

NHS Nurse
Free health checks available to everyone aged between 40 and 74. Please phone the Bridge on 01273 294930 to book an appointment.

Health Trainer Service
If you are thinking about changing your lifestyle and improving your health then the Brighton & Hove Health Trainer service can help you succeed. This is free and confidential service supports adults (18+) to achieve realistic and long term health benefits. If you want to improve your health - get more active, stop smoking, drink less alcohol or eat a more balanced diet, then sign up for a 4 week course running at The Bridge or contact the Health Trainer service for details of one-to-one support. Tel: 01273 296877 or email: healthtrainers@brighton-hove.gov.uk

Family Information Services (FIS)
FIS offers information advice and guidance for families including: services for families, finding childcare, activities for children and young people, applying for a school place and working in childcare. You can call the FIS helpline: 01273 293545 e-mail: familyinfo@brighton-hove.gov.uk or look at our website www.brighton-hove.gov.uk/fis

Money Advice and Community Support Service (MACS)
MACS offer private and confidential appointments and can give you expert debt and benefit advice. They will advise on benefit entitlements, offer guidance on budgeting and bankruptcy arrangements, help you draft financial statements and set up repayment arrangements. Alternate Tuesdays. By appointment only. Tel: 492930

Specialist Advice Sessions

Fun stuff for 2012
Come on, get fit and get happy.....
We have new activities and some old favourites for you to try for the New Year.
Hula Hooping - guaranteed to make you laugh out loud
Get fit through dance
Play the piano
Pottery - get your hands mucky at the wheel
Painting and drawing - find you inner Leonardo da Vinci
Cook your own home made tasty food
Creative writing
Clickers photography group

Want to change your lifestyle for the better but don't know where to start? Come to our Healthy Living sessions and get support from the health trainer. From 24th January.

Fees:
Fees are based on where you live and any benefits you may claim.
Applicable fees are listed under each course

Code A - Full course fee

Code B - East Brighton resident's rate

Code C - Concessions

Enrolment Information:
Course places are booked on a first come first served basis. To secure a place on your chosen course, you can phone for an enrolment appointment before the Enrolment Drop-in Week in January.
Telephone Number 01273 294930

Enrolment

Enrolment

Spring 2012
(half term 13th - 17th February)

Monday
9.30am - 7.30pm Stress Buster Clinic
9.30am - 11.30am Painting and Drawing for the terrified
10.30am - 1.00pm Knitting group
11.30am - 2.30pm Pottery and Ceramics
1.30pm - 6.30pm Piano Lessons
6.30pm - 8.30pm Clickers Photography group

Tuesday
9.15am - 12.15pm Interpersonal & Initial Counselling Skills
9.30am - 12.00pm Improving Health & Wellbeing group
9.30am - 12.00pm Certificate in Literacy Award in using ICT
12.30pm - 2.30pm Art for All
2.30pm - 2.30pm Get Fit through Dance
4.00pm - 6.00pm Budget Bites. Cookery

Wednesday
12.30pm - 2.30pm Fused Jewellery
1.30pm - 1.30pm Lunch Club
1.30pm - 3.30pm IT Drop-in

Thursday
10.00am - 12.00pm Spanish. Improve your Memory
10.00am - 12.00pm Steps into Creative Writing
10.00am - 12.30pm Job Club
12.30pm - 2.30pm Flamenco
5.00pm - 6.00pm Hula Hooping
7.15pm - 8.30pm Yoga for All
6.30pm - 8.30pm Creative Cookery
6.30pm - 8.30pm Pottery and Sculpture

Friday
9.30am - 11.30am Clothes making. Beginners
9.30am - 12.00pm Certificate in Numeracy
12.00pm Creative felting
12.30pm Improving your Literacy
12.30pm Clothes making. Improvers

Enrolment

Enrolment

Spring 2012
(half term 13th - 17th February)

Welcome Everyone
to a new and stimulating term at The Bridge Community Education Centre. We have got an exciting mixture of new and familiar activities lined up and our Learning & Participation team is at the ready to offer you high quality advice and support for learning and work. Thanks to our 3 year BIG Lottery grant we can continue to offer FREE support to East Brighton residents around all areas of learning, health & wellbeing and work.

LOTTERY FUNDED

Enrolment

Enrolment

Spring 2012
(half term 13th - 17th February)

Drop-in - 3rd - 6th January
10am - 5pm

How to find us



Bus route
49 or 25

Nearest railway station
Falmer Station
(10 minute walk)

Ample free parking

We are open:
Mondays 9.00am - 5.00pm
Tuesdays 9.00am - 5.00pm
Wednesdays 9.00am - 5.00pm
Thursdays 9.00am - 8.30pm
Fridays 9.00am - 2.30pm

Accessibility
The Bridge is accessible to everyone. We have external and internal lifts, paths and toilet with wheelchair access. We have a range of equipment to help people with a variety of disabilities, including audio loops for hearing impairment and enlarged keyboards for visual impairment.

