payable as 3x£39.00 **L**

*Monday 20 September – Trinity School  
7.45pm – 9.15pm  
Tutor: Galina Murray*

# Spanish

## Spanish Year 1

30 = 3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52 L

*Tuesday 21 September – Trinity School  
6.00pm – 8.00pm  
Ruth Kay*

## Spanish Year 1

30 = 3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52 L

*Monday 13 September – Trinity School  
7.00pm – 9.00pm  
Elaine Berry*

## Spanish Year 1

30 = 3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52 L

*Tuesday 21 September – Botcherby Community Centre  
10.00am – 12.00pm  
Tutor: Jenny Hudson*

## Spanish Year 1

20 = 2 x 10 weeks  
Course fee £104.00  
Payable as 2x£52 L

*Monday 20 September – Brampton Community Centre  
7.00pm – 9.00pm  
Tutor: Antonia Allen*

## Spanish Year 2

30 = 3 x 10 weeks  
Course fee £168.00  
Payable as 3x£56 Q

*Wednesday 15 September – Trinity School  
6.00pm – 8.00pm  
Tutor: Ruth Kay*

## Spanish Year 3

2 x 15 weeks  
Term fee £77.00

*Tuesday 8 September – Botcherby Community Centre  
10.00am – 12.00am  
Tutor: Ruth Kay*

## Spanish Year 3

30 = 3 x 10 weeks  
Course fee £168.00  
Payable as 3x£56.00 Q

*Tuesday 14 September – Trinity School  
6.00pm – 7.30pm  
Tutor: Elaine Berry*

## Spanish Year 4

30 = 3 x 10 weeks  
Course fee £168.00  
Payable as 3x£56.00 Q

*Wednesday 15 September – Trinity School  
7.00pm – 9.00pm  
Tuesday 14 September - Botcherby Community Centre, Carlisle  
10.00am – 12.00pm  
Tutor: Puerto Baker*

## Spanish Year 5 Conversation

30=3 x 10 weeks  
Course fee £156.00  
Payable as 3x£52.00 L

*Tuesday 14 September – Trinity School  
7.30pm – 9.00pm  
Tutor: Elaine Berry*

An advanced conversation course to enable students to continue their studies at this level and especially to maintain conversation and discussion.

## Holiday Spanish

6 weeks  
Course fee £31.00 L

*Tuesday 1 March 2011 – Trinity School  
7.00pm– 9.00pm  
Tutor: Jenny Hudson*

The course aims to provide a lively and fun introduction to the language. It will concentrate on everyday useful Spanish such as shopping, ordering food and obtaining accommodation.



# Health and Fitness

## **Aerobics – Beginners**

6 Weeks  
Course fee £16.00

*Tuesday 14 September – Trinity School  
6.45pm – 7.45pm  
Tutor: Samantha Moore*

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with strength training and stretching routines to improve all elements of fitness. This class is aimed at the beginner with simple movements and a low level of fitness, which will increase during the course. Please wear loose comfortable clothing and training shoes.

## **Badminton Club**

24 = 3 x 8 weeks  
Full fee £120.00  
Payable as  
3x£40.00\*

*Wednesday 15 September – Trinity School  
7.00pm – 9.00pm  
Tutors: Ron Wright / Doug Rowell*

Learn to play in a friendly, social atmosphere. Group coaching is offered during the first term and subsequently individual coaching as required. Everyone is encouraged to play as soon as possible in the social playing format which has proved successful over many years. Equipment is provided.

## **Bollywood Dance – Beginners**

5 weeks  
Course fee £20.00

*Wednesday 22 September – Trinity School  
Wednesday 19 January 2011  
6.00pm – 7.30pm  
Tutor: Samina Ghafoor*

This is a ladies only class where you will be introduced to modern Indian dance. You will learn in a friendly environment how to dance different styles of Bollywood dance using music and songs from modern Bollywood films. Using dance techniques for the hips, feet, arms and hands.

## **Bollywood Dance – Intermediate**

5 weeks  
Course fee £20.00

*Wednesday 10 November – Trinity School  
Wednesday 27 April 2011  
6.00pm – 7.30pm  
Tutor: Samina Ghafoor*

This is a ladies only follow on class from the beginners course. You will learn new dance moves to enable you to move seamlessly from one movement to another. It is an up tempo class where you will study more technical Bollywood movements in a friendly environment.

## **Street Dance – Beginners**

10 weeks  
Course fee £26.00

*Thursday 16 September – Trinity School  
7.15pm – 8.15pm  
Tutor: Samantha Moore*

This course will provide you with a great workout whilst learning how to street dance with up-to-date moves current urban soundtracks. Have fun whilst learning new skills and with the class being at beginners' level it has a very relaxed and friendly atmosphere. Please wear loose comfortable clothing and training shoes.

## **Street Dance – Intermediate**

10 weeks

Course fee £26.00

*Thursday 16 September – Trinity School*

*6.00pm – 7.00pm*

*Tutor: Samantha Moore*

This course is aimed at those students who have completed the beginner's class. Students will learn the hottest moves around to funky hip hop music as seen in music videos and concerts. Street Dance is a great way to keep you fit and healthy whilst having a good time. As this is the intermediate class your performance skills will be developed along with your fitness levels. This class incorporates more moves and less repetition with the routines so you will work slightly harder than at beginner's level. This class has a friendly atmosphere as the emphasis is having FUN so come along and join in! Please wear loose comfortable clothing.

## **Golf Beginners**

10 weeks

Course fee £30.00

*Tuesday 21 September –*

*Trinity School Arena*

*Tuesday 18 January 2011*

*Tuesday 26 April 2011*

*6.00pm – 7.00pm*

*Tutor: Stuart Rafferty*

This 10 week course is aimed at anyone who is interested in learning the basic fundamentals of golf. Please wear comfortable clothing and non slip shoes. You will need to make notes so bring a notebook and pen. A 9 iron and 7 iron are required.

## **Golf Intermediate**

10 weeks

Course fee £60.00

*Wednesday 22 September –*

*Eden Golf Club, Crosby*

*Wednesday 19 January 2011*

*Wednesday 27 April 2011*

*7.00pm – 9.00pm*

*Tutor: Stuart Rafferty*

This 10 week course is aimed at anyone who wishes to improve their knowledge and understanding of their own golf swing. Players should preferably have a golf handicap and have a sound understanding of the basic fundamentals of golf.



**NEW**

## Your Health Your Responsibility

6 weeks  
Course fee £31.00

*Wednesday 22 September– Trinity School  
6.30pm – 8.30pm  
Tutor: Christine Hudson*

A positive and natural health training in theory and basic practice of ways to use at home: To include Digestion and Dysbiosis and how chemicals and modern environmental toxins affect us, diet and nutrition and the use of supplements; Homoeopathy, Herbal Care, structural balance and how it affects internal workings, the theory of Acupuncture and reflexology energy fields and colour, how we feel about ourselves and much, much more.

## Keep Fit

30 = 3 x 10 wks  
Course fee £117.00  
Payable as 3x£39.00

*Monday 6 September – Houghton Church & Village Halls  
1.30pm – 3.00pm & 7.15pm – 8.45pm  
Wednesday 8 September  
1.30pm – 3.00pm  
Thursday 9 September  
7.15pm – 8.45pm  
Tutor: June Armstrong*

Classes for women who are young at heart with the afternoon session specifically aimed at ladies over 50 years. The class will give you a sense of well being as you exercise with like minded ladies. It will help you to gain better posture, increase your confidence in movement and develop general fitness and muscle control. Through demonstrations you will undertake a number of exercise sequences using aids such as balls and hoops to live music.

18

**NEW**

## Chakra Balancing

8 weeks  
Course fee £42.00

*Thursday 16 September – William Howard School, Brampton  
7.00pm – 9.00pm  
Tutor: Lisa Alexander*

This course will introduce you to basic underlying concepts of Chakra balancing. It will also present a Reiki experience for anyone interested when locating the Chakra.

**NEW**

## Body Massage – Beginners

Course Fee  
5 weeks  
Course fee £26.00

*Monday 17 January 2011 – William Howard School, Brampton  
7.00pm – 9.00pm  
Tutor: Lisa Alexander*

This is a 5 week course on basic movements of body massage. The areas to massage will be the back, neck and shoulders. We will only use carrier oil for massage as the course will concentrate on the movements of massage and there effect on the body. The student will learn massage on the table and massage in the chair. The course is hands on so each student will have an opportunity to give and receive treatments. **Please note:** oil and materials for the course will cost £2.00 per student.

## Tai ii Beginners

10 weeks  
Term fee £26.00

*Tuesday 21 September – Trinity School*  
*Tuesday 18 January 2011*  
*5.30pm – 6.30pm*  
*Tutor: Lesley Relph*

An introductory course to Tai ji, a gentle form of exercise originating in China. This class emphasizes slow gentle exercise which facilitates the movement of energy around the body. Regular practice brings improvement on many levels – physical, mental and emotional.

**Please note:** wear loose comfortable clothing, flat shoes / warm socks / barefoot.

## Tai Ji Improvers

10 weeks  
Term fee £26.00

*Monday 20 September –*  
*Trinity School*  
*Monday 17 January 2011*  
*5.30pm – 6.30pm*  
*Tutor: Lesley Relph*

The course is for students who have already some experience of Tai Ji and wish to progress further. The class will work on Short Form and may work in pairs.

