



Poverest Centre LLDD 2020-2021

1st September 2020 - 5th July 2021

Register your interest from 6 July by phoning

**Poverest
01689 822886**

**Kentwood
020 8659 7976**

LLDD



KENTWOOD CENTRE
020 8659 7976
POVEREST CENTRE
01689 822886



baec.ac.uk
enquiries@baec.ac.uk

MONDAY

NEW Computer Card Craft

10-12

£275

Develop new creative and computer skills by making different cards by hand and on the computer. Learn how to use a card template on the computer. Use a digital camera to take your own photos and use them in your cards and a calendar. Write and design your own messages and greetings. Choose different materials to make cards and take a selection of cards home for your own use.

P01551

Art & Craft: Upcycling

10-12

£260

Ever wondered what you could do with your unwanted items? Why not give these a new lease of life by bringing along an old woollen jumper to be made into a cushion or re-cover a lampshade with a choice of material new or re used. Upcycle a jewellery box, mirror or picture frame using different materials. Share ideas with others in a friendly, supportive and fun environment.

P01552

NEW Every Opinion Matters

1-3

FREE

Chat about different subjects whilst developing your speaking and listening skills. Through discussion, reading, writing and using the internet we will encourage you to express your thoughts and opinions and find out about what interests you.

P01553

Art & Craft: Draw! Paint! Print!

1-3

£290

Experiment with a wide variety of techniques and materials to create exciting art works, for example - screen printing, painting, drawing and collage. Develop skills in using colour, shape, working from imagination and observation, and developing individual projects in your own personal style.

P01554

Mindfulness & Relaxation

1-3

£260

Learn how to use Mindfulness techniques to help you to relax in a friendly and supportive environment. These include, Tai Chi, Chair Yoga, rhythmic exercise and guided meditations. These techniques will help to improve and boost your general wellbeing. You will put together a book of all the exercises and techniques learnt so that you can to practice in your own personal space. Please wear loose clothing.

P01555

Cooking for Change

10-3

£560

Learn how to cook a variety of healthy meals and create a recipe book of your menus. You will develop skills in food hygiene, kitchen safety and use of various equipment. No packed lunch required as you will eat what you cook on the day. Cost of ingredients are included in the course fee.

P01556

TUESDAY

NEW Computing Apps & Games

10-12

£289

Play lots of different learning games to improve your computer skills and have fun. We will learn and play games.... Jigsaw Explorer, Jigzone, Match the Memory, Word Search Puzzles, Fun Trivia Quizzes, Guess the Song, Animal Colour and Sketchpad-amongst others. You will also learn to use Microsoft Word and create a booklet of all the games you learn.

P01557

Reading for Pleasure

10-12

FREE

Develop and improve reading skills through a variety of materials such as short stories, poems and following a variety of instructions. The course encourages discussion and the sharing of views and opinions. Regular trips to the library will take place. A library card is not essential but there will be the opportunity to obtain one if wanted.

P01558

Art & Craft Textiles: Make, Stitch & Sew

10-12

£304

Create a range of surfaces, textures and patterns on fabric using different textile techniques. Experiment with paint, print, dye, wax and stitch to create exciting textile pieces. Develop skills in using and mixing colour, making patterns, sewing and working from imagination.

P01559

In the News

1-3

FREE

Let's talk about the news. We will use the Internet and newspapers and magazines to find out about different news and events such as local news, world news, past news, entertainment and television. We will discuss news articles, headlines and photos and what they mean. We will learn about the different parts of a newspaper and create collages of news from pictures. You will also be encouraged to develop your confidence through talking about your own news.

P01560

Everyday Maths

1-3

FREE

Develop your maths skills to help you in everyday situations. Entry 1 and 2 learning will include: number, addition, subtraction and multiplication.

P01561

Art & Craft: Making Mosaics

1-3

£304

Design and make mosaics using a range of different tiles, for example - glass, ceramic and recycled. Learn how to cut tiles using tile cutters, glue tiles correctly to the mosaic surface and grout the completed mosaic. Develop skills in working with shape, pattern, sequence and colour. Work independently on your own projects at your own pace.

P01562

Dance & Drama

10-3

£519

Develop expression of creativity through dancing and acting which helps self confidence and self-esteem. Two shows are created and performed throughout the course. Clothing to move around in easily and soft shoes such as trainers are required.

