

Activities for people over 50

FREE MEMBERSHIP

openage.org.uk

Charitable Incorporated Organisation No. 1160125



ADULT COMMUNITY LEARNING




6th January - 3rd April 2020











Dear Members, WE NEED YOU. Adult Community Learning (ACL) classes are denoted by the tree logo and are funded by RBKC. We are funded on “unique” learners. This means we only get paid once per member. In order to keep our funding, we need to ask members who did not attend an ACL class in September 2019 to look at our programme and please choose a course, to help Open Age maintain the funding. You will be required to complete an enrolment form. secure your place by coming to Second Half Centre from 6th December and New Horizons from 10th December to 18th December and also on Wednesday 8th and Thursday 9th January. Any questions please call Maude on 020 8 962 5594 or Angela on 020 8962 5590.

DO NOT MISS A PLACE ON OUR COURSES – CALL OR COME IN AND SEE ANGELA/MAUDE



MONDAYS





ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Art: Using Watercolours – Beginners MUST BOOK & ENROL Starts 13 th Jan to 23 rd March	9.45 – 11.45 10-week course  Half Term 17 th February (NO CLASS)	New Horizons Centre Cadogan Street SW3 2PF		£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Whether you are a budding Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques.
Italian for Beginners MUST BOOK & ENROL Starts 13 th Jan to 23 rd March	10.00-12.00 10-week course  Half Term 17 th February (NO CLASS)	The Reed  OCTAVIA 28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS Reap the benefits of improved memory, attention span and having fun. This course is for those who have had a little Italian tuition or with a rusty knowledge that will enable you to communicate in the language with confidence and flair in a holiday environment.




<p>Going Further with Computers with Derek White MUST BOOK & ENROL Starts 13th Jan to 23rd March</p>	<p>10.00-12.00 10-week course</p>  <p>Half Term 17th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for you if you have got the basics and want to find your way around Windows 10. You will learn some of the tips and tricks to further develop your computer skills.</p>
<p>Me and My iPhone</p> <p>MUST BOOK & ENROL Starts 13th Jan to 23rd March</p>	<p>10.00 –12.00 10-week course</p>  <p>Half Term 17th February (NO CLASS)</p>	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will give you the confidence to get to know and use your iPhone to call, text, send an email, take photos and share them and introduce you to the many shortcuts that will make this phone work for you. You will need to have your iPhone and bring it with you.</p>
<p>Free Computer Time Drop In Starts 2nd Sept</p>	<p>12.15-1.00</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1* *Suggested Donation</p>	<p>Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>
<p>Today's Issues with Robert.S.Silver NEW MUST BOOK & ENROL Starts 13th Jan to 23rd March</p>	<p>1.00-3.00 10-week course</p>  <p>Half Term 17th February (NO CLASS)</p>	<p>The Reed  28 Convent Gardens, London W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This lively course focusses on the big issues that underpins the news. We consider the immediate questions raised by the news as well as the wider cultural and historical points of interest.</p>
<p>Cloud with Ivor David MUST BOOK & ENROL NEW Starts 13th Jan to 23rd Mar</p>	<p>1.00-3.00 10-week course</p>  <p>Half Term 17th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Take the first steps to learning about the power of using the Cloud service and to understand what Cloud actually is. You will learn how to save your files, photos, music, etc. You will learn how to create an account, upload and copy and transfer files to keep your documents safe and secure and access them from your various devices and at home.</p>
<p>Sketching at the V&A MUST BOOK & ENROL</p>	<p>1.00-3.00 10-week course</p> 	<p>V&A Museum, Cromwell Road Entrance, SW7 2RL</p>	<p>C1, 14, 74, 414</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring</p>

Starts 13 th Jan-23 rd March	Half Term 17th February (NO CLASS)				along a sketchbook, pencils and yourself!
Beginners Computers MUST BOOK & ENROL Starts 13 th Jan-23 rd March	1.00-3.00 10-week course  Half Term 17th February (NO CLASS)	New Horizons Centre Cadogan Street SW3 2PF		£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Don't be scared of computers! Come and take the first steps with using Windows 10 PCs in this interactive course. Learn how to use the mouse, power on and off. browse the web, create and use emails in this fun and friendly course
IPads for Beginners with Ivor David MUST BOOK & ENROL Starts 13 th Jan-23 rd March	4.00-6.00 10 week course  Half Term 17th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Begin your journey with using iPads. This course is an introduction designed to help you understand how to begin using an iPad device; how to control it and gradually move on to more intermediate features.