**Please note:** wear loose comfortable clothing, flat shoes / warm socks / barefoot.

## Hatha Yoga – Beginners & Intermediate

12 weeks  
Course fee £47.00

*Monday 20 September –*  
*Dalston Recreation Centre*  
*Monday 25 April 2011 –*  
*Dalston Recreation Centre*  
*1.00pm – 2.30pm*  
*Tuesday 21 September –*  
*Dalston Recreation Centre*  
*Tuesday 26 April 2011 –*  
*Dalston Recreation Centre*  
*7.15pm – 8.45pm*  
*Tutors: Jean Rhodes*

A friendly convivial yoga class, which encompasses both beginners and intermediate students. The course will explore the history of yoga and you will adapt postures / stretches and breathing practices into everyday modern lifestyles. Each class will focus on relaxation for the final 15/20 minutes.

**Please note:** please wear loose clothing and bring a yoga mat



## Hatha Yoga for All

30=3x10 weeks  
Course fee £117.00  
Payable as 3x£39.00

*Monday 13 September – Pennine Way Primary School, Carlisle*  
*Wednesday 15 September – Kingmoor Infants School, Lowry Hill, Carlisle*  
*7.30pm – 9.00 pm*  
*Tutor: Joan Thompson*

Classical yoga postures, breathing practices and a range of relaxation techniques over the 3 terms. We will include Chakras, Mudras / Bandhas, Patanjali's 8 limbs of Yoga. This course is designed to benefit the beginner and more experienced alike.

**Please note:** wear loose clothing and bring a yoga mat.

## Relaxing with Shiatsu

4 weeks  
Course fee £21.00

*Thursday 25 November – Trinity School*  
*7.00pm – 9.00pm*  
*Tutor: Marie Buttler*

This course will aim at explaining what is Shiatsu, how to practice it and which conditions it can help. Shiatsu is a healing art originating in the 1920's from Japan. It can be thought as a manual acupuncture technique, where the practitioner uses his hands, fingers to apply pressure. Shiatsu is also good as a preventative to help maintain health, balance and to develop stamina.

**Please note:** wear loose comfortable clothing, and bring mat, blanket and pillow.





# Qualification Courses

The courses in this section are for those learners who wish to achieve a qualification. We offer GCSE's, AS & A2 and Level 1 and Level 2 Qualifications.

GCSE – General Certificate in Secondary Education

Level 1 = 4 GCSE

Level 2 = 5 GCSE

Level 3 = A level (AS / A2)

## GCSE Maths

30=3x10 weeks

Course fee £162.00

Payable as 3x£54.00

*Tuesday 14 September – Richard Rose Academy, Morton*

*7.00pm – 9.00pm*

*Tutor: Mary Wilson*

*Wednesday 15 September – Trinity School*

*6.00pm – 8.00pm*

*Tutor: Craig Muir*

## GCSE English Language

30=3x10 weeks

Course fee £162.00

Payable as 3x£54.00

*Wednesday 15 September – Trinity School*

*6.00pm – 8.00pm*

*Tutor: Paul Rivers*

Preparing students for AQA English. The course will involve:

4 pieces of written coursework – 2 personal pieces and 2 responses to literature, including a Shakespeare play (Macbeth) and short stories by Roald Dahl.

3 speaking and listening activities – individual presentation, group discussion and group drama.

2 examinations – paper 1 a response to media text and paper 2 a response to poetry. There is a need for some home study.

## GCSE Human Physiology & Health

3 x 10 weeks

Term fee £62.50

*Tuesday 22 September – Trinity School*

*6.30pm – 9.00pm*

*Tutor: Sue Jamieson*

This 30 week course is aimed at those who wish to gain a GCSE qualification, and anyone who is interested in finding out how the human body works. It follows the AQA 3417 syllabus and also health related issues.

## GCSE Psychology

30=3x10 weeks

Course fee £162.00

Payable as 3x£54.00

*Monday 13 September – Trinity School*

*6.30pm – 8.30pm*

*Tutor: Mick Jones*

This 30 week course leads to a GCSE level qualification in Psychology. Psychology is the scientific study of mind and behaviour. GCSE psychology will give you an introduction to the psychological study of humans. There are 2 modules which make up the full course, Making sense of other people and Understanding other people. In the first module you will study Memory, Communication, Personality, Prejudice & Discrimination and Research Methods. You will expand on this knowledge in the second module through studying Learning, Conformity & Obedience, Sex & Gender, Aggression and further research methods.

## **GCE Psychology AS**

30=3x10 weeks  
Course fee £207.00  
Payable as 3x£69.00

*Tuesday 14 September – Trinity School*

*6.30pm – 9.00pm*

*Tutor: Mick Jones*

This 30 week course leads to an AS level qualification in Psychology. Psychology is the scientific study of the mind and behaviour. AS psychology will give you a good grounding in the main theories that psychologists use in explaining how humans think and behave. You will learn about psychology through topics such as how memory works; what psychological abnormality is and how it may be treated. You will also learn about the methods psychologists use in their research and how psychology can be applied in everyday life.

## **GCE Psychology A2**

30=3x10 weeks  
Course fee £207.00  
Payable as 3x£69.00

*Wednesday 15 September – Trinity School*

*6.30pm – 9.00pm*

*Tutor: Mick Jones*

This 30 week course leads to an A2 level qualification in Psychology. It will build on the knowledge from the AS course. In the first module (PSYA3) you will study 3 topics: The Psychology of Human Relationships; Eating Behaviour and the Psychology of Gender. There will be an examination in June consisting of essay questions on the topics you have studied. In the second module (PSYA4) you will study Anxiety Disorders; The Psychology of Addictive Behaviours and Research Methods this will be examined in June.

## **GCE English Language AS**

30=3x10 weeks  
Course fee £174.00  
Payable as 3x£58.00

*Thursday 16 September – Trinity School*

*7.00pm – 9.00pm*

*Tutor: Pam Jones*

This 30 week course leads to an AS level qualification in English Language. During this AS level course you will develop knowledge of the language by studying two aspects of it in detail: Language Acquisition (examining the way speech and writing develop between the ages of 0-11) and Language Change (examining the development of the English Language from 1700+ to the present day). This unit will be examined in June 2011. The second component is a two-part coursework module, Investigating Language, in which students produce their own research on an aspect of the language from data which they have collected themselves; the second aspect being the production of a short media text based on that data.

## **GCE English Language A2**

30=3x10 weeks  
Course fee £174.00  
Payable as 3x£58.00

*Tuesday 14 September – Trinity School*

*7.00pm – 9.00pm*

*Tutor: Pam Jones*

This 30 week course leads to an A2 level qualification in English Language. During this A2 level course you will analyse many different types of writing and also different types of speech in different situations. You will have the opportunity to write two completely different assignments for your coursework submissions, and you will use linguistic terms you have learnt to analyse your writing. You will discover the different and not always obvious ways in which language works.

## GCE English Literature AS

30=3 x 10 weeks  
Course fee £207.00  
Payable as 3x£69.00

*Monday 13 September – Trinity School*

*6.30pm – 9.00pm*

*Tutor: Andy Hopkins*

AS Level Literature is about exploring the way that writers create stories, as well as finding out about particular genres and their conventions. If you're reading this, you're bound to be thinking: is this the course for me: what do you need to know? Firstly, the course consists of one exam and two pieces of coursework. Secondly, in total at AS you study six texts.

'Having just completed the English Literature AS course I can honestly say it has been thoroughly enjoyable. It wasn't that easy to begin with as all the ideas were completely new to me, it's a long time since I have undertaken any formal education, but once it began to fall in place it was so satisfying" – **a student on the course 2009-2010.**

## GCE History of Art AS

30=3x10 weeks  
Course fee £174.00  
Payable as 3x£58.00

*Monday 13 September – Trinity School*

*7.00pm – 9.00pm*

*Tutor: Jacqui Milbourne*

This 30 week course leads to an AS qualification. It assumes no previous knowledge of History of Art and is suitable for students with a wide range of interest and experience of the subject. The course will cover painting, sculpture and architecture in the Western World from classical Greece to contemporary works.

## GCE History of Art A2

30=3x10weeks  
Course fee £174.00  
Payable as 3x£58.00

*Thursday 16 September – Trinity School*

*7.00pm – 9.00pm*

*Tutor: Jacqui Milbourne*

This 30 week course leads to an A2 qualification. The course aims to build on the AS level course (units 1&2) with 2 further units of study (3&4 investigation and interpretation). These units require a more in-depth and synoptic study of two art historical periods in order to understand formal features, materials and techniques, subject matter and function in painting, sculptures and architecture. At this level historical, social, economic and cultural contexts will be considered alongside philosophical and art historical concepts and ideas. The 2 topics studied will be Art & Architecture in the 16th Century Europe and Art & Architecture in the 19th Century Europe.

