

# Courses for Adults with Special Educational Needs and Disabilities

**Bromley Adult  
Education College**

**2025-26**

*All courses run from Sept 2025-June 2026*



## **KENTWOOD CENTRE - PENGE**

<b>Exploring Creativity through Art</b>			
MONDAY	8 Sep 25 to 29 Jun 26	10AM to 3PM	Tutor: Alison Coe
Tuition cost	Free To SEND Learners	Materials cost:	£60
<p>Discover and explore a wide variety of art techniques including drawing, painting, printmaking, collage and mosaics. Create exciting artworks individually and as part of a group. Celebrate and nurture your unique talents, whilst developing new skills through expressive and individual personal projects.</p> <p>Lunch break will be between 12:00-13:00.</p>			

<b>Digital &amp; Mixed Media (Improvers)</b>			
TUESDAY	9 Sep 25 to 23 Jun 26	10AM to 3PM	Tutor: Peter Blundell
Tuition cost	Free To SEND Learners	Materials cost:	£20
<p>To learn how to create physical and digital 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. Lunch break will be between 12:00-13:00.</p>			

<b>Artistic Adventures</b>			
FRIDAY	12 Sep 25 to 26 Jun 26	10AM to 3PM	Tutor: Alison Coe
Tuition cost	Free To SEND Learners	Materials cost:	£60
<p>Experience the joy of art! In this course you will explore many art techniques including painting, drawing, printmaking, collage and papier-mâché to name a few. Create personal projects and group artwork. Have fun experimenting with a wide range of materials to create interesting and beautiful art!</p> <p>Lunch break will be between 12:00-13:00.</p>			

## **POVEREST CENTRE – ORPINGTON**

### **ARTS AND CRAFTS**

<b>Creative Journeys with Paper and Cloth</b>			
TUESDAY	9 Sep 25 to 23 Jun 26	10AM to 12PM	Tutor: Alison Coe
Tuition cost	Free To SEND Learners	Materials cost:	£45
Join this course to explore a wide variety of exciting art works on paper and fabric. Develop skills using colour, shape, pattern and texture. Express yourself through personal projects and enjoy your own creative journey through collage, colour, print, textiles, stitch, drawing and much more!			

<b>Mosaic Makers</b>			
TUESDAY	9 Sep 25 to 23 Jun 26	1PM to 3PM	Tutor: Alison Coe
Tuition cost	Free To SEND Learners	Materials cost:	£45
Explore the art of mosaic making! Learn a range of techniques to create stunning designs for personal projects, working at your own pace in this relaxed workshop environment.			

<b>Seasonal Crafts &amp; Sewing Bee</b>			
WEDNESDAY	10 Sep 25 to 24 Jun 26	10AM to 3PM	Tutor: Caroline Potter
Tuition cost	Free To SEND Learners	Materials cost:	£60
Under the umbrella for creative art therapy for wellbeing, this Seasonal Crafts and Sewing Bee class offers a fun and engaging way to celebrate the changing seasons! You will learn to create beautiful and unique crafts using materials inspired by the time of year, from spring flowers and summer sunshine to autumn foliage and winter snowflakes. Each term we will focus on different projects, providing step-by-step instructions suitable for all skill levels, leaving you with a handmade treasure to adorn your home or give as a gift. Lunch break will be between 12:00-13:00.			

## COOKERY

Healthy Eating using an Air Fryer			
MONDAY	8 Sep 25 to 29 Jun 26	10AM to 3PM	Tutor: Julie Walker
Tuition cost	Free To SEND Learners	Materials cost:	£128
<p>Discover how to make healthy, easy meals using an air fryer. You'll learn to stay safe in the kitchen, prepare different foods, and use different tools and equipment. You won't need to bring lunch as you will eat what you have cooked. Don't forget to bring your own apron. Lunch break will be between 12:00-13:00.</p>			

Baking Bliss			
WEDNESDAY	10 Sep 25 to 24 Jun 26	10AM to 3PM	Tutor: Julie Walker
Tuition cost	Free To SEND Learners	Materials cost:	£128
<p>Learn a range of baking skills and make tasty treats to take home. From cakes and biscuits, to pastry and breads, you'll be making a variety of savoury and sweet items including jam, chutney and marmalade. Add to your own recipe folder each week with easy to follow photos and text. You will need to bring your own apron and container.</p> <p>Lunch break will be between 12:00-13:00.</p>			