Refund Policy
If a course provider cancels the course, a full refund will be made. If you enrol on a course or withdraw or do not attend, no refund will be made.

Follow us on Facebook! Follow us on Twitter!

Volunteering
We have lots of opportunities for volunteering at The Bridge either helping out in classes, reading with learners, working in our cafe, helping out in reception, fundraising; or if you have any specialist skills you may like to offer we would love to hear from you. Please call us for the latest opportunities or check the volunteering section on our website.

"Yes We Can Read"
an exciting new scheme now running at the Bridge. If you know someone who would like to learn to read or if you think you could be a reading coach, then contacts us today on 01273 294930. Full support given. Success guaranteed.

THE BRIDGE
COMMUNITY EDUCATION CENTRE

Spring 2012
January - March



- Be healthy & stay fit at The Bridge
- Get ready for work and job search support
- Arts and craft activities for all

Learning for life
Meet new people • Find new interests • Develop new skills

The Bridge Community Education Centre Lucrett Road Brighton BN2 4PN
www.thebridgecommunityeducationcentre.co.uk Tel: 01273 294930
E-mail: staff@bridgecommunity.org.uk
A company Limited by Guarantee No. 4179358 Registered Charity No. 1100405



Courses for January 2012



Key

Arts & Crafts

Literacy & Numeracy

General interest

Health & Wellbeing

Skills for Work & Computing

Arts & Crafts

Painting and Drawing for the Terrified

January 9th – March 19th

This course is designed to teach first-step drawing skills and use of watercolour, pen and acrylics. Clear instruction will be given providing helpful ways to approach image making, using tried and tested techniques in a supportive atmosphere. Your confidence in your drawing and painting ability will grow during the course.

Tutor: Sue Haseltine ■ Mondays 9.30am – 11.30am ■ 10wks ■ Code A £90 B £30 C £10

Pottery and Ceramics

January 9th – March 19th

Your chance to try basic pottery techniques including throwing onto a potter's wheel and using your hands.

Tutor: Sabine Dahn ■ Mondays 12.30pm – 2.30pm ■ 10wks ■ Code A £60 B £30 C £9

Knitting for Fun

January 9th – March 19th

This friendly social group get together so that beginners can learn, and intermediates can enhance their skills whilst swapping tips and patterns.

Mondays 10.30am – 1.00pm ■ FREE

Art for All

January 10th – March 20th

Art is for everyone! Come along and get help to discover your own talents and ideas. Learn to tackle drawing from objects, photos and people, using a range of media (pencils, chalks, pastels). Experiment with water colours and acrylics. Learn about the work of exciting artists and develop your own original ideas.

Tutor: Kitty Cava ■ Tuesdays 12.30pm – 2.30pm ■ 10wks ■ Code A £60 B £30 C £9

Fused Jewellery

January 11th – March 21st

Create your own unique fused glass jewellery. Learn to cut glass, assemble your piece, mix it with metals and fire.

Tutor: Annie MacMullan ■ Wednesdays 12.30pm – 2.30pm ■ 10wks ■ Code A £60 B £30 C £9

Pottery and Sculpture

January 12th – March 22nd

Experiment with clay, learn the basic techniques such as coiling, slabbing and pinching, and try throwing onto the potters wheel. Create your own unique sculptures

Tutor: Sabine Dahn ■ Thursdays 6.30pm – 8.30pm ■ 10wks ■ Code A £60 B £30 C £9

Beginners Clothes making

January 13th – March 23rd

An opportunity to work in a relaxed atmosphere to produce a finished garment using a commercial pattern of your choice. The tutor will guide you through the pattern instructions and sewing skills while you get to know how to use a sewing machine.

Tutor: Sara Cook ■ Fridays 9.30am – 11.30am ■ 10wks ■ Code A £90 B £30 C £10

Creative Felting

January 13th – March 23rd

Learn the feltmaking process and make your own beautiful scarves, purses and textured landscapes and understand the different techniques. You will need a towel and an apron.

Tutor: Ali Rabjohns ■ Fridays 10.00am – 12.00pm ■ 10wks ■ Code: A £105 B £69 C £30 (includes £15 fee for materials)

Improvers Clothes making

January 13th – March 23rd

An opportunity for more experienced students to use advanced patterns and techniques with support from the tutor. If you have worked with commercial patterns before or have completed the beginners course, then this is the course for you.