## GCE Art, Craft & Design AS

30=3x10 weeks  
Course fee £237.00  
Payable as 3x£79.00

*Tuesday 14 September – Trinity School*

*6.30pm – 9.00pm*

*Tutor: Jacqui Milbourne*

This 30 week course leads to an AS qualification. Students will be introduced to a variety of experiences exploring a range of 2D and or 3D media, processes and techniques. Traditional and new technologies will be used. A range of images, artefacts and resources relating to arrange of art, craft and design will be studied.

Students will experiment with and be expected to develop work in at least 2 of areas:- fine art, textile design, 3D design and photography.

## Bookkeeping Introduction

6 weeks  
Course fee £31.00

*Wednesday 15 September – Trinity School*

*6.30pm – 8.30pm*

*Tutor: Graham Young*

The course will show how to keep certain ledgers and day books manually and introduce computerised accounts using Sage. **Please note:** this course is a precursor to Bookkeeping Level 1 course; therefore students that attend this course automatically enrol for Levels 1 & 2.

## Bookkeeping OCR Level 1

14 weeks  
Course / Cert fee  
£112.00

*Wednesday 3 November – Trinity School*

*6.30pm – 8.30pm*

*Tutor: Graham Young*

The Bookkeeping course give students a more in depth insight into bookkeeping practices including keeping ledgers, cashbooks, daybooks, and operation of VAT. For people who work with books at work or self-employed, who just want a sample of how to keep books. The course is also useful for people who wish to pursue a career in bookkeeping or who work with accounts. The examination is a computerized option using sage. Students can progress onto OCR 2 Accounts.

## Accounts OCR Level 2

10 weeks  
Course/Cert fee  
£108.00

*Wednesday 9 March 2011 – Trinity School*

*6.30pm – 8.30pm*

*Tutor: Graham Young*

This is for students with a good grounding in Bookkeeping or had attended the OCR level 1 class. It takes the steps learnt at level 1 a stage further. 1 compulsory manual paper and 2 computerized papers.

## OCR Level 1 Certificate for IT Users

**(formerly CLAIT)**

30= 3 x 10 weeks  
Course fee £188  
Payable as  
Term 1/Cert fee  
£92 and 2x£48.00

*Monday 13 September – Trinity School*

*7.00pm – 9.00pm*

*Tutor: Carolyn Hardy*

The Course offers students the opportunity to increase their computer knowledge. Students will complete 5 units to include IT Productivity, Word Processing, Spreadsheets and Graphs, Internet and Databases. Although computer experience is an advantage, it is not a requirement of the course, although learners will be expected to be able to use a computer keyboard and mouse. This is a good follow on course from the Introduction to Computing / Computing for the Terrified or Follow On courses.

## **BCS Level 2 iTQ Certificate**

**(ECDL Essentials  
& Extra)**

30=3x10 weeks  
Course fee £368.00  
Payable as  
Term 1/Cert fee  
£226 and 2x£71.00

*Wednesday 15 September – Trinity School  
6.00pm – 9.00pm  
Tutor: Derek Forster*

Do you want to know how to gain computer skills that can give you confidence and competency? That can help you be more efficient in your existing job and impress your employer, or even enhance your ability to get a new job?

This course runs over a year and gives students the option of gaining an iTQ at Levels 1 & 2. The course aims and objectives are for the student to learn the fundamentals of IT and to get a good standard of computer skills. The student will learn all aspects of the computer including; File Management, Word Processing, Spreadsheets, Presentations, Improving Productivity, E-mailing and the Internet.

Each Level involves a new mandatory unit, which when completed will generate an ITQ at the respective Levels.

## **OCR Text Processing**

**(Word Processing)  
Levels 1 / 2**

30=3 x 10 weeks  
Course fee £174.00  
Payable as  
Term 1/Cert fee  
£82.00 & 2x£46.00

*Tuesday 14 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Dorothy Leyland*

This course runs over a year and enables the students to achieve Level 1 or 2 Award in Text Processing. The student will learn all aspects of word including some file management achieving a good standard of word processing. The course consists of 2 units, each have a credit value, which can be banked and may contribute to the next qualification at the same level.

## **First Aid – Appointed Person**

1 day  
Course fee £60.00\*

*Saturday 9 October – Botchery Community Centre, Carlisle  
Saturday 5 February 2011  
9.00am – 4.00pm  
Tutor: Paul EVELEIGH*

A qualification useful for the workplace and at home. The instructor strongly believes learning should be fun.

## **Manual Handling & Risk Assessment**

1 day  
Course/Certification  
fee £40.00\*

*Saturday 13 November – Botchery Community Centre, Carlisle  
Saturday 19 February 2011  
9.00am – 1.00pm  
Tutor: Paul EVELEIGH*

The course aims to show candidates an understanding of why and how to work safely in order to prevent injury in the workplace.

## **Basic Food Hygiene**

3 weeks  
Course/Certification  
fee £60.00

*Monday 20 September – Trinity School  
Monday 8 November – Brampton Community Centre  
Monday 21 February 2011 – Trinity School  
6.30pm – 8.30pm  
Tutor: Robin Treasurer*

By the end of the course you will have a good understanding of bacteria and how it causes food poisoning. You will be aware of ways to prevent the spread of bacteria by following personal hygiene procedure. You will be able to spot the signs of pest infestation and also have understanding of the Food Safety Act.

Cumbria Adult Education offers FREE Courses where you can gain a nationally recognised qualification in Maths or English at the equivalent level of a GCSE. For further information and to book a place, please contact the Skills for Life team number are shown with each course.

## Move on with English

16 weeks  
Course fee **FREE**

*Wednesday 29 September – Trinity School  
6.30pm – 9.00pm  
Tutor: TBC*

A 40 hour English course aimed at Level 1 or 2 learners. This course is designed to enable you to brush up your English skills and work towards the National Qualification in English (level 1 or 2). It is aimed at learners who wish to gain the new Adult Qualification in English.

There is a Skills for Life computer programme which can be used at the Centre which will help you gauge your competency level indicating whether you would be able to join the higher GCSE class.

*For an informal chat about this course, phone **Skills for Life on 01900 706114** or email [emma.newstead@cumbriacc.gov.uk](mailto:emma.newstead@cumbriacc.gov.uk)*

## Move on with Maths

16 weeks  
Course fee **FREE**

*Thursday 30 September – Trinity School  
6.30pm – 9.00pm  
Tutors: TBC*

A 40 hour course designed for students who want to take the National Test in Numeracy, level 1 or 2, gain an Entry 3 qualification in Numeracy.

There is a Skills for Life computer programme which can be used at the Centre which will help you gauge your competency level indicating whether you would be able to join the higher GCSE class.

*For an informal chat about this course, phone **Skills for Life on 01900 706114** or email [emma.newstead@cumbriacc.gov.uk](mailto:emma.newstead@cumbriacc.gov.uk)*



# IT and Business

## Computer Housekeeping

5 weeks  
Course fee £26.00

*Monday 20 September – Trinity School*  
*Monday 24 January 2011*  
*6.30pm – 8.30pm*  
*Tutor: Keith Muir*

The course is designed for beginners who have little or no knowledge of the various tools available within the operating system to optimise the operation of the computer. It is intended to review common problems encountered by people working on the computer regularly and, suggest both solutions to these problems and regular good practice actions which save time and money by keeping the computer working effectively and swiftly.

## Computer Maintenance

5 weeks  
Course fee £26.00

*Tuesday 2 November – Trinity School*  
*Tuesday 8 March 2011*  
*6.30pm – 8.30pm*  
*Tutor: Keith Muir*

The course introduces the beginner to the main components of a PC, and how individual components fit together. It is intended for those who have an interest in how all the components fit together and interact. The course also includes installation of 2 operating systems where the learner can make a comparison between the two. The learners will also learn the basics of networking PC's It is also useful for those who wish to learn how to upgrade or self-build their own PC.

## Digital Imaging Beginners

5 weeks  
Course fee £26.00

*Wednesday 22 September – Trinity School*  
*6.30pm – 8.30pm*  
*Tutor: Keith Muir*

The course is designed for beginners and is an introduction to improving photo's digitally on your own PC. It is intended for those with a digital camera who would like to learn how to manipulate and enhance their images. It would also be useful for anyone considering purchasing a digital camera and give them an insight into the possibilities that can be achieved with image enhancement software. Photoshop Elements software used.



## Digital Imaging Intermediate

7 weeks  
Course fee £36.50

*Wednesday 26 January 2011 – Trinity School  
6.30pm – 8.30pm  
Tutor: Keith Muir*

The course is designed for those who have completed the beginner's course and who would like to attempt more challenging image manipulation exercises, using a wide variety of tools from the toolbox to make various enhancements to images. Photoshop Elements software used.

## Computing for the Terrified

Available through the  
daytime & evening  
10 weeks  
Course fee £62.00

*Monday 13 September – Robert Ferguson School  
Monday 17 January 2011  
Monday 25 April 2011  
10.00am – 12.00pm  
Thursday 16 September – Trinity School  
Thursday 20 January 2011  
Thursday 28 April 2011  
7.00pm – 9.00pm  
Tutor: Sue Nichol*

This course is aimed at developing a student's knowledge and understanding of computers. It will help students to develop basic skills by using a range of information and communication systems for a variety of purposes to allow students to progress to 'Move on with Computers' or OCR Level 1 Certificate for IT Users (formerly CLAIT). Students will be guided through basic packages including word processing, excel (spreadsheets) and introduction to the internet & email facilities.