P01563

WEDNESDAY

Writing for Fun

10-12

FREE

Develop skills to improve and practise your writing. On this course we will chat about creative writing and you will write about your hobbies, television, and films. You will write your own stories, create a poem and write about what interests you. You will create a booklet of your favourite pieces.

P01564

NEW Mixed Media

10-12

£274

The course will combine opportunity to learn new creative skills, as well as develop an understanding in art alongside supporting your own artistic ideas.

P01565

Introduction to Photography

1-3

£289

Are you interested in taking photos? Learn how to use a digital camera and take photos in and around college, and the local area. Find out about different types of photography. Learn how to download your photos to a computer and edit them to change how they look. Make a calendar, a collage and cards with your photos and frame your favourite. Choose some of your photos and take them home in an album at the end of your course.

P01566

NEW Digital Media

1-3

£274

Do you like making videos? On this course learn how to shoot and edit into a sequence as well as adding sound and music.

P01567

Gardening

10-3

£549

Develop various gardening skills, plant and grow indoor and outdoor plants from seed, including vegetables. Take part in the RSPB bird survey and design and make some craft projects. Maintain and continually improve college garden areas.

P01568

Art & Craft: Seasonal Crafts

10-3

£534

Using a variety of art materials and techniques you will learn how to develop your skills to create beautiful, imaginative seasonal crafts that you can take home to share with friends and family. We will study different cultures and genres and explore the use of colour and textures. You will be able to share your own ideas in a fun and supported environment.

P01569

Music

10-3

£489

As a group, you can learn to sing favourite songs, drum and play instruments with other musicians. You can, but don't have to, perform in front of an audience. As well as this, on your own or in pairs, you will have the chance to do a number of your own musical projects: sound effects and soundtracks, recording your own music, or a favourite song, or making a musical film using voice, body, instruments or drum. You will get a digital copy of your music and all of your recorded work will be displayed online. You will develop your listening and communication skills, expand your knowledge of music from around the world, make friends, build your confidence and have fun as part of a happy musical group.

P01570

THURSDAY

Everyday Maths

10-12

FREE

Develop your maths skills to help you in everyday situations. Entry 1 and 2 learning will include: number, addition, subtraction and multiplication.

P01571

Music & Rhythm

10-12

£244

This course will help you learn about different types of music by listening to a range of music and playing instruments. You will also sing songs and have the opportunity to perform at the end of the year.

P01572

NEW All Kinds of Art

10-12

£304

We will look at different artists and their work. You will be working on your own project inspired by the artist we look at. Projects include printmaking; papier mache and drawing. You will develop your imagination and learn skills to create a variety of art works.

P01573

NEW Garden Crafts

1-3

£289

Develop your skills in making various seasonal themed garden crafts. You will have the opportunity to take these home.

P01574

Chair based Yoga & Relaxation

1-3

£289

Experience a sense of well-being and boost your mood with gentle chair based yoga and relaxation techniques. You will learn how to improve your posture, strength and balance through a series of gentle poses which can be adapted to all levels of ability. Develop skills in body awareness, and practise simple meditation techniques, which will leave you feeling relaxed and refreshed. Course cost includes yoga items for your own personal use in class.

P01575

NEW Fun with Science

1-3

£289

A basic introduction to science. Find out more about how the world works. A fun, practical course with lots of experiments. We will be learning about space, sound, the human body, and nature. Get ready to be amazed!

P01576

NEW Film Studies

10-3

£519

Lights, Camera, Action! In this class we will be studying the History of Films and Filmmaking from Silent Movies, Hollywood – the golden years, 1950's Musical's, Ealing Comedies, Spaghetti Westerns, Bollywood, Disney and right up to the present day. Trips to the Cinema to review and critique current releases. You will also work towards creating/ developing/ producing your own film projects. This will include, writing your own script, lighting design, making sound effects and soundtracks. These will be presented to family and friends at the end of term.

P01577

FRIDAY

Kings & Queens

10-12

£244

Develop skills and knowledge about Kings & Queens of England from the House of Stuart onwards. Develop an understanding of life in the past and a basic knowledge of the government of Great Britain. The course encourages discussion and the sharing of views and opinions.

P01578

Life Stories

10-12

FREE

Make a book about you, where you come from, your life and your interests. Using your photos, important objects and people, making a family tree, and writing about interests, you will use the computer (PowerPoint) to make a multimedia presentation (using video sound, words and pictures) about you and your life and interests, hopes and dreams. You can present Life Story to the rest of the class and your family at the end of the year.