Tutor: Sara Cook ■ Fridays 12.30pm – 2.30pm ■ 10wks ■ Code A £90 B £30 C £10

Literacy & Numeracy

Certificate in Literacy

January 10th – March 20th

At your own pace you will be able to study for a level 1 or 2 (roughly GCSE level) qualification in adult literacy. Each week you can explore spelling, reading, grammar and punctuation with a small group of learners. It is a great opportunity to improve your skills, make friends and gain confidence. This course runs over 3 terms

Tutor: Kirsty Cregan ■ Tuesdays 9.30am – 12pm ■ 10wks ■ FREE

Certificate in Numeracy

January 13th – March 23rd

At your own pace, you will be able to study for a level 1 or 2 (roughly GCSE level) qualification in adult numeracy. Each week you will explore subjects such as adding, subtracting, measurements, percentages, finding averages and money management. By the end of the course you will have the confidence to work things out on paper, in your head, or with a calculator. This course runs over 3 terms and students are able to enrol throughout the year, as long as places are available.

Tutor: Tim Goldstein ■ Fridays 9.30am – 12pm ■ 10wks ■ FREE

Improving your literacy

January 13th – March 23rd

This course will help you to improve your reading, writing and spelling skills so that you can then move onto the Certificate in Literacy (level 1). This course runs over 3 terms

Tutor: Julia Tindle ■ Fridays 12.30pm – 2.30pm ■ 10wks ■ FREE

General interest

Piano Lessons

January 9th – March 19th

Lubov is a classically trained pianist who has been giving piano lessons at The Bridge since 2003. She is a member of The Associated Board of the Royal Schools of Music and has completed a one year jazz course at Sussex University.

All ages and abilities are welcome and the success rate speaks for itself with 100% pass rate in the piano exam and one student progressing to Cambridge university to study music!

Tutor: Lubov Simon ■ Mondays 1.30pm – 6.30pm ■ Group of 2 £7.50 per lesson, group of 3 £5.00 per lesson, group of 4 £3.50 per lesson

Interpersonal & Initial Counselling Skills (NCFE) Level 1

January 10th – March 20th

This level 1 course will help you develop skills to help your own communication or to help others, either in a voluntary or employed capacity. This is an ideal stepping stone to further study for people interested in for example counselling or community work.

Tutor: Charles Baines ■ Tuesdays 9.15am – 12.15pm ■ 10wks ■ Code A £ £95 + exam fee of £30. C £0 + exam fee of £30 – available if you are on JSA/ESA, have less than a Level 2 qualification and people who are unemployed.

Steps Into Creative Writing

January 12th – March 22nd

This course will build your confidence in expressing yourself through writing. It will set some fun exercises for poems, creating characters, describing settings, and developing some stories. It is not about testing your writing skills, although it can help you learn how to improve them. Nobody will be made to read out in front of the group but this can be really enjoyable and empowering, so why not give it a try? The tutor will collect your work at intervals and give you written feedback.

Tutor: Rebecca Duffy ■ Thursdays 10.00am – 12.00pm ■ 10wks ■ Code A £95 B £54 C £15

Spanish. Improve Your Memory

January 12th – March 22nd

"I've always wanted to learn Spanish, but I am worried that with my age ..."

Did you know that learning a language can help your brain stay healthy? Canadian researchers have found that people who learn to speak more than one language keep their mental faculties sharp longer than people who learn only one language. This course is for complete beginners and students will develop an ability to use Spanish to communicate in everyday situations and learn about a fascinating culture. Remember - it is never too late to learn a language!

Tutor: Maria Simons ■ Thursdays 10.00am – 12.00pm ■ 10wks ■ Code A £90 B £30 C £10

Budget Bites

January 10th – February 7th

This is a fun course for anyone on a low income who wants to cook tasty meals for themselves and their family. Learn how to save money, budget for all your week's meals, waste less food and keep the kids happy.

Tutor: Jocelyn Dodgson ■ Tuesdays 4.00pm – 6.00pm ■ 5wks ■ FREE

Creative Cookery

September 22nd – December 1st

A practical cookery course that will show you how to make straightforward meals for all the family to enjoy. Plenty of useful tips and ideas for saving time and money whilst making deliciously simple food you will be proud to share. Recipes that take you through the basic kitchen skills of making sauces, soups, cakes and pies that you can use as starting points to adapt to your own tastes. Fresh ideas for the kitchen, inventive use of left-overs... cooking with imagination is the way forward – fabulous fun and resourcefully useful, a recipe for happiness!

Tutor: Charlotte Hastings ■ Thursdays 6.30pm – 8.30pm ■ 10wks ■ Code A £90.00 B £30.00 C £10.00

Health & Wellbeing

Stress Buster Clinic

January 9th – March 19th

Spoil yourself with our range of treatments to relax and unwind in a calm and safe environment. Soothe away your stress with head massage (very relaxing), reflexology (foot massage) or shiatsu (gentle pressure). Don't worry, you can keep your clothes on for all these treatments!