## Introduction to computing

10 weeks  
Course fee £62.00

*Monday 20 September – Trinity School  
Monday 14 March 2011  
6.30pm – 8.30pm  
Tutor: Claire Leyland*

This course is aimed at developing a student's knowledge and understanding of computers. It will help students to develop basic skills by using a range of information and communication systems for a variety of purposes to allow students to progress to 'Move on with Computers' or CLAIT 1. Students will be guided through basic packages including word processing, excel (spreadsheets) and introduction to the internet & email facilities.

## **Sage Computer Accounts**

10 weeks

Course fee £62.00

*Tuesday 14 September –  
Trinity School  
Tuesday 1 February 2011  
6.30pm – 8.30pm  
Tutor: Graham Young*

Learn all aspects of computerised accounts using Sage Financial Line 50 one of the most recognised computerised accounting packages.

## **Touch Typing - Beginners**

5 weeks

Course fee £26.00

*Wednesday 22 September –  
Trinity School  
Wednesday 2 March 2011  
7.00pm – 9.00pm  
Tutor: Dorothy Leyland*

This course is ideal for anyone who wants to learn to use a keyboard using all fingers. The course is for anyone; young or old, male or female wishing to use a standard computer/typewriter keyboard with more speed and accuracy.

## **Website Design**

6 weeks

Course fee £31.00

*Wednesday 15 September – Trinity School  
Wednesday 26 January 2011  
Wednesday 27 April 2011  
6.30pm – 8.30pm  
Tutor: Sarah Mullen*

An introduction to web page design for the beginner. Introducing the principles of good web design, the techniques of building individual pages, and editing images for web. Dreamweaver will be used alongside Photoshop to construct, code and design, resulting in the ability to create complete, functional web sites.



**NEW**

## Introduction to Cumbrian Archaeology

6 weeks  
Course fee £31.00

*Tuesday 21 September – Trinity School  
6.00pm – 8.00pm  
Tutor: Harriet Lock*

This is a short introduction to pre-historic archaeology of Cumbria from the Mesolithic to the arrival of Romans. The course takes you through how people lived in the landscape, what tools they used and what kind of artefacts they made. You will handle actual artefacts and learn how to interpret them. There will also be a basic introduction to field archaeology techniques.

## Authentic Indian Cuisine

10 weeks  
Course fee £65.00

*Wednesday 22 September – Indian Restaurant Favourites -Trinity School  
Wednesday 19 January 2011 – Indian Restaurant Favourites – Trinity School  
Wednesday 27 April – Quick Meals & Snacks – Trinity School  
6.00pm – 8.30pm  
Tutor: Saj Ghafoor*

Discover Indian cooking skills gaining increased confidence to be experimental in cooking methods according to personal taste.

## Authentic Thai Cuisine

5 weeks  
Course fee £26.00

*Monday 20 September – Trinity School  
Monday 7 March 2011  
7.00pm – 9.00pm  
Tutor: Jah Powell*

This course will help you to learn how to cook authentic Thai food, incorporating sweet, sour, salty and spicy flavours to create simple yet delicious food.

**NEW**

## Classic Asian Cookery

5 weeks  
Course fee £26.00

*Thursday 10 March – Trinity School  
Thursday 5 May 2011  
7.00pm – 9.00pm  
Tutor: Jah Powell*

Take a whistle stop tour of the Far East, as you learn how to cook signature dishes from around East Asia including Malaysia, China, Japan, Vietnam and Thailand.

## Authentic Italian Cuisine

10 weeks  
Course fee £52.00

*Tuesday 21 September – Trinity School  
6.00pm – 8.00pm  
Tutor: Julie Simpson*

Tired of spaghetti Bolognese? Unsure of what Italian food really consists of? Then this course is for you. This course has been designed to reveal the true flavour of authentic Italian recipes.



## Basic Family Cooking

10 weeks  
Course fee £52.00

*Tuesday 18 January 2011 – Trinity School  
6.00pm – 8.00pm  
Tutor: Paul Higgins*

This course is designed for people who wish to develop their skills in preparing nutritious and interesting family meals. The aim of the course is to develop your confidence and skills in preparing a range of meals, soups and puddings for both everyday and special occasions.

## Christmas Foods

5 weeks  
Course fee £32.50

*Monday 1 November – Trinity School  
6.00pm – 8.30pm  
Tutor: Julie Simpson*

This course aims to be a fun way in which we remember some of the old recipes for Christmas, as well as some less familiar. You will make your own mincemeat, home cured ham, edible tree decorations, and yummy deserts to finish!

**NEW**

## Cooking Vegetarian

5 weeks  
Course fee £26.00

*Monday 17 January 2011 – Trinity School  
6.00pm – 8.00pm  
Tutor: Julie Simpson*

This course is designed for students wishing to develop their culinary skills in preparing nutritious and interesting family meals using non meat recipes.

## Guitar for Beginners

30=3x10 weeks  
Course fee £78.00  
Payable as 3x£26.00

*Tuesday 21 September –  
Trinity School  
6.00pm – 7.00pm  
Tutor: Tim Eyril*

The beginners course aims to give students the basic understanding of the instrument, with methods of holding, playing and technical terms. Improvers is for those who already have knowledge of guitar playing, this course will build upon skills already achieved.

## Guitar for Improvers

30=3x10 weeks  
Course fee £156.00  
Payable as 3x£52.00

*Tuesday 21 September –  
Trinity School  
7.00pm – 9.00pm  
Tutor: Tim Eyril*

The improver's course is for those who already have knowledge of guitar playing, and wish to build upon skills already achieved. All styles are taught.



## Fly Dressing for Game Fishing

8 weeks  
Course fee £42.00

*Monday 20 September – Trinity School  
7.00pm – 9.00pm  
Tutor: David Galloway*

This course is aimed at beginners or those who are proficient at Fly Tying. By the end of the course students will have developed further previously gained skills in the art of fly dressing or introduced to new skills in the type of flies used in Game Fishing.

**Please note:** Fly-tying kit including vice and materials is required.

**NEW**

**NEW**

## The Love of Wisdom: an introduction to Philosophy

12 weeks  
Course fee £62.50

*Thursday 23 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Mike Travers*

This course is an introduction to the big questions that have exercised great minds for 2000 years. Who are you really? Does your life have meaning? Why do we die? Is there a god? Has the universe any purpose? How does one live “the good life”? Students will look at how some of the great philosophers have tackled these questions and you will be guided through techniques to improve your critical thinking skills.

**NEW**

## The Golden Century of Italian Opera

12 weeks  
Course fee £62.50

*Tuesday 21 September – Trinity School  
7.00pm – 9.00pm  
Tutor: Mike Travers*

This course is an introduction to the history and appreciation of classic Italian opera of the nineteenth century. Students will discuss the lives and works of Rossini, Bellini, Donizetti, Verdi and Puccini and listen to and watch excerpts from audio-visual aids. It aims to make a night at the opera even more enjoyable!

**NEW**

## Ten Classic Plays

12 weeks  
Course fee £62.50

*Tuesday 25 January 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: Mike Travers*

This course is an introduction to classic dramas by Shakespeare, Harold Pinter, Ibsen, Arthur Miller, Beckett, Edward Albee and T.S. Eliott. Students will read extracts from the plays as well as watching, listening to, and discussing extracts from audio / visual aids. It's aim is to give you a greater appreciation of these great plays so that you will explore other works by these writers.

**NEW**

## The Love of Wisdom: Further into Philosophy

12 weeks  
Course fee £62.50

*Thursday 27 January 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: Mike Travers*

This course will consider the search for truth through reason or experience by discussing the lives and ideas of six philosophers – The Continental Rationalists – Descartes, Spinoza and Leibniz – and the British Empiricists – Locke, Berkeley, and Hume

## Introduction to Sign Language

10 weeks  
Course fee £67.00

*Tuesday 14 September – Trinity School  
Tuesday 18 January & Tuesday 26 April 2011  
6.30pm – 9.00pm  
Tutor: Lorraine Brown*

Run in partnership with Deaf Vision. The course covers the basic principles of the British Sign Language Association.

For further information on the course and booking please contact Deaf Vision direct on: 01228 607457.

## Garden Design

6 weeks  
Course fee £31.00

*Wednesday 6 October – Trinity School  
6.30pm – 8.30pm  
Tutor: Angela McLaughlin*

This course is designed to enable you to create a beautiful garden which is both practical and realistic. Over the 6 weeks you will design your garden step by step so that it relates to your budget, time and family needs.

**NEW**

## Square Foot Vegetable Gardening

5 Weeks  
Course fee £26.00

Monday 20 September – William Howard School, Brampton  
7.00pm – 9.00pm  
Tutor: Lisa Alexander

Square foot gardening is a new way to garden in less space and less work, the system is simple, but versatile; it can be adapted to fit any size and shape garden. Whether you want to grow all your own food or just salad greens it can be adapted to your needs. Learn to grow vegetables for fun.

