



Bromley Adult Education College

Courses for Adults with Learning Difficulties/Disabilities

September 2022 to July 2023

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BAEC LLDD ENROLMENT PROCEDURE & PAYMENTS 2022-2023

In order to Express Your Interest on the courses you would like to enrol on, please:

- Complete the front page of the enclosed PINK enrolment form
- On the timetable in the centre pages, tick the box(es) of the course(s) you would like to attend
- Sign and Date the form
- Hand the completed form to either our Poverest or Kentwood Centre Reception

Once your placement(s) have been approved by the Management Team, you will be contacted in August and requested to enrol.

You can also view the LLDD Timetable for the Academic Year 2022/2023, and download the brochure, via our website: <https://lidd.bromleyglobal.net/>

All of our courses will be available to view online from **Tuesday 14th June 2022**

PLEASE NOTE:

- All enrolments are for the whole academic year from September 2022 through to July 2023.
- Payments can be made in instalments, 50% when you are enrolled and 50% in November 2022.
- Failure to pay in a timely manner may result in you being removed from the course(s) that you are enrolled on.

If you have any queries, please contact either of our Centres on:

Tel: Poverest 01689 822886

Tel: Kentwood 020 8659 7976

e-mail: enquiries@baec.ac.uk

Starting on Monday 05/09/2022

Green Skills: Seasonal and Upcycled Crafts

This is a creative art therapy for general mental health and wellbeing. You will also become more aware of your own carbon footprint. We will use mostly up-cycled materials to create and make projects, gifts and personal items with a seasonal theme.

Course number: P02761

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 10:00 to 12:00

Tutor: Caroline Potter

Fee: £255

Location: Poverest Centre

Starting on Monday 05/09/2022

Kings and Queens

Do you want to find out about Mary Queen of Scots, Brian Buru or know why we have a Prince of Wales? Catch up on our exciting royal ancestors with our journey into our royal past. We may even learn about invaders such as the Vikings!

Course number: P02764

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 10:00 to 12:00

Tutor: Sandra Shanahan

Fee: £255

Location: Poverest Centre

Starting on Monday 05/09/2022

English: My Opinion Matters

Build your conversation skills in a relaxed atmosphere whilst also developing your speaking and listening skills. In this discussion style course we will use the Internet, read, write and find out about topics of interest and encourage you to express your thoughts and opinions.

Course number: P02765

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 10:00 to 12:00

Tutor: Donna Fitzpatrick

Fee: Free Course - English

Location: Poverest Centre

Starting on Monday 05/09/2022

Food for Thought

Learn how to cook a variety of healthy, simple meals and create a recipe book of your menus. You will develop skills in food hygiene, kitchen safety, food preparation and use of various equipment. No packed lunch required as you will eat what you cook on the day. Lunch break will be between 12:00-13:00.

Course number: P02760

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 10:00 to 15:00

Tutor: Julie Walker

Fee: £503

Location: Poverest Centre

Starting on Monday 05/09/2022

Look Good, Feel Better: Zumba, Mindfulness and Relaxation Projects

Look Good, Feel Better: Zumba, Mindfulness and Relaxation Projects Projects to include : Daily exercise, Zumba, Chair yoga, looking after yourself (skin, hair, nails, personal hygiene, good nutrition). Relaxation projects including meditation, growing seeds, growing tomatoes, dancing, confidence building. All for the learner to look good and feel better.

Course number: P02762

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 13:00 to 15:00

Tutor: Caroline Potter

Fee: £255

Location: Poverest Centre

Starting on Monday 05/09/2022

Digital Skills: Computer Cards and Craft

Develop new digital and creative skills by making different cards by hand and on the computer. Improve your writing and typing skills by learning how to write and type verses and greetings, and even poems for your cards. Learn how to take photos with a digital camera and use the photos to make cards and a calendar.

Course number: P02763

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 13:00 to 15:00

Tutor: Donna Fitzpatrick

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Monday 05/09/2022

English: Our Community

We will be looking at different communities such as the villages of London, eg Chislehurst, Blackheath and Dulwich, as well as London itself. We will study maps, read about history and government and learn how to be a good citizen of our area. We will prepare written information and leaflets for other LLDD students.