Mondays 9.30am – 11.30am; 12.30pm – 2.30pm; 5.30pm – 7.30pm ■ Code: A £40 per session C £10 per session

2.00pm ■ 10wks ■ Code A £60 C £30

Flamenco

January 9th – March 19th

A fun and vibrant dance class where you will learn gypsy and classical flamenco dance steps and gain a real feel for the music and an understanding of Spanish culture.

Tutor: Cecilia Denoso ■ Mondays 12.30pm – 2.30pm ■ 10wks ■ Code A £90 B £30 C £10

Improving Health & Wellbeing Group

January 24th – February 21st

It's the new year and time for change! Do you want to make a positive lifestyle change and develop your knowledge about health and wellbeing? This group will give you the tools and support that you need to help yourself feel better.

Tutor: Brighton & Hove Health Trainers ■ Tuesdays 9.30am – 12.00pm ■ 5wks ■ FREE

Get Fit through Dance

January 10th – March 20th

This is a chance to raise your fitness level through dance. You will learn joint freeing exercises and body stretches to loosen the muscles, ready to use dance movements to a variety of music genres, leading to free dance to liberate the body, raise cardio vascular levels and most importantly, make you feel good.

Tutor: Imogen West ■ Tuesdays 12.30pm – 2.30pm ■ 10wks ■ Code A £90 B £30 C £10

Hula Hooping

January 12th – February 23rd

Get fit, improve confidence and self esteem with this unique class. A combination of Hula Hooping, Pilates and Yoga; designed to improve core strength, fitness, flexibility and burn calories. The benefits are incredible and you will laugh a lot too!

Tutor: Melanie Kalay ■ Thursdays 5.00pm – 6.00pm ■ 6wks ■ Code A £30 C £15

Yoga for All

January 12th – March 22nd

This course combines movement with stretching, breathing and relaxation. It releases tension and improves physical and mental well-being. This class is suitable for those who have practiced yoga before. Please bring a towel or a mat to lie on and wear loose, comfortable clothing.

Tutor: Margit Whitton ■ Thursdays 6.00pm – 7.15pm ■ 10wks ■ Code A £60 B £30 C £9

Skills for Work/Computing

Computers for Beginners

January 9th – March 19th

A friendly student led computing course covering the IT skills required to get the most from a PC and the Internet. Suitable for beginners.

Tutor: Sue Haseltine ■ Mondays 12.30pm – 2.30pm ■ 10wks ■ Code A £90 B £30 C £10

Award in using ICT

January 10th – March 20th

A Step 2 computing course for those wishing to update, improve and build upon their basic computing skills. We will look at emailing, using the internet, producing documents and file saving. The course is most suited to those with some experience rather than complete beginners.

Tutor: David Parnely ■ Tuesdays 9.00am – 12.30pm ■ Code A £ 145 + exam fee of £26.30. C £0 + exam fee £26.30 – available if you are on JSA/ESA, have less than a Level 2 qualification and for people who are unemployed.

IT Drop-In

January 11th – March 21st

Come and see what the internet is all about at this friendly and relaxed computer class. Learn how to set up and use an email account, share photos with friends and family, shop online without getting scammed and use all sorts of services from the comfort of your home. Suitable for beginners and improvers.

Tutor: Emily Ballantyne ■ Wednesdays 1.30pm – 3.30pm ■ FREE

Job Club

Job Club helps you to explore your career potential by looking at your interests, values and skills. In a supportive environment, we offer CV advice, interview skills, help with application forms, covering letters and more. We have computers, print outs of jobs and local newspapers available to assist you in your job search.

Thursdays 10.00am – 12.30pm ■ FREE TO EAST BRIGHTON RESIDENTS. £10 PER SESSION TO RESIDENTS OUTSIDE EAST BRIGHTON

Lunch Club

January 25th – 21st March

Meet old friends and make new ones at our lunch club social get together. Enjoy a tasty and filling lunch in our wonderful cafe. Freshly made by our resident chef, Andy, and served by our lovely volunteers. There will be music and laughter and, who knows, maybe even some games if we can get the Nintendo Wii plugged in!

Wednesdays 12.30 to 1.30

2 course meal for £3.50

Workshop Schedule

Exploring Your Potential

12th Jan, 1st Mar

Looking at Your Skills

19th Jan, 8th Mar

CV Workshop

26th Jan, 15th Mar

Creative Job Hunting

2nd Feb, 22nd March

Covering Letters

9th Feb

Impress them at Interview

16th Feb

Theme TBC

23rd Feb

Thursdays 10 -11. Phone to book.

Free for East Brighton residents.

Fee per session £10

CSCS – Construction Skills Certification Scheme

If you would like to work in the building industry, you will increasingly be asked for a CSCS card by potential employers. The Bridge will be offering drop in sessions to gain health and safety skills and to practise the test on the computer. For East Brighton, we will book a test for you when you are ready, and help you to get a CSCS card free of charge.