**NEW**

## English History – The Virgin Queen to the Merry Monarch

10 weeks  
Course fee £52.00

Monday 20 September – Trinity School  
7.00pm – 9.00pm  
Tutor: John Higham

A survey of this fascinating period of English History which, though remote in time, has much in common with the problems of the 21st Century. Then, as now, there were bewildering social changes, serious economic crises and constant religious and political turmoil. The course follows these themes through the reigns of Elizabeth I, James I and Charles I, then through the Civil War, the Commonwealth and Oliver Cromwell's Protectorate, leading finally to the Restoration of Charles II. Where appropriate, there will be links to the local history of the period.

**NEW**

## 1066 and Nearly All That

5 weeks  
Course fee £26.00

Monday 17 January 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: John Higham

**History is written by the victors!** This course is an attempt to redress the balance by looking at the events of 1066 first from the perspective of three of the main protagonists who were the eventual losers on this momentous year before looking at the victor's story, culminating in a close examination of the Bayeux Tapestry.

## Discover Northern Castles

5 weeks  
Course fee £26.00

Monday 7 March 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: John Higham

Studying mainly castles within travelling distance of Carlisle, this course looks at the development of castles to see how they evolved over 500 years and how castle builders tried to resolve the conflict between comfort in daily life and the need to defend against occasional attacks. Each session will be liberally illustrated with photographs, maps, diagrams, and reconstructions. Course materials will be made available week by week on the internet.

**NEW**

## Discover Antique Maps – Workshop

1 Evening  
Course fee £6.00\*

Monday 28 March 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: John Higham

Using mainly maps of Cumberland as examples, this workshop will trace the history of map making in England and western Europe from the earliest printed maps of the late 16th century to the completion of the Ordnance Survey towards the end of the nineteenth century.

**NEW**

## Coins of the Roman Empire – Workshop

1 Evening  
Course fee £6.00\*

*Monday 9 May 2011 – Trinity School  
7.00pm – 9.00pm  
Tutor: John Higham*

Two thousand years before the Euro, there was single currency across most of Europe. The Roman Empire stretched from the border of India to England's Solway shore and coins made in Constantinople or in London could be spent in any part of it. This workshop uses photos and examples of actual coins to examine the coinage of the Roman Empire in detail, starting with the coins of the Caesars and ending 400 years later with the collapse of the Empire, showing how the coinage changed over time with the pressures of inflation, etc.

## Singing – Musical Theatre

10 weeks  
Course fee £52.00

*Wednesday 29 September – Trinity School  
6.00pm – 8.00pm  
Tutor: Tak Romanis*

This course is for people with a strong interest and a passion in Musical Theatre and wants to express themselves with singing. You will learn breathing techniques, warm up routine and also learn some famous songs from Musicals and performing skills for singing in front of audience.

**NEW**

## Marketing for New & Aspiring Business Owners

4 Weeks  
Course fee £18.00\*

*Monday 27 September – Petteril Bank Community Centre, Carlisle  
10.00am – 11.30am  
Tutor: Elizabeth Fashola – Stone*

Marketing is everywhere. You can feel it, taste it, hear it, see it and touch it. New & aspiring business owners do not understand the power of marketing, how it influences customer behaviour, needs and loyalty and hence maximise business growth. Marketing is an important strand of any business and this 4 week course will introduce new & aspiring business owners to marketing. Marketing is not just advertising it is a science; connecting your business needs with your target customers.

**NEW**

## Introduction to Childcare

8 Weeks  
Course fee £42.00

*Monday 20 September – Longtown & Bewcastle Children's Centre  
7.00pm – 9.00pm  
Tutor: Sheona de Quincey*

This is an introductory course in childcare, suitable for anyone in the early stages of a career in childcare, or anyone considering entering the childcare profession, who does not want to commit to a longer programme of study. This would also be suitable for anyone wanting to improve parenting skills by understanding child development. Although the course is non-accredited, it gives an excellent grounding for a level 2 qualification in childcare, and covers much of the underpinning knowledge. For anyone using the qualification as a springboard to Level 2 NVQ in Children's Care, Learning and Development, all of the underpinning knowledge can be referenced over to the NVQ standards.

**NEW**

## Positive Parenting

2 Evenings  
Course fee £18.00\*

*Tuesday 21 & Wednesday 22 September –  
Longtown & Bewcastle Children's Centre  
6.00pm – 9.00pm  
Tutor: Sheona de Quincey*

This course is for anyone who wants to improve their parenting skills, by learning about developmental milestones in children (what to expect at what age), healthy care routines, the importance of play in child development, communicating with your child, and strategies for promoting positive behaviour.

# Workshops

**Please note:** \* fixed price. No Concessions available.

**NEW**

## Alexander Beginners / Improvers

1 Day  
Course fee £18.00\*

*Thursday 14 October – Brampton Community Centre*  
*Saturday 23 October – Botcherby Community Centre, Carlisle*  
*10.00am – 4.00pm*  
*Tutor: Jackie Barker*

The Alexander Technique is a practical method of self-help, which teaches you to become more aware of how you use your mind and body in everyday activities. Learn how to let go of muscle tension, reduce pressure on the joints allowing for greater freedom of movement. Please note: please wear trousers / comfortable clothes and bring a mat and two paperback books.

## Batik

1 Day  
Course fee £15.00\*

*Saturday 16 October – The Wooden Hut, Brampton Community Centre*  
*10.00am – 3.00pm*  
*Tutor: Katie Douglas*

A one day workshop for complete beginners, you will discover the ancient craft of batik. Learn how to apply dyes to silk and use hot wax to stop the dye from spreading and create exciting effects with salt. You will experiment with resist techniques, then embark on your own batik picture, applying layers of wax and dyes, building up a textured effect. Please bring an apron. A small charge will be made at the course for fabrics and dyes.

**NEW**

## Beaded Jewellery - Beginners

2 Day  
Course fee £36.00\*

*Saturday 25 & Sunday*  
*26 September – Trinity School*  
*Saturday 26 & Sunday*  
*27 March 2011*  
*10.00am – 4.00pm*  
*Tutor: Lisa Rothwell - Young*

Students will be introduced to beaded jewellery making. They will learn about different types of findings and materials and the pros and cons of each type. They will learn to make a variety of their own findings. Different types of stones will be discussed along with other types of beads, i.e. crystal, glass etc. Students will be encouraged to think about the design of the piece rather than just the mechanics of putting a piece of jewellery together. Various beading techniques will be taught including spiral stitch, pearl knotting techniques, wire twisting etc.

**Please note:** A file or notebook along with a set of jewellery pliers will be needed, approx £18 available.



**NEW**

## Felt

2 Day  
Course fee £36.00\*

*Saturday 16 & Sunday 17 October – Trinity School*  
*Saturday 2 & Sunday 3 April 2011*  
*10.00am – 4.00pm*  
*Tutor: Lisa Rothwell - Young*

Students will be introduced to working with felt, types of fleece, suppliers etc. Students will learn how to make felt/half felt. Students will learn of the many different things that can be made from felt and will work on a number of felt projects. Students will design and make various felt items to take away with them. Students who have attended previous felt courses may work on a project of their own choosing.

**NEW**

## Silver Smithing – Beginners

2 Day  
Course fee £36.00\*

Saturday 27 & Sunday 28 November – Trinity School

Saturday 11 & Sunday 12 June 2011

10.00am – 4.00pm

Tutor: Lisa Rothwell – Young

Students will be introduced to silver jewellery making. The course will enable students to make a ring. Students who have completed the Sept 2010 course may come to the June 2011 course and work on a piece of their own choosing.

**Please note:** a set of jewellery pliers will be needed, approx £18. Also there will be a charge of £14 per student payable at the start of the course.

**NEW**

## Hands on Ceramics – Introduction

1 day  
Course fee £22.00\*

Saturday 25 September – Beam Studio, Warwick Bridge

Saturday 5 February 2011

10.00am – 4.00pm

Tutor: Catherine Ball

This one day workshop caters for both beginners and the more advanced people who wish to have a go at being creative with clay. The course is delivered in the tutor's very own studio where you will be introduced to the hand building technique of slab building. You will be able to experiment with a variety of shapes, forms, colours and textures to create your own finished piece of pottery. This may be functional or decorative you can decide.

**NEW**

## Hands on Ceramics – Building & Throwing

2 days  
Course fee £44.00\*

Saturday 2 April & Saturday 16 April 2011 – Beam Studio, Warwick Bridge

10.00am – 4.00pm

Tutor: Catherine Ball

This course caters for both beginners and the more advanced who wish to experiment with a variety of shapes, colours and textures to create your own slab built piece of pottery as well as 'throwing' clay on the potter's wheel in the tutor's own studio. The course runs over 2 Saturdays giving you a chance to glaze any fired ceramics made the week before as well as making any finishing touches to your wheel thrown pieces of work.

**NEW**

## Hands on Ceramics – Mould Making

3 days  
Course fee £66.00\*

Saturday 9, 23 October, & 6 November – Beam Studio, Warwick Bridge

10.00am – 4.00pm

Tutor: Catherine Ball

This course will be delivered in the tutors own studio where you will be introduced to the basics of mould making using plaster. You can create your own mould from either a found object or your own clay form. You will experiment with slip casting and press moulds as well as decoration to create different outcomes. This will enable you to understand the basics involved in creating your own finished piece. This course is suitable for all levels.

