

These courses are part of the Hampshire County Council Adult Community Learning Programme, Hampshire Learns.

Participants must live in Hampshire.

VENUE: **LEARNING ROOMS 1 + 2,
THE ARC, WINCHESTER**

Celebrating Autumn: Creative Wellbeing Series



**Friday 3 November – 24 November,
10am – 12pm**

In this four-week course led by Becki Clark you'll be encouraged to celebrate the season of Autumn and nature with a range of mindful workshops focused around seasonal creativity and wellbeing. From painting to nature journaling, exploring folk art, clay and simple seasonal crafts, this series of workshops is suitable for beginners and all materials will be provided free of charge.

VENUE: **TOWER ROOM, THE ARC, WINCHESTER**

Needle Felting for Wellbeing

**Thursday 16 November –
14 December (no class 23
November), 10am – 12.30pm**

In this four-week class led by Carol Scicluna you will relax into the therapeutic craft of needle felting. Working through basic techniques to tips and tricks, you will learn how to blend a collage of colours and create perspective using ethically sourced sheep's wool. You will create a beautiful 2D needle felted framed image inspired by seasonal landscapes to take home with you in the final week. This is a mixed ability course suitable for beginners, teaching will be differentiated according to your skill or experience.

**Please note this room is not accessible.*



VENUE: **PERFORMANCE HALL,
THE ARC WINCHESTER**

In Motion!

**Dance for adults with
learning difficulties /
disabilities***

**Wednesday 27 September –
22 November
(no class 25 October),
10.30am – 11.30pm**

In this eight-week class, you will have fun moving to the rhythm of the music with lots of wonderful props in a sociable and informal dance class led by Tiffany Matthews.

** This class is suitable for adults with mild to moderate learning difficulties/disabilities.*

BRIGHTER FUTURES

The Brighter Futures programme offers **FREE** Wellbeing courses for those 18+ who believe their mental health and wellbeing may benefit from attending a creative course.

VENUE: HAMPSHIRE WARDROBE, WINCHESTER

Stitch & Story

Tuesday 31 October – 21 November, 10am – 12pm

Let the rhythm of stitching and the process of making soothe your mental wellbeing. This social course is for mixed-abilities, suitable for individuals with an interest in telling stories with fabric and thread. Across the four-week course you will learn a range of stitching techniques, including appliqué and embroidery and have the chance to transfer original photographs onto fabric. Supplies of vintage fabrics and threads will be used as you explore how to stitch a story. By the end of the course, you will have your own stitching stories journal to continue to add to.



VENUE: LEARNING ROOM 1 & 2, THE ARC, WINCHESTER

English Language (ESOL) Entry Level 1

Tuesday 19 September – 12 December (no class 17 Oct, 24 Oct, 14 Nov), 1pm – 3pm

This ten-week course is suitable for people who are able to speak some English and want to improve their communication, listening and speaking skills. You will improve your spoken English with a focus on pronunciation, grammar and listening. Goals include being able to speak about yourself and everyday situations, understand a timetable, book an appointment, ask for information and contribute to a cultural exchange. You will be supported by ESOL tutor, Meera Narasimhan.

VENUE: LEARNING ROOM 1, THE ARC, WINCHESTER

ESOL Conversation Course

Monday 18 September – 27 November (no class 23 October), 11am – 12.30pm

This ten-week English conversation course, led by tutor Carol Dale, is suitable for learners who can conduct a conversation in English at Entry 2 or Entry 3 level. This is a sociable learning environment which will include a chance to practice speaking English over a cup of coffee or tea. We will discuss everyday situations e.g. shopping, travel, making appointments, as well as manners and customs in the UK.

All courses are **free of charge**. All materials will be provided.

To register your interest in any of these courses, please scan the QR code... or go to <https://forms.office.com/r/nk7Hq3Ha8R>