Course number: P02766

Course dates: 05/09/2022 until 10/07/2023

Course day & times: Monday 13:00 to 15:00

Tutor: Sandra Shanahan

Fee: Free Course - English

Location: Poverest Centre

Starting on Tuesday 06/09/2022

Cooking Around the World

Explore and learn how to cook a variety of dishes from different countries. You will develop skills in food hygiene, kitchen safety, food preparation and the use of various equipment. No packed lunch required as you will eat what you cook on the day.

Course number: P02767

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 09:30 to 12:00

Tutor: Julie Walker

Fee: £315

Location: Poverest Centre

Starting on Tuesday 06/09/2022

Green Skills: Creative Recycling

With the planet's welfare at stake for the future generations, we need to reuse everything possible so why not make it fun to recycle? On this course you will learn how to turn everyday waste into reusable gadgets. For example, by using recycled glass for painting, or wooden off-cuts, to make your own creations.

Course number: K02769

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 10:00 to 12:00

Tutor: Susan Roake

Fee: £255

Location: Kentwood Centre

Starting on Tuesday 06/09/2022

Digital Skills: Mixed Media

On this course you will learn how: to create artworks using different materials and methods from drawing, painting and collage with photographs as well as 3D elements. to combine different media in order to express creative ideas as well as to develop understanding in art and design. to focus and develop ideas towards creative outcomes affording a sense of fulfilment and improved wellbeing as well as developing visual communication skills.

Course number: K02778

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 10:00 to 12:00

Tutor: Peter Blundell

Fee: Free Course - Digital Skills

Location: Kentwood Centre

Starting on Tuesday 06/09/2022

Art & Crafts: Mosaic Workshop

Make mosaics using a variety of tiles, recycled items, textures and colours. Design, make and grout your mosaic. Use tile cutters to cut tiles into different shapes and sizes. You will work on each mosaic project for several weeks.

Course number: P02772

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 10:00 to 12:00

Tutor: Alison Coe

Fee: £255

Location: Poverest Centre

Starting on Tuesday 06/09/2022

English: Life Stories

Make a book about you, where you come from, your life and your interests. Using your photos, important objects and people, you will make a number of projects using a range of media (music, film, visual art, computer communication and story writing). You could make a family tree, write about your family, your birth story, your school days, or your interests, hopes and dreams. You can present your Life Story to the rest of the class and your family at the end of the year. In this course, you will improve and practice your literacy skills (writing, reading, speaking, listening and communication) as your voice is heard.

Course number: P02775

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 10:00 to 12:00

Tutor: James Mott

Fee: Free Course - English

Location: Poverest Centre

Starting on Tuesday 06/09/2022

Digital Skills: Developing Your Computer Skills

Develop your digital computer skills while learning about your favourite subjects. You will learn how to use Google search and how to search for websites, images and videos, select information and pictures on different subjects. And finally you will create a booklet of text and pictures to show what you have learnt.

Course number: P02777

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 10:00 to 12:00

Tutor: Donna Fitzpatrick

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Tuesday 06/09/2022

Dance and Drama

Develop your creativity and learn acting skills. This will build your self confidence as well as helping to keep you fit. We will produce new shows and perform new plays. You will need to wear comfortable clothes and soft shoes for this course.

Lunch break will be between 12:00-13:00.

Course number: P02776

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 10:00 to 15:00

Tutor: Caroline Potter

Fee: £503

Location: Poverest Centre

Starting on Tuesday 06/09/2022

Patchwork Corner

Come and learn how to do patchwork. You will learn to select different fabrics, choose your own designs, measure, cut and sew (by hand and using a sewing machine) to produce your own bags, Christmas stockings, pencil cases, make up bags and many other projects.