Tuesdays






ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
French for Beginners MUST BOOK & ENROL Starts 14 th Jan to 24 th Mar	10.00-12.00 10 week course  Half Term 18th February (NO CLASS)	The Reed  28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Make the most of the benefits such as improved memory, attention span and having fun. This course is for those who have had a little French tuition or those with a rusty knowledge that will enable you to communicate in the language with confidence and flair in a holiday environment.





<p>Beginners Computers with Derek White MUST BOOK & ENROL Starts 14th Jan to 24th Mar</p>	<p>10.00-12.00 10 week course  Half Term 18th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Don't be scared of computers! Come and take the first steps with using Windows 10 PCs in this interactive course. Learn how to use the mouse, power on and off, , browse the web, create and use emails in this fun and friendly course. .</p>
<p>Me and My iPhone with Lena Dekair MUST BOOK & ENROL Starts 14th Jan to 24th Mar</p>	<p>10.00-12.00 10 week course  Half Term 18th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will give you the confidence to get to know and use your iPhone to call, text, send an email, take photos and share them and introduce you to the many shortcuts that will make this phone work for you. You will need to have your iPhone and bring it with you.</p>
<p>Creative Writing with Robert.S.Silver MUST BOOK & ENROL starts 14th Jan to 24th Mar</p>	<p>10.00-12.00 10 week course  Half Term 18th February (NO CLASS)</p>	<p>Response Community Projects 300 Old Brompton Road, London SW5 9JF</p>	<p>C1, C3, 74, 328, 430</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Write about travel, nature, autobiographies, memoirs, essays, rants, almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques. .</p>
<p>Free Computer Time Drop In Starts 7th Jan</p>	<p>12.15-1.00</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1* *Suggested Donation</p>	<p>Drop-in & use a computer - no booking required! Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>
<p>First Steps to a Healthy On-Line Life with Derek White MUST BOOK & ENROL Starts 14th Jan to 24th Mar</p>	<p>1.00-3.00 10 week course  Half Term 18th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for you if you already know the basics of how to use a PC, Laptop or Tablet to browse the internet, send and receive email. You will learn how to search for, and sign-up to, websites and internet services related to your health and well-being, a healthy lifestyle, supporting someone with a health condition to do research.</p>
<p>Creative Writing MUST BOOK & ENROL Starts 14th Jan to</p>	<p>2.00 – 4.00 10 week course</p>	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn</p>




24th Mar	 Half Term 18 th February (NO CLASS)				how to improve your writing.
Drama MUST BOOK & ENROL starts 14 th Jan to 24th Mar	2.00 – 4.00 10 week course  Half Term 18 th February (NO CLASS)	New Horizons Centre Cadogan Street SW3 2PF		£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Discover your inner thespian and join this fun class, using scripts, improvisation and applied theatre techniques.
Excellent Excel for Budgeting (NEW) MUST BOOK & ENROL 14 th Jan to 24th Mar	4.00-6.00 10 week course  Half Term 18 th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	£3/Free if On benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will focus on Windows 10 and is for you if you know the basics of Microsoft Excel (the most well known spreadsheet programme) from its interface and menus to formulas and formatting to work towards building your own budgeting spreadsheet.

Wednesdays


ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
French Next Step up from Beginners MUST BOOK AND ENROL 15 th Jan to 25 th Mar	10.00-12.00 10 week course  Half Term 19th February (NO CLASS)	The Reed .28 Convent Gardens, London W11 1NH	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for members who have had 80 taught hours or who have a vast experience but are very rusty. There will be some revision of verbs, grammar and vocabulary along with lots of fun.