**NEW**

## The Man who Carved the Choir – Stall Seats in Carlisle Cathedral

1 Day  
Course fee £18.00\*

Saturday 20 November – Botcherby Community Centre, Carlisle

10.00am – 4.00pm

Tutor: Thirlie Grundy

This 'round table', tutor led workshop is for those who would like to meet the medieval man who took almost twenty years to carve the misericord seats in Carlisle Cathedral.

**NEW**

## Indian Head Massage

1 weekend  
Course fee £36.00\*

*Saturday 13 & Sunday 14 November – Botcherby Community Centre, Carlisle  
10.00am – 4.00pm  
Tutor: Elaine Ellis*

For those who wish to learn more about this popular natural therapy in an intensive but practical and fun format. Run over one weekend, these two days will give you the opportunity to both learn and experience an IHM routine and gain confidence to use it safely with both family and friends. Previous experience is not necessary. Please come prepared to work with all members of the group. **Please note:** an additional cost of £3.00 will be incurred for materials at the first class.

## Reflexology

1 weekend  
Course fee £36.00\*

*Saturday 9 & Sunday 10 October – Botcherby Community Centre, Carlisle  
10.00am – 4.00pm  
Tutor: Elaine Ellis*

For those who wish to learn more about this popular natural therapy in an intensive but practical and fun format.

Run over one weekend, these two days will give you the opportunity to both learn and experience the benefits of reflexology and gain confidence to use it safely with family and friends. Please come prepared to work with all members taking part in the course. A foot massage using oils will also form part of the course. Previous experience is not necessary. **Please note:** an additional cost of £2.00 will be incurred for materials at the first class.

**NEW**

## Acrylic Painting

1 day  
Course fee £18.00\*

*Saturday 18 September – Botcherby Community Centre, Carlisle  
Saturday 29 January 2011  
Saturday 21 May 2011  
10.00am – 4.00pm  
Tutor: Mark Gibbs*

These painting workshops are designed for those wishing to use acrylic. Acrylic paints are a very versatile medium, which can be used thinly almost like watercolour or thickly, like oils. They have the advantage over oils of being extremely fast drying so it is easy to take your paintings home. They are particularly suitable for beginners because unlike watercolour mistakes can easily be worked over.

The drawing workshop will be useful for all artists. Each workshop is self contained, but students may wish to come to all 3 to make a course. Many of the skills are applicable to all painting media, and the tutor will draw out the differences and the similarities.

## Machine Embroidery

1 Day  
Course fee: £15.00\*

*Saturday 27 November – Wooden Hut, Brampton Community Centre  
10.00am – 3.00pm  
Tutor: Katie Douglas*

A one day workshop for complete beginners, you will discover the magic of machine embroidery. Using your own sewing machine discover the wide range of stitches and effects you can create. You will be using freehand machine embroidery if possible (not all machines are capable of this), where you can "draw" with the machine. The workshop will introduce you to some basic embroidery techniques and give you confidence to tackle more advanced projects. Learn how to use your own sewing machine and get the best out of it. Individual help will be given to those who need it. You will learn how to control the machine, the tension and the speed, prepare fabrics and use a wide variety of threads and techniques. Please bring your own sewing machine. A small charge will be made at the course for fabrics.

# How to Book

## Fees

Course fees stated in this brochure comprise of the tuition fee, and where appropriate, the certification fee, which also includes notification of results and certificates by recorded delivery. Courses marked \* fixed price. No Concessions available. **Your place can only be reserved with payment**, which can be paid by term; most courses are 8 - 15 weeks. A booking fee of £2.00 is also payable. To prevent a class being cancelled it is advisable to book at least 7 days in advance. You may also like to consider enrolling for more than one term.

## Concessions

**FREE for accredited courses (cert. fees apply) and 75% reduction for leisure courses if you are:**

- In receipt of Job Seekers Allowance
- In receipt of Income Support
- In receipt of Working Tax Credit (*subject to threshold*)
- In receipt of housing/council tax benefit
- In receipt of pension tax credit (*guaranteed credit only*)
- In receipt of income-related Employment & Support Allowance (ESA)
- Are an unwaged dependant on someone claiming one of the above
- Are aged 16 and under 19 years old on 1 September. Payment for the whole year required. (Qualification based courses only)

**Please note: You will need to supply a photocopy of proof of concessionary status when you enrol.**

To discuss your eligibility, please contact the Centre on: 01228 403555

**20% reduction for leisure courses if you are:**

- Over 60 on the 1 September 10 and working 16 hours or less per week

## Non - Payment of Fees

Should you attend a course for more than one lesson without registering with the Centre, we will issue an invoice for which there will be an administration charge of £10.00.

## Refunds

Refunds are normally only provided if the Centre cancels the course.

## Access & Childcare Funds

The access and childcare funds have been made available for students without a full level 2 qualification in receipt of means tested benefits. We can support Childcare provided by a registered child minder/nursery and Exam fees.

Prior to booking, it is recommended that you read a Course Information sheet, which can be downloaded from our website: [www.aecarlisle.com](http://www.aecarlisle.com) or by contacting the Centre direct by phone or email.

### By Telephone

01228 403555  
with visa/debit card

### By Freepost C654

Creighton Building,  
Trinity School  
Carlisle, CA1 1JB  
*(Cheques should be made payable to Trinity School including the booking fee £2.00)*

### In Person

The Creighton Building  
Trinity School  
Strand Road  
Carlisle, CA1 1JB

### By Employer

We can invoice your employer direct.

## Holiday Dates

### Autumn Half Term

25 October – 29 October

### Christmas Break

17 December – 5 January

### Spring Half Term

21 February – 25 February

### Easter Break

8 April – 27 April

### May Bank Holiday

2 May

### Whit Half Term

30 May – 3 June

## Special Learning Requirements

We aim to provide a high quality service to the whole community. If you have a specific learning need in relation to what you hope to study, please contact the Centre to discuss your requirements in confidence. Course information sheets with further details on each course are available on request (you will automatically be sent one when you book).

This brochure is available in large print – please visit the website: [www.aecarlisle.com](http://www.aecarlisle.com) or call the office 01228 403555 for a hard copy.

A T-loop is available at the office, and we have 2 portable loops available for use in the classroom.

## Late Enrolments

If you have missed the starting dates for any of the courses - don't give up! There may well be spaces. Any non-qualification based courses will take late students, subject to space. Entry into qualification courses may be difficult if you have no prior knowledge of the subject. Please telephone us or come to the office to discuss the possibility of joining.

## Examinations

**We will need a signed passport photograph when you enrol for a GCSE, AS or A2 level exam.** Always check exam dates via your course tutor or the Centre Office before booking holidays. Once entered, refund of exam fees is only made in exceptional circumstances and at the discretion of the examination board.

## Learner Voice – Compliments & Complaints

We hope that your experience of attending a course with us will be both a pleasant and rewarding one. We are constantly trying to improve the service we offer, so students will be asked to complete a course questionnaire at the end of their course. However, you can contact the Centre at any point during your course if you feel there is anything you would like to draw to our attention to please send any comments to: Adult Education Carlisle, Freepost C654, The Creighton Building, Strand Road, Carlisle, Cumbria, CA1 1JB

Copies of our policies including Equal Opportunities and Health and Safety are available on request. Any issues concerning the above should be forwarded to Kris Brennan, Centre Manager by post, email or phone.

## Hire of Trinity School Facilities

To hire the Arena, Halls, Gyms, or classrooms outside of School hours please contact the Centre Monday to Friday.  
Email: [nbo@trinity.cumbria.sch.uk](mailto:nbo@trinity.cumbria.sch.uk) Telephone: 01228 403555.

## How to Find Us

From M6 J43, follow A69 into Carlisle. After 1½ miles, fork right onto Victoria Place. Turn right into Compton Street immediately after passing Carlisle College. Trinity School stretches the length of Strand Road. The Creighton Building is the middle of the 3 entrances, with the Blue Adult Education Signs.

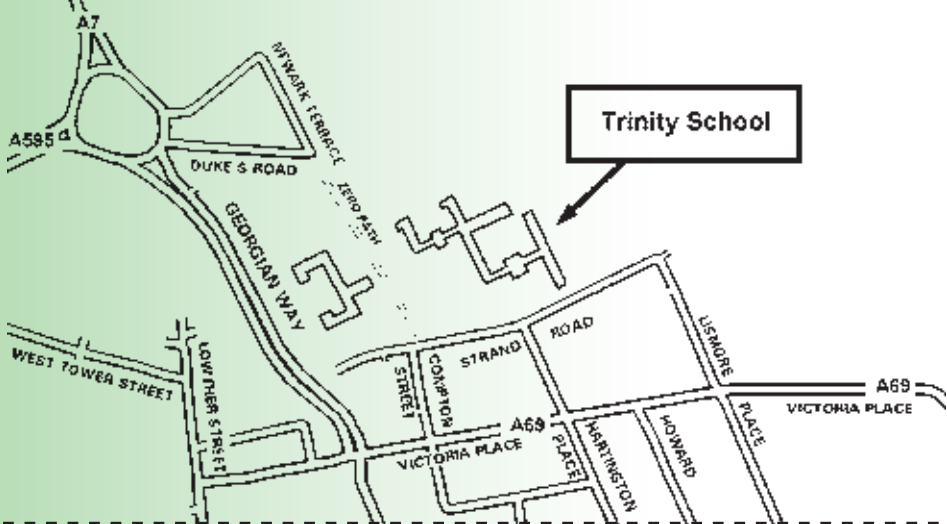
## Parking

Parking is available at Trinity School and Trinity Leisure Centre. We operate a designated system, therefore you will be advised of where you can park when you book on to a course. For weekend workshops held at the school parking is FREE at the Leisure Centre. Please retain your receipt to show to the car park attendant.