P01579

NEW The Past, People & Places

1-3

£244

Looking at lives, past and present and places all over the world. We will be learning about a theme such as London, Famous Explorers and the 1950s. It is your choice. The course encourages discussion and the sharing of views and opinions.

P01580

Creating Stories, Poems & Performances 1-3

FREE

This is a creative writing class where you will learn about what goes into making a story or poem: people, characters, places, actions and words. Having fun with words and language, you will discover what makes your creative writing interesting and how to grip your reader/listener by listening to, watching and listening to a number of famous poets and writers perform their writing. You will have the chance to act out your own or other people's poems and stories with life and energy to an audience or on film and learn about basic elements of film-making like storyboarding and camera angles and framing.

P01581

NEW Personal Wellbeing

1-3

£304

This course will encourage change in your daily routine, with the aim to promote self-awareness and calming techniques on how to look after yourself. You will learn about your skin and how to look after it using a simple skincare routine. Learn about what skincare products are suitable for your skin type and let us not forget our hands. Practice massage techniques to encourage wellbeing.

P01582

Dance & Drama

10-3

£519

Develop expression of creativity through dancing and acting which helps self confidence and self-esteem. Two shows are created and performed throughout the course. Clothing to move around in easily and soft shoes such as trainers are required.

P01583

NEW Shop & Bake

10-3

£559

Plan, Budget and go to Morrison's on public transport to buy ingredients and then return to bake various recipe in the afternoon. Sometimes you might be able to bring some of the food you cooked home.

P01584

ENROLMENT PROCEDURE & PAYMENTS

Register your interest from the 6th of July by calling

Poverest
01689 822886

Kentwood
020 8659 7976

You can also register your interest by completing a LLDD Expression of Interest Google Form (ask your tutor for the link)

Enrolment starts from 21 July 2020

Please mark your choices on the timetable overleaf, then telephone the Poverest Centre on 01689 822886. It will then be given to management for approval

When you enrol on your course(s) they will be for the whole academic year 1st September 2020 until 5th July 2021

You can pay by instalments.
50% when you enrol and 50% in November 2020

Your course choice(s) need to be approved by management before you can enrol. You will be enrolled once your choice(s) have been approved and payment has been made

baec.ac.uk
enquiries@baec.ac.uk

NAME:**Learner ID:** Reception to complete

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Please tick your choices and return this form to reception.

**NEW LEARNERS NEED AN INITIAL ASSESSMENT FIRST, BEFORE ENROLLING.
PLEASE RING 01689 822886 OR 020 8659 7976 TO BOOK.**

MONDAY	COMPUTER CRAFT CARD NEW 10-12 £275	ART & CRAFT (Upcycling) 10-12 £260	EVERY OPINION MATTERS NEW 1-3 FREE	ART & CRAFT (Draw! Paint! Print!) 1-3 £290	MINDFULNESS & RELAXATION 1-3 £260	COOKING FOR CHANGE 10-3 £560	
TUESDAY	APPS & GAMES 10-12 £289	READING FOR PLEASURE 10-12 FREE	ART & CRAFT Textiles (Make, Stitch, Sew) 10-12 £304	IN THE NEWS 1-3 FREE	EVERYDAY MATHS 1-3 FREE	ART & CRAFT (Making Mosaics) 1-3 £304	DANCE & DRAMA 10-3 £519
WEDNESDAY	WRITING FOR FUN 10-12 FREE	MIXED MEDIA NEW 1-3 £274	PHOTOGRAPHY 10-3 £289	DIGITAL MEDIA NEW 10-3 £274	GARDENING 10-3 £549	ART & CRAFT (Seasonal Craft) 10-3 £534	MUSIC 10-3 £489
THURSDAY	EVERYDAY MATHS 10-12 FREE	ALL KINDS OF ART NEW 10-12 £304	MUSIC & RHYTHM 10-12 £244	GARDEN CRAFTS NEW 1-3 £289	CHAIR BASED YOGA & RELAXATION 1-3 £289	FUN WITH SCIENCE NEW 1-3 £289	FILM STUDIES NEW 10-3 £519
FRIDAY	KINGS & QUEENS 10-12 £244	LIFE STORIES 10-12 FREE	PAST, PEOPLE & PLACES NEW 10-12 £244	CREATING STORIES 1-3 FREE	PERSONAL WELLBEING NEW 1-3 £304	DANCE/ DRAMA 10-3 £519	SHOP & BAKE NEW 10-3 £559

Total cost for the year: £ _____
If paying by instalments please speak to Silvie Cornwell at Poverest