## DANCE, DRAMA AND FITNESS

Dance Fitness			
MONDAY	8 Sep 25 to 29 Jun 26	1PM to 3PM	Tutor: Caroline Potter
Tuition cost	Free To SEND Learners	Materials cost:	£30
<p>Get ready to groove and get fit with Dance Fitness!</p> <p>Suitable for all fitness levels, join us for an invigorating inclusive session that will boost your mood, self-confidence and well-being.</p> <p>With a combination of low impact cardio, strength training, aerobic and physical workouts (to improve your mobility), your tutor will guide you through a mix of styles, from line dancing to salsa!</p> <p>You will set your own dance fitness goals and reflect on your progress at the end of each term in your own photographic journal - which you will take home at the end of the academic year.</p> <p>No prior dance experience required, just bring your enthusiasm, comfortable clothing and a water bottle and unleash your inner dancer!</p>			

Dance & Drama			
TUESDAY	9 Sep 25 to 23 Jun 26	10AM to 3PM	Tutor: Caroline Potter
Tuition cost	Free To SEND Learners	Materials cost:	£30
<p>Dance and Drama will help you to explore your emotions, expand your imagination and help you develop your own unique voice. This inclusive course will support growth in creativity and acting skills. All those that attend will build their self-confidence and self-esteem in a supported setting. We will create and perform public shows and plays that will aspire to challenge and inspire the performers and audience. You will need to wear comfortable clothes and soft shoes for this course. Lunch break will be between 12:00-13:00.</p>			

Breathe, Move, Relax with Yoga			
THURSDAY	11 Sep 25 to 25 Jun 26	1PM to 3PM	Tutor: Alison Coe
Tuition cost	Free To SEND Learners	Materials cost:	£30
<p>This course focuses on mindful breathing, chair based yoga exercises and relaxation. You will be encouraged to work at your own pace to ensure a comfortable and enjoyable experience. The course will provide and nurture a</p>			

sense of calm and well-being within each individual, a feeling that you will carry with you outside the classroom and into your daily life.

## **Dance & Drama**

FRIDAY	12 Sep 25 to 26 Jun 26	10AM to 3PM	Tutor: Caroline Potter
Tuition cost	Free To SEND Learners	Materials cost:	£30

Dance and Drama will help you to explore your emotions, expand your imagination and help you develop your own unique voice. This inclusive course will support growth in creativity and acting skills. All those that attend will build their self-confidence and self-esteem in a supported setting. We will create and perform public shows and plays that will aspire to challenge and inspire the performers and audience. You will need to wear comfortable clothes and soft shoes for this course. Lunch break will be between 12:00-13:00.

## **MUSIC**

### **Practical Music**

WEDNESDAY	10 Sep 25 to 24 Jun 26	10AM to 3PM	Tutor: James Mott
Tuition cost	Free To SEND Learners	Materials cost:	£0

This is a practical music class where you play instruments, sing, drum, dance and move. Overall we write, perform, play and record music. Play with everybody: exploring how music helps your communication and listening skills. Or, on your own, create music recordings/performances (with help from tutor who is multi-instrumentalist) through projects connected to music in some way (some have written dances, body percussion pieces, original songs, explored their own voices, learnt about music history). Explore your music and others' music from around the world. Explore how music is connected to your body, mind and well-being. For more advanced learners (E2+) explore music theory (the meaning of staved music, note duration, tone/pitch names, harmony, melody, timbre and so on).

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

## DIGITAL SKILLS

<b>Beginners Photography</b>			
TUESDAY	9 Sep 25 to 23 Jun 26	10AM to 3PM	Tutor: Donna Fitzpatrick
Tuition cost	Free To SEND Learners	Materials cost:	£60
<p>Have fun taking photos! On this course you will learn how to use the camera, edit your photos, take photos in creative ways and go on trips out to photograph the local area. You will take home a photo album of your work at the end of the course. This course is for beginners, or those that need to practise existing skills. Lunch break will be between 12:00-13:00.</p>			