<p>Smartphone and Social Media Apps Lena Dekair MUST BOOK & ENROL Starts 15th Jan to 25th Mar</p>	<p>10.00-12.00 10 week course</p>  <p>Half Term 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will enable you to get to know the tips and understand the tricks to ensure you can use your phone effectively and benefit from using and managing social media apps. You will need to be confident with using the computer and internet or attended the Beginners' Computer course. It is really helpful if you have an email address.</p>
<p>Lip-reading and Managing Hearing Loss with Jacques Gholam MUST BOOK & ENROL Starts 15th Jan to 25th Mar</p>	<p>10.30-12.30 10 week course</p>  <p>Half Term 19th February (NO CLASS)</p>	<p>North Kensington Library 108 Ladbroke Grove W11 1PZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course aims to enable adults who have acquired hearing loss to develop coping strategies to manage their hearing loss better, in both social gatherings and in the environment at large. This is in conjunction with a series of lessons introducing basic lipreading skills.</p>
<p>Men's Space: IT / with Ivor David MUST BOOK & ENROL Starts 15th Jan to 12th Feb</p>	<p>1.00-3.00</p>  <p>(5 week course)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for absolute beginners who have NO or little IT knowledge. It is a taster designed to help you understand how to begin using IT (Information Technology) and start on a journey to discover the various uses of computerised devices such as desktop PCs and I pads within a friendly and supportive group.</p>
<p>Men's Space: Android Smartphones with Ivor David MUST BOOK & ENROL Starts 26th Feb to 1 Apr</p>	<p>1.00-3.00</p>  <p>(6 week course)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This is a short taster course designed to introduce you to the Android Smartphone and its basic features. Find out how to handle the phone, make and answer calls, send texts, add contacts, connect to Wifi, take pictures and more (time permitting).</p>
<p>Smartphone and Social Media Apps MUST BOOK & ENROL Starts 15th Jan to 25th</p>	<p>1.00 – 3.00 10 week course</p> 	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will enable you to get to know the tips and understand the tricks to ensure you can use your phone effectively and benefit from using and managing social media apps. You will need to have</p>


Mar	Half Term 19 th February (NO CLASS)				a basic knowledge and feel comfortable using a smartphone
Meditation, Mindfulness and Stress Management with Paul Langton MUST BOOK & ENROL starts 15 th Jan to 25 th Mar	1.30-3.30 10 week course  Half Term 19 th February (NO CLASS)	Thomas Darby Court, 133 Lancaster Rd. W11 1TT	7, 23, 52, 70, 228, 295, 452	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES A course that explores learning about and practising meditation and mindfulness. You will also discuss stress and look at ways to reduce or manage stress. No previous experience of meditation or mindfulness is necessary.
Creative Writing with Robert.S.Silver MUST BOOK & ENROL Starts 15 th Jan to 25 th Mar	1.30-3.30 10 week course  Half Term 19 th February (NO CLASS)	Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.	7, 23, 52, 70, 228, 295, 316, 452	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Write about travel, nature, autobiographies, memoirs, essays, rants & almost anything else you can think of. Air your opinions, share fascinating facts and learn how to improve the quality of your writing with new techniques.
Sketching at the V&A II MUST BOOK & ENROL Starts 15 th Jan to 25 th Mar	2.00 - 4.00 10 week course  Half Term 19 th February (NO CLASS)	V&A Museum, Cromwell Road Entrance, SW7 2RL	C1, 14, 74, 414	£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Explore the depths of the V&A; practice various topics of drawing, including: composition; shape, form and line; light & reflection; volume & shading; portraits and detail. Bring along a sketchbook, pencils and yourself!
Lip Reading & Hearing Loss MUST BOOK & ENROL starts 15 th Jan to 25 th Mar	2.00 – 4.00 10 week course  Half Term 19 th February (NO CLASS)	New Horizons Centre Cadogan Street SW3 2PF		£3/Free if on benefits	CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Lipreading and Coping Strategies for Managing Hearing Loss in Adults. This course aims to enable adults who have acquired hearing loss to develop coping strategies to manage their hearing loss better.