Parking is also available at our community venues, details of which can be found on the reverse of course information. You will automatically receive one when you book on to a course.

## Disclaimer

Every care has been taken to ensure that the information in this brochure is accurate. Occasionally changes occur after going to print. In this case every effort will be made to inform students, and we apologise if the course of your choice is no longer offered or has changed.



## Booking Form

To make the booking process easier we have produced this form. You will be required to complete a more in depth enrolment form at the start of your course, but for now this is all we need! Please complete the form below and return it with payment including the £2.00 booking fee to: **Adult Education Carlisle**, Trinity School, Strand Road, Carlisle, Cumbria, CA1 1JB

### Contact Details

Name \_\_\_\_\_

Course(s) \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Telephone \_\_\_\_\_ Date of Birth    /    /

Email \_\_\_\_\_

Selective disability disclosure \_\_\_\_\_

I enclose a cheque made payable to  
**Trinity School** including £2.00 booking fee for £ \_\_\_\_\_

**Signed** \_\_\_\_\_ **Date**    /    /

### Concessions

If you are eligible for a concessionary fee, please tick which applies, and include proof of benefit.

- 16 - 18 (Accredited only) otherwise post 19
- Over 60 not in F/T education/employment and in receipt of:
- Job Seekers Allowance
- Income Support
- Working Tax Credit (*subject to threshold*)
- Housing/council tax benefit
- Pension tax credit (*guaranteed credit only*)
- In receipt of income-related Employment & Support Allowance (ESA)
- Unwaged dependant of one of the above

# Trinity Leisure Centre

Public Swimming Pool, Gym and Sports Facilities

## Free Swimming Sessions Add Value to your Family Swim

16 and under? 60 and over? You can now swim for free during our general swim sessions. Bring a passport sized photo and £5 to order your card and you can swim for free until April 2012 adding more value to your family session at Trinity Pool.

Free swim sessions are Monday – Friday from 4pm; Saturdays from 3-4pm and Sundays from 2pm. More details available in Carlisle Leisure Ltds Lifestyle Activity Guide available at any of our centres

## Free Swimming Lessons

If you are aged 11+ and require further swimming tuition from for confidence to stroke improvement we can arrange a course for free. We require eight people to run these courses so if you leave your details at reception we will arrange the course once we have enough people at the same standard. 6 x 1 hour lessons for free (this would - normally cost £20.40 so take advantage while you can.

## Karate and Taekwondo

**(Self defence, confidence, balance, coordination, sport and fitness)**

Sessions available for adults and children with special rates available for families - **NOW ENROLLING!**

Taekwondo Enquiries - 01768821254

Karate Enquiries - 01697473239

## Adult Lane Swimming

Currently Tuesdays and Wednesdays from 8 – 9pm  
(subject to change in April)

## Ladies Only Lane Swimming

Thursdays 8-9pm

## Gym Sessions For Teenagers

Our gym is available to use 4.30pm – 9.30pm Monday – Friday and 9.30am – 4.30pm Saturdays and Sundays (Carlisle Leisure Ltd Gym Induction required)

For more on activities at Trinity Leisure Centre, please refer to our Sport and Recreation Guide

For any enquiries regarding Trinity Leisure Centre, give us a call phone us on 01228 403565 or call in at reception

## Public Opening Hours

4.30pm – 9.30pm

Monday to Friday

9.30am – 4.30pm

Saturday and Sunday

We pride ourselves in providing quality swimming tuition for children aged 3 years upwards; Our teachers are qualified through the Amateur Swimming Association programme and will guide your child from non swimmer 1 (water confidence) through to more advanced levels. We currently teach over 300 children per week. Each course lasts 10 weeks.

We provide swimming lessons for people with learning difficulties every Thursday evening 7-8pm during school term time.

Karen Robertson provides Baby and Toddler swimming lessons every Saturday and Sunday – For details email: [info@babyswimmers.co.uk](mailto:info@babyswimmers.co.uk)

Children's parties are excellent value and are available to book on a Saturday and Sunday afternoons

## Sport and Recreation Guide for Trinity Leisure Centre

Activity	Day	Time	Who For
Swimming Lessons (8 per group)	Monday – Friday Sunday	4.30pm – 7.00pm	Children 3+
One to One Lessons	Monday – Sunday	Various	Children 3 +
Gym – Cardio Vascular, and resistance training	Monday – Friday Saturday – Sunday	4.30pm – 9.30pm 9.30am – 4.30pm	Adults 16+
Teen Gym Training	Mon, Wed, Fri Tues, Thurs	3.30pm – 6pm 3.30pm – 6pm	13-16 Yr Olds
9 week MEND Programme Family exercise and nutritional guidance <a href="http://www.mendprogramme.org">www.mendprogramme.org</a>	Various	Various	Parents and Children
Sub Aqua Club	Monday	8.30pm – 9.30pm	Sub Aqua Enthusiasts
General Swimming	Monday – Sunday	Timetable Out Now	Everyone
Badminton	Monday – Sunday	Various	Everyone
Taekwondo	Mon, Tues, Fri	Various	Juniors - Adults
Karate	Mon, Wed, Thurs	Various	Juniors - Adults
Basketball Court Hire	Mon, Tues	8pm	Groups
Fatburner	Wed	7.15pm – 8pm	16yrs +
Aqua Tone	Wed	7.10pm – 7.55pm	16yrs +
Adult General swim	Wednesday	7pm – 8pm	Adults
Sport and Social: Swimming Lessons and play for people with learning difficulties	Thursday	7pm – 8pm	Young people with learning difficulties
Ladies Swimming Session	Tuesday	8pm – 9pm	Ladies
Safe (youth) Club Swimming/gym/sports	Friday	7pm – 9.30pm	Youths
Baby / Toddler Swimming Lessons	Sat / Sun	9.30am – 12.30pm	Parents and Babies/ Toddlers
Childrens Parties Sports and / or Pool Hire	Sat, Sun, School Hols	10.30 am – 4pm	Children and Parents
Family Swimming	Sat / Sun Mon – Fri	9.30am – 12.30 3pm – 4pm From 4.30pm	Families
School Holidays Crash Courses of Swimming Lessons Teen Training General Swimming Family Fun and more	Mon – Fri	Open 1pm	Everyone Welcome

## Badminton

Available daily; great exercise and can be as fun or competitive as you want

## Groove FX

Wednesdays 5.10pm – 5.40pm Fitness and dance class for 13 years +

£2.50 for ages 16+

£1.50 ages 13 – 15 years

No need to book just turn up on the day (we can accommodate 30)

## The MEND Lifestyle Programme

In 2008 Carlisle Leisure Limited received funding from the national lottery to run the MEND programme throughout Cumbria. Other counties have benefited from the programme and we have been running courses in Cumbria for over a year now. It is a 10 week healthy lifestyle programme for families. Naturally the parents and all the family benefit from the enhanced dietary and lifestyle choices and have a lot of fun in the process. It takes a combined commitment from the parents and the child to reap the benefits of the programme. The course consists of scientifically proven Nutritional guidance for the parents and children and 2 exercise sessions / week for the children.

MEND = Mind, Exercise, Nutrition and *Do It*

*Our MEND team at Trinity Leisure Centre is the most experienced in Cumbria at delivering this fun and educational programme. We will do our utmost to ensure you and your family acquire the knowledge and skills that last a life time.*

*Visit [www.mendprogramme.org](http://www.mendprogramme.org) for details regarding this national programme. The programme is absolutely free, spaces are limited to 12 per programme. Take advantage of this life enhancing opportunity today.*

*If you would like to know more about the MEND programme locally please e mail Alan Quayle at [alan.quayle@carlisleleisure.com](mailto:alan.quayle@carlisleleisure.com) or phone 01228 625888.*

## School Holidays

We are open from 1.00pm daily for general swimming, gym use, one to one swimming lessons, free swimming lessons, crash courses in Teen Training and all the activities listed in the regular guide above.

Trinity Leisure Centre  
Strand Road  
Carlisle  
CA1 1JB

**Bookings and Enquiries: 01228 403565**



**Quality Leisure for Quality of Life**



# Richard Rose Swimming Pool Toucan swim scheme

FOLLOWING THE NATIONAL TEACHING PLAN FOR SWIMMING OF THE AMATEUR SWIMMING ASSOCIATION

## Toucan Swim Scheme 2010/11

At Richard Rose Swimming Pool your child can learn to swim as early as 12 weeks old and continue through our wide range of classes. The pool has a warm and friendly atmosphere and with its bright and cheerful décor it is the perfect place to enjoy a family swim or to book a party. The pool also offers adults the opportunity to get fit with our Ladies only and Mixed lane swim sessions and our NEW Aqua Pilates classes. There is something for everyone.