<b>Digital &amp; Mixed Media</b>			
WEDNESDAY	10 Sep 25 to 24 Jun 26	10AM to 3PM	Tutor: Peter Blundell
Tuition cost	Free To SEND Learners	Materials cost:	£20
<p>To learn how to create physical and digital 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. Lunch break will be between 12:00-13:00.</p>			

<b>Beginners Computer Card Craft</b>			
THURSDAY	11 Sep 25 to 25 Jun 26	1PM to 3PM	Tutor: Donna Fitzpatrick
Tuition cost	Free To SEND Learners	Materials cost:	£45
<p>In this course, you'll explore the art of making personalised cards for all occasions - birthdays, holidays, thank you notes, and more - while developing your creative skills and enjoying a relaxed, supportive environment. You'll learn simple techniques using a variety of materials like coloured paper, markers, stickers, stamps, and embellishments. Step-by-step guidance will help you create beautiful, one-of-a-kind cards that express your personality and creativity. You will also use the computer to create cards and a calendar.</p>			





## MATHS AND ENGLISH

<b>Maths: (Beginners) Getting started with Maths</b>			
MONDAY	8 Sep 25 to 29 Jun 26	10AM to 12PM	Tutor: Olivia Springett
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>This Beginners Maths Course is designed to help build foundational maths skills at your own pace. The course covers basic concepts such as numbers, shapes, and simple operations, with a focus on practical, real-life applications. It offers a supportive and flexible learning environment, tailored to meet the individual needs of each learner, boosting confidence and readiness for further maths learning.</p>			

<b>English: (Beginners) Getting Started with English</b>			
MONDAY	8 Sep 25 to 29 Jun 26	1PM to 3PM	Tutor: Olivia Springett
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>This Beginners English Course is designed to provide tailored support for individuals who require additional assistance in developing basic English language skills. The course focuses on building foundational communication, reading, writing, and listening abilities, with a flexible and supportive approach that accommodates different learning styles and needs. It aims to enhance learners' confidence and prepare for further language development in a structured, inclusive environment.</p>			

<b>English: (Improvers) People and Places - then and now</b>			
MONDAY	8 Sep 25 to 29 Jun 26	10AM to 3PM	Tutor: Sandra Shanahan
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>The course will focus on humanities. It is all about people and places from the past and today. You will learn about the world around us through different fun activities. The course will help you understand how things have changed over time and why. Lunch break will be between 12:00-13:00.</p>			

<b>English: (Improvers) Life Stories - Creative writing</b>			
TUESDAY	9 Sep 25 to 23 Jun 26	1PM to 3PM	Tutor: James Mott
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>Creatively write and research a story (any story!) that matters to you. You can write your life story if you want, or the story of a family member, a place (like the College, or an area) or the story of a famous person (celebrity). You can present the words in your story to other people (your classmates, college-mates, family and friends) in a film, a set of songs, a rap, a book, a Power-Point/Google Slides presentation, or a few different ways. You can also publish your story (film, songs, presentation) on YouTube. In this course you will learn about other people's stories too as part of being a member of a happy and creative class. What you do is up to YOU.</p>			

<b>English: (Beginners) Beyond Words: Films and Stories</b>			
TUESDAY	9 Sep 25 to 23 Jun 26	10AM to 12PM	Tutor: James Mott
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>Do you find people confusing? You are not alone. This course will explore your experiences of being confused by what people say, and how they say it. You will role play and write about it and, if you like, make short silent drama films about the subject for fun and to educate ourselves. In other words, we look at non-verbal communication (body language, tone of voice, hidden meanings behind words and actions) and explore this on film.</p>			

<b>English: (Improvers) All about London</b>			
WEDNESDAY	10 Sep 25 to 24 Jun 26	10AM to 3PM	Tutor: Donna Fitzpatrick
Tuition cost	Free To SEND Learners	Trip costs:	TBA
<p>English: Learn all about London! Discover fascinating facts and history and visit places of interest, while improving your reading, writing and computer skills. Learners will need to be able to go on trips out. There may be additional charges for trips. Lunch break will be between 12:00-13:00.</p>			