<p>Create Greeting Cards on Computer with Ivor David</p> <p>MUST BOOK & ENROL starts 15th Jan to 25th Mar</p>	<p>4.00-6.00 10 week course</p>  <p>Half Term 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for those who are confident with switching on their computer/laptop and are able to use the mouse and keyboard fairly confidently. On this fun course, learn how to create and design your very own postcards and greeting cards on computers. Learn to use Canva to design them using your own photos.</p>
<p>Poetry with Robert.S.Silver</p> <p>MUST BOOK & ENROL starts 15th Jan to 25th Mar</p>	<p>4.00-6.00 10 week course</p>  <p>Half Term 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course examines the canon of British poetry. The aim is primarily to read and enjoy poetry while learning more about the social and cultural contexts out of which it came.</p>
<p>Meditation (NEW) with Paul Langton</p> <p>MUST BOOK AND ENROL Starts 15th Jan to 25th Mar</p>	<p>5.00-7pm 10 week course</p>  <p>Half Term 19th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES New Year, take care of you! A course that explores learning about and practising meditation and mindfulness. You will also discuss stress and look at ways to reduce or manage stress. No previous experience of meditation or mindfulness is necessary.</p>






Thursdays




ACTIVITY	TIME	PLACE	BUS	COST	DETAIL
<p>Internet and Email with Lena Dekair</p> <p>MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>10.00-12.00 10 week course</p>  <p>Half Term 20th February (NO CLASS)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will help you to develop a better understanding of the internet and email on selected online services and how to use them for your own benefits and needs. You need to be confident with using the computer and internet or attended the beginners' course. It is really helpful if you have an email address.</p>

<p>Speaking English with Confidence with Anna Czubak MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>10.15-12.15 10 week course</p>  <p>Half Term 20th February (NO CLASS)</p>	<p>The Curve Community Centre 10 Bard Road W10 6TP</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for speakers of English as a second language who want to improve their English speaking skills, grammar and build up confidence to feel good and enjoy learning.</p>
<p>Introducing Microsoft Word and Touch Typing With Lena Dekair MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>1.00-3.00 10 week course</p>  <p>Half Term 20th February NO CLASS</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course introduces you to Microsoft Word from the blank document to learning how to create spacing character choices, save, edit, search, insert, cut, copy, paste and much more as well as beginning to touch type. You will need to be comfortable with using a computer-switch it on and off, use the mouse and keyboard..</p>
<p>Art: Using Watercolours – Beginners MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>1.00pm-3pm 10 week course</p>  <p>Half Term 20th February NO CLASS</p>	<p>Brompton Library 210 Old Brompton Road London SW5 0BS</p>	<p>430, C1</p>	<p>£3.00/ free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Whether you are a budding Monet or complete novice, our painting classes are suitable for beginners as well as for more confident and experienced dabblers. Explore all kinds of styles and techniques.</p>
<p>Speaking with Confidence MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>2.00-4.00 10 week course</p>  <p>Half Term 20th February NO CLASS</p>	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3.00/F ree if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is for speakers of English as a second language who want to improve their English-speaking skills, grammar and build up confidence to feel good and enjoy learning.</p>
<p>Life Stories MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>2.00 – 4.00 10 week course</p>  <p>Half Term 20th February NO CLASS</p>	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3.00/F ree if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Write your personal stories in a fun and supportive atmosphere. Weekly themes such as travel, family, childhood & many more unusual topics.</p>

<p>Italian – Next Step up from Beginners MUST BOOK & ENROL Starts 16th Jan to 26th Mar</p>	<p>3.00-5.00 10 week course</p>  <p>Half Term 20th February NO CLASS</p>	<p>Second Half Centre St.Charles Centre Exmoor Street W10 6DZ</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Keep your brain active. This course is for members who have had 80 taught hours or who have a vast experience but are very rusty. There will be some revision of verbs, grammar, and vocabulary along with lots of fun.</p>
<p>Free Computer Time Drop In Starts 9th Jan</p>	<p>3.15-4.45</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1* Suggested Donation *</p>	<p>Drop-In no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>