Course number: K02770

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 13:00 to 15:00

Tutor: Susan Roake

Fee: £255

Location: Kentwood Centre

Starting on Tuesday 06/09/2022

Digital Skills: Digital Media

On this course you will learn how: to create artworks using different digital skills and methods. to combine different media in the digital sphere in order to express creative ideas as well as to develop understanding in art and design. to focus and develop ideas towards creative outcomes affording a sense of fulfilment and improved wellbeing as well as developing transferable digital skills.

Course number: K02779

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 13:00 to 15:00

Tutor: Peter Blundell

Fee: Free Course - Digital Skills

Location: Kentwood Centre

Starting on Tuesday 06/09/2022

English: Writing Stories, Making Films

Do you like stories (on TV, in films, in books, or the stories that people tell you)? Maybe you have a story you would like to tell. This is a creative literacy class in which as a whole group, in small groups and on your own (with help) you will explore stories you like (reading/listening), what goes into writing a story and making films from them. You will write a storyboard and/or script, you will use a camera to film and look at how to use the camera to tell your story (with angles, sizing and movement) as well as set-dressing and costume.

Course number: P02768

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 13:00 to 15:00

Tutor: James Mott

Fee: Free Course – English

Location: Poverest Centre

Starting on Tuesday 06/09/2022

Art & Crafts: Draw and Paint, Print and Stitch

Explore a variety of art and textile techniques including - drawing, painting, collage, sewing, applique and printmaking. Develop skills in design, draw and paint then create longer personal textile projects using print and stitch.

Course number: P02771

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 13:00 to 15:00

Tutor: Alison Coe

Fee: £255

Location: Poverest Centre

Starting on Tuesday 06/09/2022

English: Reading for Pleasure

Develop and improve your reading skills through a variety of materials such as short stories, events, current topics, and following instructions. This course encourages discussion and the sharing of views and opinions. Time will be allocated at the end of the session for you to read your own chosen book. There may be an opportunity to visit Orpington Library.

Course number: P02773

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 13:00 to 15:00

Tutor: Julie Walker

Fee: Free Course - English

Location: Poverest Centre

Starting on Tuesday 06/09/2022

English: Music Styles in the 20th Century

Learn, enjoy and write about musical styles in the 20th Century. The course will look at disco, country, classical, pop, Indie and rock music and the different groups and music artists of this time. You will develop your writing and digital skills by using YouTube to search for images, information and music videos. You will then write up your findings.

Course number: P02774

Course dates: 06/09/2022 until 04/07/2023

Course day & times: Tuesday 13:00 to 15:00

Tutor: Donna Fitzpatrick

Fee: Free Course - English

Location: Poverest Centre

Starting on Wednesday 07/09/2022

English: The World Around Me - Everyday Life

Find out more about the world around you. Increase your independence by learning key skills such as team building, customer service and more. Learn about money, hobbies and relationships. If you want to make the most of your time and the opportunities in your life, this is the course for you.

Course number: P02784

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 10:00 to 12:00

Tutor: Sandra Shanahan

Fee: Free Course - English

Location: Poverest Centre

Starting on Wednesday 07/09/2022

Digital Skills: Mixed Media

On this course you will learn how: to create artworks using different materials and methods from drawing, painting and collage with photographs as well as 3D elements. to combine different media in order to express creative ideas as well as to develop understanding in art and design. to focus and develop ideas towards creative outcomes affording a sense of fulfilment and improved wellbeing as well as developing visual communication skills.

Course number: P02785

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 10:00 to 12:00

Tutor: Peter Blundell

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Wednesday 07/09/2022

Green Skills: In the Garden

Have a positive impact on your mood and enhance your wellbeing by learning new skills in a calm, practical environment. This course provides an opportunity to follow instructions, take responsibility and learn how to work with others as a team. You will maintain and develop our College garden areas and take home various garden crafts, plants and produce.

Lunch break will be between 12:00-13:00.