<b>Maths: (Improvers) Maths, Science and Technology</b>			
WEDNESDAY	10 Sep 25 to 24 Jun 26	10AM to 3PM	Tutor: Sandra Shanahan
Tuition cost	Free To SEND Learners	Materials cost:	£60
<p>Have fun while learning. Explore number and play games that help you solve maths problems. Conduct fun experiments to see how things work. Discover the different types of animals and plants and learn about their habitats. Introduction to heat, light and electricity. Learn and have fun with educational apps. Lunch break will be between 12:00-13:00.</p>			

<b>English: (Improvers) Boost your Writing Skills</b>			
THURSDAY	11 Sep 25 to 25 Jun 26	10AM to 12PM	Tutor: Donna Fitzpatrick
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>Explore writing in a variety of fun ways, while learning about your favourite subjects. At the end of the course, you'll have a collection of your own written work to be proud of and take home.</p>			

<b>English: (Improvers) Improve your Reading</b>			
THURSDAY	11 Sep 25 to 25 Jun 26	1PM to 3PM	Tutor: Julie Walker
Tuition cost	Free To SEND Learners	Materials cost:	£0
<p>Improve your reading abilities with a range of materials like short stories, news topics, and instructions for group games and crafting. Explore books from Orpington Library and have the opportunity to read your own chosen book after some sessions.</p>			

<b>Maths: (Improvers) Boost your Maths Skills</b>			
THURSDAY	11 Sep 25 to 25 Jun 26	10AM to 12PM	Tutor: Julie Walker
Tuition cost	Free To SEND Learners	Materials cost:	£0

Improve and develop your skills in Money, Time, Shape and Measurement.  
Engage in fun, practical activities and worksheets designed to aid your learning  
and memory. Join us in building confidence and understanding in Mathematics.

## GREEN SKILLS

Upcycling Crafts and Soft Furnishing			
MONDAY	8 Sep 25 to 29 Jun 26	10AM to 12PM	Tutor: Caroline Potter
Tuition cost	Free To SEND Learners	Materials cost:	£45
<p>This course will introduce learners on how to be more sustainable. Learning zero waste methods and planning to help to protect the environment.</p> <p>Using a variety of art materials, textiles and techniques you will create inspirational crafts, decorative gifts and soft furnishing projects by upcycling and re-purposing items. Using less energy and fewer resources you will engage in your own projects and larger collaborations, share ideas with others in a friendly and supportive group.</p>			

Sewing for Fun			
MONDAY	8 Sep 25 to 29 Jun 26	10AM to 3PM	Tutor: Susan Roake
Tuition cost	Free To SEND Learners	Materials cost:	£60
<p>Learn to be independent, set your own goals, and aim to achieve your targets. Working towards being more confident when small repairs are required. Tackle bigger projects with guidance and support, producing gifts you will be proud of whilst saving money.</p> <p>Lunch break will be between 12:00-13:00.</p>			

Gardening for Wellbeing			
TUESDAY	9 Sep 25 to 23 Jun 26	10AM to 3PM	Tutor: Julie Walker
Tuition cost	Free To SEND Learners	Materials cost:	£75
<p>Learn about the various ways we grow crops and flowers. Learn and then participate in garden maintenance and general housekeeping of our SEND garden areas. Learn how to safely use and maintain garden tools to ensure they function with purpose. Enterprise activity – You will work towards the end goal of either selling or using the items grown. Don't forget to bring suitable footwear and gloves to use.</p> <p>Lunch break will be between 12:00-13:00.</p>			

<b>Let's Work With Wool</b>			
THURSDAY	11 Sep 25 to 25 Jun 26	10AM to 3PM	Tutor: Beverley Hunt
Tuition cost	Free To SEND Learners	Materials cost:	£60
<p>Discover the journey of wool from the sheep to yarn. Create a range of projects using different types of wool and techniques. We will learn how to wet felt, needle felt, weave and much more. All abilities welcome to join in the creative journey. Lunch break will be between 12:00-13:00.</p>			

<b>Creative Upcycling/Recycling</b>			
FRIDAY	12 Sep 25 to 26 Jun 26	10AM to 3PM	Tutor: Susan Roake
Tuition cost	Free To SEND Learners	Materials cost:	£45
<p>You will learn which materials can be recycled, why we need to recycle and the benefits of recycling. You will also need a low level of maths. Counting out materials, using rulers and measurements for heights/lengths. Producing handy gadgets/gifts, saving money and the planet. Lunch break will be between 12:00-13:00.</p>			