Fridays					
ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<p>ENGLISH FOR HEALTH AND WELL-BEING NEW MUST BOOK & ENROL Starts 17th Jan to 27th Mar</p>	<p>9.30 – 11.30 10 week course</p>  <p>Half Term 21st February NO CLASS</p>	<p>North Kensington Library  108 Ladbroke Grove W11 1PZ</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES he aim is to support you in being 'healthy' and learning vocabulary to help you to express yourself confidently when dealing with health professionals.</p>
<p>iPad for Beginners MUST BOOK & ENROL Starts 17th Jan to 27th Mar</p>	<p>10.00 – 12.00 10 week course</p>  <p>Half Term 21st February NO CLASS</p>	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3.00/ Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Begin your journey with using iPads. This course is an introduction designed to help you understand how to begin using an iPad device; how to control it and gradually move on to more intermediate features</p>

<p>Time for Me (CARERS ONLY) With Lena Dekair MUST BOOK & ENROL Starts 17th January to 7th February</p>	<p>10.30-1.00  (4 week course)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES A range of IT will be introduced to this course specially for a carers only group, including the Smartphone, iPad and the PC. Call Liz Butters on 020 8962 4536 to register your interest</p>
<p>BUILD YOUR OWN WEBSITE (2) with Lena Dekair MUST BOOK Starts 28th February to 27th March</p>	<p>10.00-12.00  (5 week course)</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course will enable you to build on the skills you have previously acquired and gain a better understanding of using WordPress. You will develop your knowledge of Pages and Posts; create a contact form; understand the share options; and link social media to your website. You need to be confident in using WordPress or have attended the Build your Website starter class. You will need your WordPress login information to use in the class.</p>
<p>Free Computer Time Drop In Starts 10th Jan</p>	<p>12.15-1.00</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1* Suggested Donation*</p>	<p>Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>
<p>Spanish for Beginners with Anna Czubak MUST BOOK & ENROL Starts 17th Jan to 27th Mar</p>	<p>12.30-2.30 10 week course  Half Term 21ST February NO CLASS</p>	<p>The Reed  28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES Not only will you reap health benefits such as improved memory and attention span but will begin to learn the beautiful Spanish language and culture. It is for you if you have had a very limited amount of Spanish tuition.</p>
<p>iPad Art With Lena Dekair MUST BOOK & ENROL Starts 17th Jan to 3rd Apr</p>	<p>1.00-3.00 10 week course  NO CLASSES ON 14th & 21st February</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHES This course is designed to help you to understand how to draw and image manipulate, using the advanced painting app Tayasui Sketches Pro. You do need to be confident with the iPad (be able to switch it on, take a photograph, share that photograph via email, and download apps independently)</p>

<p>Windows 10 for Beginners</p> <p>MUST BOOK & ENROL</p> <p>Starts 17th Jan to 3rd Apr *</p>	<p>2.00 – 4.00 10 week course</p>  <p>Half Term 21st February NO CLASS</p>	<p>New Horizons Centre Cadogan Street SW3 2PF</p>		<p>£3.00/ Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS</p> <p>If you are confident with using a PC, then this may be the next step. This course will show you how to make the most of Windows 10 software and be a confident user</p>
<p>Spanish 2 with Anna Czubak</p> <p>MUST BOOK & ENROL</p> <p>Starts 17th Jan to 27th Mar</p>	<p>3.00-5.00 10 week course</p>  <p>Half Term 21st February (NO CLASS)</p>	<p>The Reed  OCTAVIA 28 Convent Gardens, London, W11 1NH</p>	<p>7, 23, 52, 70, 228, 295, 452</p>	<p>£3/Free if on benefits</p>	<p>CLASSES ARE OPEN TO RESIDENTS FROM ALL LONDON BOROUGHS</p> <p>For beginners who have had some experience of Spanish classes – i.e. 80 hours and want to further their learning of the language and culture.</p>
<p>Free Computer Time Drop In</p> <p>Starts 10th Jan</p>	<p>3.15-4.30</p>	<p>Second Half Centre, St. Charles Centre, Exmoor Street, W10 6DZ.</p>	<p>7, 23, 52, 70, 228, 295, 316, 452</p>	<p>£1* Suggested Donation*</p>	<p>Drop-in with no booking required. Bring own USB stick to store documents. Please follow guidelines relating to online safety.</p>



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