Course number: P02780

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 10:00 to 15:00

Tutor: Julie Walker

Fee: £503

Location: Poverest Centre

Starting on Wednesday 07/09/2022

Music: Playing, Recording and Performing

Express yourself with music. This is a practical music class suitable for everybody (even if you don't think you are musical). We sing as a choir, play drums, use our own bodies and musical instruments to learn about music from around the world. We will get creative making music to your taste eg setting poetry or rap to music, making film soundtracks, sound effects, writing songs or music about a mood. We record our music and voices, make CDs and publish online. And, although you don't have to perform in front of an audience, you can also be part of a variety show in the College. You will develop your listening and communication skills, expand your knowledge of music, make friends, build your confidence and have fun as part of a happy musical group.

Lunch break will be between 12:00-13:00.

Course number: P02781

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 10:00 to 15:00

Tutor: James Mott

Fee: £503

Location: Poverest Centre

Starting on Wednesday 07/09/2022

Digital Skills: Beginners Digital Photography

Learn how to use a digital camera and create an album of your photos to take home at the end of the course. Follow instructions to identify and use the different functions of the camera, learn how to download and edit your photos.

Lunch break will be between 12:00-13:00.

Course number: P02782

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 10:00 to 15:00

Tutor: Donna Fitzpatrick

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Wednesday 07/09/2022

Art & Crafts: Seasonal Crafts and Sewing Bee

Using a variety of art materials and techniques you will learn how to create seasonal crafts so you can enjoy your creations at home with your family and friends. You will learn to use a sewing machine and sew your own projects.

Lunch break will be between 12:00-13:00.

Course number: P02783

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 10:00 to 15:00

Tutor: Caroline Potter

Fee: £503

Location: Poverest Centre

Starting on Wednesday 07/09/2022

Digital Skills: Digital Media

On this course you will learn how: to create artworks using different digital skills and methods. to combine different media in the digital sphere in order to express creative ideas as well as to develop understanding in art and design. to focus and develop ideas towards creative outcomes affording a sense of fulfilment and improved wellbeing as well as developing transferable digital skills.

Course number: P02786

Course dates: 07/09/2022 until 05/07/2023

Course day & times: Wednesday 13:00 to 15:00

Tutor: Peter Blundell

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Thursday 08/09/2022

Green Skills: Garden Crafts Through the Seasons

Make seasonal garden themed items using a range of different crafting techniques. Develop your skills in designing and creating your own projects. Some projects will include growing plants from seeds. Learn how to care for your plants and learn how nature changes through the seasons.

Course number: P02787

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 10:00 to 12:00

Tutor: Beverley Hunt

Fee: £255

Location: Poverest Centre

Starting on Thursday 08/09/2022

Music and Rhythm

This course will introduce you to a wide range of musical styles and composers from different countries. You will have the opportunity to play musical instruments and sing.

Course number: P02790

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 10:00 to 12:00

Tutor: Zoe O'Callaghan

Fee: £255

Location: Poverest Centre

Starting on Thursday 08/09/2022

Art & Crafts: Exploring Collage and Printmaking

Create a wide range of collages and prints using different techniques. Explore colour, shape and pattern using a variety of materials. Work from observation and imagination to create art works, some of which we shall make into cards and handmade books.

Course number: P02791

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 10:00 to 12:00

Tutor: Alison Coe

Fee: £255

Location: Poverest Centre

Starting on Thursday 08/09/2022

LLDD English: All About Planet Earth

Develop your speaking, writing and computer skills while learning about the Earth. This course will look at the world, wildlife and the environment. You will write up your findings into a project.

Course number: P02793

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 10:00 to 12:00

Tutor: Donna Fitzpatrick

Fee: Free Course - English

Location: Poverest Centre

Starting on Thursday 08/09/2022

Numeracy: Everyday Maths

Expand your maths skills to use in everyday situations. Study number, addition, subtraction and fractions. This course will have some practical activities to help with your development and retention of information.