All our teaching staff are ASA qualified and believe in making swimming an enjoyable experience. Parents are welcome to stay and watch in the small viewing area although we do find that children often learn and listen better if you are not always present.

Our learn to swim programme follows the ASA National Teaching Plan of awards and we also produce our own range of TOUCAN certificates for swimmers to collect. These awards are used as a guide to test swimmers' abilities and indicate to the teachers which class the swimmers should be attending. By enrolling your child on our TOUCAN swim programme you can be assured that they will receive the best in teaching techniques and skills. We use a multi-stroke and multi-discipline approach with continuous assessment. Swimmers are encouraged to achieve the skills and techniques required to move up to the next class with our TOUCAN certificates and badges. These incentives make learning to swim fun and rewarding.

## Bookings

On the first visit to the pool parents are asked to complete a swimmer profile so that any medical condition may be noted and current contact numbers made available. You will also receive a copy of our "You too can learn to swim" booklet in which your child can record their swimming achievements.

## Priority Weeks

Once you have registered for the first session of 9 weeks you are given one week for **priority booking** for the next session of 9 weeks. The lessons are then offered to children changing classes and then to new customers. **Priority weeks** are listed in this timetable of session dates (see right). Only one session at a time may be booked, but to assist you a waiting list for classes is in operation.

## The Pool will be closed

### October (Half Term)

25th October – 31st October 10

### Christmas

22nd Dec. 10 – 4th January 11

### February (Half Term)

21st February – 27th February 11

### Easter

20th April – 26th April 11

### May Day Weekend

30th April – 2nd May 11

### May (Half Term)

28th May – 3rd June 11

### Summer

27th August – 4th September 11

## Range of Classes

- Parent & Infant
- Water Confidence
- Beginners
- Improver 1 / 2 / 3
- Advanced 1 / 2
- One to One Classes
- Family Swim
- Ladies only / Mixed Adult Swim
- Acqua Pilates
- Lifeguarding courses

## Timetable for September 2010 to August 2011

### Classes Monday –

### Friday evenings

### Saturday & Sundays.

### Contact the pool for class times

The starting dates for each session are as follows

#### Session 1

Week beginning

6th September to 14th November  
(Priority week 18th – 24th October)

#### Session 2

Week beginning

15th November to 30th January  
(Priority week 10th – 16th January)

#### Session 3

Week beginning

31st January – 10th April  
(Priority week 21st – 27th March)

#### Session 4

Week beginning

11th April – 26th June  
(Priority week 6th – 12th June)

#### Session 5

Week beginning

27th June – 26th August  
(Priority week 8th – 14th August)

## Extra Swimming Pool Courses

### Intensive Swimming Course

Swimming lessons for quick improvement, half hour classes daily. Water Confidence, Beginners, Improver 1, Introduction to Snorkeling, Learn to Dive, Mini Polo.

Contact the pool for details and dates.

**Cost:- £16.00** for 5 half hour Sessions

### STA National Aquatic Rescue Standard (NARS) Pool Lifeguard Course

Candidates must be 16years or over. Cost £195.00 - includes Manual. Learn water rescues skills, CPR, First Aid and Spinal Cord injury management.

### Fancy having your birthday party in the swimming pool? Pool Parties available from only £60.00

**Parties include:** One hour pool time, use of pool inflatable, play structures and toys, two lifeguards in attendance, complimentary use of seating area to have your own food and for your convenience. Party invites and birthday card. Our pool parties are available on Sunday afternoons at the following times 1.15 - 2.15pm or 2.30 – 3.30pm

### Family Swim

This is a fun session for all the family. Sundays 12.00 – 1.00pm

## Costs

### ½ hr classes

(per 9 week session) ..... £23.50

### 1 hr classes

(per 9 week session) ..... £34.00

### Adult & Child

(per 5 week session) ..... £23.00

### One to One Sessions

(per 5 week lessons) ..... £47.50

### Ladies only

(per swim) ..... £3.30

### Mixed Swimming

(per swim) ..... £3.30

### Family Swim

per swim ..... Adult £3.00  
(under 4's free) Child £1.50

Enrolment may be made by telephone, to the Swimming Pool **01228 822079**. Payments can be made by cash, cheque or Access/Visa/Switch and must be paid in advance.



### You 'toucan' learn to swim at Richard Rose Swimming Pool

Lismore Place, Carlisle, CA1 1LY. 01228 822079  
Pool Managers: Charlotte Roy & Nicola Stoszkowski  
E-mail [charlotte.roy@rrca.org.uk](mailto:charlotte.roy@rrca.org.uk) , [Nicola.Stoszkowski@rrca.org.uk](mailto:Nicola.Stoszkowski@rrca.org.uk)



# RICHARD ROSE SPORTS COMPLEX & FITNESS CENTRAL

**Comitted to health and fitness for all!**

Get back into shape @ FITNESS CENTRAL with a varied multi level programme of fitness classes AND brand new TECHNOGYM which is the FIRST gym in Carlisle to incorporate the state of the art Wellness System which is the future of fitness!

### Fitness classes

We have a varied range of Fitness Classes for all ages and abilities at both Edgehill Road and Lismore Place: **TONE & TIGHTEN, CIRCUIT TRAINING, AQUA PILATES, BUMS & TUMS, NEW BODY, X-BIKE, X-BIKE & ABS**. Prices start from as little as £2.50 with special discounts to OAP's and students.

### Technogym

The brand new Technogym at the Edgehill Road site is run by a fully qualified team of Gym instructors who will develop a personal programme for **you** and download it onto a special key fob. **You simply plug in and go!** Full Gym memberships are available from only £15 per month.

**Fitness Instructor Courses and Sports Complex Parties** also available, please call to make enquiries.

For information and bookings telephone our **FACILITIES BOOKING LINE** on **01228 822078**  
Richard Rose Sports Complex, Lismore Place, Carlisle, CA1 1LY

Accounts OCR Level 2	38	GCE History of Art A2	37
Acrylic Painting	59	GCSE English Language	33
Aerobics	26	GCSE Human Physiology & Health	34
Aromatherapy		GCSE Maths	33
Authentic Thai Cuisine	47	GCE Psychology AS	34
		GCE Psychology A2	35
Badminton Club	26	German Year 1	19
Basic Food Hygiene	41	German Year 2	19
BCS Level 2 ITQ Certificate	39	German Yr 6 Conversation	19
Bookkeeping Introduction	37	Golf Intermediate	28
Bookkeeping OCR Level 1	38		
		Holiday French	18
Chakra Balancing	29	Holiday Italian	21
CLAIT OCR Level 1	39	Holistic Therapies	
Computer Housekeeping	43	Homeopathy for Health	
Computer Maintenance	43		
Computing for the Terrified	44	Indian Head Massage	
Continuing with Computing	45	Internet & Email Beginners	46
		Introduction to computing	45
Digital Imaging Beginners	43	Introduction to Drawing & Painting	7
Digital Imaging Intermediate	44	Introduction to Shiatsu	32
Drawing & Painting	7	Introduction to Sign Language	51
Dressmaking & Tailoring	8	Italian Opera –The Golden Century of...	50
		Italian Year 1	20
Embroidery & Textiles	10	Italian Year 2	20
English History –		Italian Year 3	20
The Virgin Queen to the Merry Monarch	52	Italian Year 5	20
First Aid – Appointed Person	40	Japanese Taster	22
Fly Dressing for Game Fishing	49	Japanese Year 4	22
French Year 1	16		
French Year 2	16	Keep Fit	29
French Year 3	16		
French Conversation Yr 3/4	16	Make & Recycle Your Own clothes	9
French Year 4	17	Mandarin Chinese Taster	22
French Yr 5 Conversation	18	Manual Handling & Risk Assessment	40
French Yr 6 Conversation	18	Move on with English	42
GCE English Language A2	35	Move on with Maths	42
GCE English Language AS	35		
GCE History of Art AS	36	Oil Painting for Pleasure	10

Polish Year 2	22	Spanish Yr 5 Conversation	25
Pottery for All	11	Stick dressing Club	
Philosophy – The Love of Wisdom: Intro.	50	Street Dance	27
Philosophy – The Love of Wisdom: Further	51		
		Tai Ji	30
Reflexology	58	Text Processing	40
Russian Taster	23	Ten Classic Plays	50
Russian Year 2/3	23	Touch Typing - Beginners	46
Sage Computer Accounts	45	Yoga – Beginners & Intermediate	31
Spanish Year 1	24	Yoga for All	31
Spanish Year 2	24		
Spanish Year 3	25	Watercolours	11
Spanish Year 4	25	Website Design	46

## Statement Of Purpose

Cumbria County Council will actively promote, fund and develop high quality adult opportunities across the county. The Council is committed to working in open, effective collaboration with the community and partners to provide adult learners with the confidence, support, quality information, advice and guidance required to participate fully in learning opportunities, taking into account the county's diverse needs and unique geography. Cumbria County Council is committed to providing responsible leadership in promoting the values of equality and diversity.



Major credit/debit cards accepted:

