

## Learn something new and have fun at On Course South West's...



As part of the Festival of Learning campaign, On Course South West is hosting 5 days of FREE adult learning workshops from Monday 08 July to Friday 12 July.

Come along and try your hand at a range of “have-a-go” activities and find out what we will have in our programme of courses starting September 2019.

Please register and reserve your place before attending a workshop by calling our friendly Customer Service Team on **01752 660713**. If you prefer, drop by and talk to a member of the team at Hyde Park House or enrol online by visiting [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk)

Courses will be held at **Hyde Park House, Mutley Plain Plymouth PL4 6LF** *\*unless otherwise stated*

### Monday 8th July

<b>Title: Fun with Forensics</b>	<b>Code: J02-11A</b>	<b>Time: 10.00-12.00</b>
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There are so many fun projects you can do that involve forensic investigation. This 2-hour session will involve a few of those fun activities that demonstrate how.

<b>Title: Have a go at Flower Arranging</b>	<b>Code: J03-12A</b>	<b>Time: 14.00-16.00</b>
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Learn to make a pretty floral display in a tea cup. Bring a tea cup and saucer with you.

<b>Title: Luminous Light</b>	<b>Code: J02-13A</b>	<b>Time: 16.00-18.00</b>
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Explore the behaviour of light and learn how we see it in this hands-on practical session.

<b>Title: Space and Astronomy</b>	<b>Code: J02-13B</b>	<b>Time: 19.00-21.00</b>
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Come along and learn some of the basic constellations and where to spot them as well as exploring the life cycle of a star so that you can understand exactly what it is you are looking at.

### Tuesday 9th July

<b>Title: Stop Motion Animation with a Smart Phone</b>	<b>Code: J06-21A</b>	<b>Time: 10.00-12.00</b>
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If you are you eager to learn the skills, techniques and tips involved in animation then this session will help bring the magic to life.

<b>Title: Mindfulness Introduction</b>	<b>Code: J01-22A</b>	<b>Time: 14.00-16.00</b>
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Learn techniques to help cope with the stress of everyday life. Including breathing techniques, movements and visualisation techniques.

<b>Title: Tile Painting</b>	<b>Code: J09-23A</b>	<b>Time: 19.00-21.00</b>
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Info: This taster will teach you techniques for producing your own unique hand painted bisque tiles. Decorative a plaque or tile during the session which will be yours to take away at the end.

<b>Title: Carpentry</b>	<b>Code: J05-23B</b>	<b>Time: 19.00-21.00</b>
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You can use wooden pallets to enhance home and garden features. Come along and have a go working with this type of wood which can yield some great looking items. It's cost effective upcycling.

### Wednesday 10th July

<b>Title: Decoupage</b>	<b>Code: J09-31A</b>	<b>Time: 10.00-12.00</b>
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Discover the art of Découpage and enjoy decorating a small object by gluing coloured paper cut-outs onto it in combination with special paint effects, gold leaf and other decorative elements.

<b>Title: Jewellery</b>	<b>Code: J09-32A</b>	<b>Time: 14.00-16.00</b>
Spend a fun and relaxing couple of hours making beautiful beaded jewellery! Plus, lots of hints and tips to help you get started making your own professional quality unique jewellery at home.		

<b>Title: Bath Fizzers Gift Set</b>	<b>Code: J09-32B</b>	<b>Time: 15.00-17.00</b>
Each one of these provides the perfect treat for taking time to run a bath, relax and unwind after a long day.		

<b>Title: Drumming Circle (Swarthmore Centre)*</b>	<b>Code: J01-23A</b>	<b>Time: 19.00-21.00</b>
As well as being great fun, drumming has many benefits. It can enhance coordination and motor skills, is an excellent stress buster, revitalizes and energises and helps with relaxation.		

### Thursday 11th July

<b>Title: Quilling</b>	<b>Code: J09-41A</b>	<b>Time: 10.00 -12.00</b>
A simple paper sculpting technique with amazing results. Quilling is an inexpensive hobby to set up with very little equipment required. It can be used to make cards, pictures and much more.		

<b>Title: Knitting</b>	<b>Code: J09-41B</b>	<b>Time: 12.00 -14.00</b>
Learning to knit is a lot of fun, and it's not as difficult as you might think. There are so many fun and free patterns out there to discover.		

<b>Title: Card Making</b>	<b>Code: J09-42A</b>	<b>Time: 14.00-16.00</b>
Making cards from scratch is one way to impress your friends and family. Card making not only lowers the cost of sending your sentiments, but it's also more thoughtful too!		

<b>Title: Crochet</b>	<b>Code: J09-42B</b>	<b>Time: 15.00-17.00</b>
Interested to discover what you can create with crochet? Do you need help to demystify basic patterns and hook sizes? Come along and have fun whilst learning the basics.		

### Friday 12th July

<b>Title: Sound Meditation</b>	<b>Code: J01-51A</b>	<b>Time: 11.00-13.00</b>
Humans have been drawn to music since the beginning of time. Open yourself to deep and mindful listening - activating our observational senses to experience sound with the whole body.		

<b>Title: Crystal Healing</b>	<b>Code: J01-52A</b>	<b>Time: 14.00-16.00</b>
Understand about the different chakras and the body systems they link to. You will also look at the various crystals which can be used with each chakra to produce a healing affect.		

<b>Title: Kime Kome</b>	<b>Code: J09-52A</b>	<b>Time: 14.30-16.30</b>
Create delightful decorations based on traditional Japanese crafts originating in the 18th century. So simple to make yet extremely beautiful.		

**We look forward to seeing you. Discover something new. Please register early!**

### GCSE English and maths

***There are plenty of reasons to take a GCSE with us here at On Course South West***

Whether it's to support further learning, career or work aims, or just to help the children with their homework, GCSE's in English and maths are desirable qualifications to have for almost everyone.

Ask about advice, guidance and initial assessment sessions delivered by a subject specialist.

**Considering GCSE Science? We can help with that too! Get in touch now.**