Course number: P02794

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 10:00 to 12:00

Tutor: Julie Walker

Fee: Free Course - Maths

Location: Poverest Centre

Starting on Thursday 08/09/2022

Fun with Science

How do things work? Why is the sky blue? How do plants grow? You will study the basics of physical and natural science, including green issues, and work on experiments that could make a profit! (We have made products such as bath bombs and lip balms on previous courses)

Course number: P02788

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 13:00 to 15:00

Tutor: Sandra Shanahan

Fee: £255

Location: Poverest Centre

Starting on Thursday 08/09/2022

Gentle Yoga, Creativity & Relaxation

Participate in gentle chair based yoga exercises to develop flexibility, balance and strength. Develop creativity and self-expression through a range of short imaginative art activities which will link in with movement and the breath. Each class will finish with a relaxation or meditation.

Course number: P02789

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 13:00 to 15:00

Tutor: Alison Coe

Fee: £255

Location: Poverest Centre

Starting on Thursday 08/09/2022

Design and Make Your Own Jewellery

Design and make your own unique signature jewellery. On this course learners will learn simple and practical techniques. The emphasis is on developing confidence and realising your own potential whilst making jewellery pieces.

Course number: P02792

Course dates: 08/09/2022 until 06/07/2023

Course day & times: Thursday 13:00 to 15:00

Tutor: Roopa Panesar

Fee: £255

Location: Poverest Centre

Starting on Friday 09/09/2022

Green Skills: Creative Recycling

With the planet's welfare at stake for the future generations, we need to reuse everything possible so why not make it fun to recycle? On this course you will learn how to turn everyday waste into reusable gadgets. For example by using recycled glass for painting, or wooden off-cuts, to make your own creations.

Course number: P02799

Course dates: 09/09/2022 until 07/07/2023

Course day & times: Friday 10:00 to 12:00

Tutor: Susan Roake

Fee: £255

Location: Poverest Centre

Starting on Friday 09/09/2022

Patchwork Corner

Come and learn how to do patchwork. You will learn to select different fabrics, choose your own designs, measure, cut and sew (by hand and using a sewing machine) to produce your own bags, Christmas stockings, pencil cases, make up bags and many other projects.

Course number: P02800

Course dates: 09/09/2022 until 07/07/2023

Course day & times: Friday 13:00 to 15:00

Tutor: Susan Roake

Fee: £255

Location: Poverest Centre

Starting on Friday 09/09/2022

Art & Crafts: Draw, Paint, Make

This all day course provides plenty of opportunity to create a wide variety of artworks using different materials and techniques - including printmaking, papermaking, papier-mâché, painting, drawing etc. Explore, experiment, work from imagination and observation to create a range of personal projects.

Lunch break will be between 12:00-13:00.

Course number: K02797

Course dates: 09/09/2022 until 07/07/2023

Course day & times: Friday 10:00 to 15:00

Tutor: Alison Coe

Fee: £503

Location: Kentwood Centre

Starting on Friday 09/09/2022

Plan and Bake

You will plan and make a detailed recipe folder with photos and easy to follow text. You will learn a range of baking skills and make tasty treats for all to enjoy. From cakes and biscuits, to pastry and breads, you'll be making a variety of savoury and sweet items, including jams and chutneys etc.

Lunch break will be between 12:00-13:00.

Course number: P02795

Course dates: 09/09/2022 until 07/07/2023

Course day & times: Friday 10:00 to 15:00

Tutor: Julie Walker

Fee: £503

Location: Poverest Centre

Starting on Friday 09/09/2022

Dance and Drama

Develop your creativity and learn acting skills. This will build your self confidence as well as helping to keep you fit. We will produce new shows and perform new plays. You will need to wear comfortable clothes and soft shoes for this course. Lunch break will be between 12:00-13:00.

Course number: P02796

Course dates: 09/09/2022 until 07/07/2023

Course day & times: Friday 10:00 to 15:00

Tutor: Caroline Potter

Fee: £503

Location: Poverest Centre

Starting on Friday 09/09/2022

Keep Fit and Healthy with Dance

Keep active with dance! You will learn how to maintain a healthy lifestyle and you will exercise with dance. You will choose your own music and teach others your dance moves.

Course number: P02798

Course dates: 09/09/2022 until 07/07/2023

Course day & times: Friday 13:00 to 15:00

Tutor: Roopa Panesar

Fee: £255

Location: Poverest Centre