



# Community Learning Prospectus—January 2018

## Courses at The Old Needle Works:

### Monday

**Inner Journey course**  
(Relaxation, Meditation & Mindfulness)  
10:00—12:00  
15/01/2018—26/03/2018  
Free (or £4.50 per hour)

**Beginners ESOL course**  
10:00—12:00  
08/01/2018—26/03/2018  
Free (or £4.50 per hour)

**2 Dress Making courses:  
Beginners & Intermediates**  
10:00—12:00  
08/01/2018—19/03/2018  
Free (or £80)

**Improvers ESOL course**  
12:30—2:30  
08/01/2018—26/03/2018  
Free (or £4.50 per hour)

**Confidence & Assertiveness for Women**  
12:30—2:30  
15/01/2018—26/03/2018  
Free (or £4.50 per hour)

### Tuesday

**Family Links Parenting Course**  
9:30—11:30  
Please call for more info  
Free

**Patchwork and Quilting**  
10:00—12:00  
09/01/2018—20/03/2018  
Free (or £80)

**Recycled Paper Crafts**  
10:00—12:00  
09/01/2018—20/03/2018  
Free (or £80)

**Reiki Level 1** (accredited course)  
12:15—2:15  
16/01/2018—27/03/2018  
Free (or £4.50 per hour)

**Craft Sewing**  
12:30—2:30  
09/01/2018—20/03/2018  
Free (or £80)

### Wednesday

**Get Started with Sewing**  
10:00—12:00  
17/01/2018—28/03/2018  
Free (or £4.50 per hour)

**Wellbeing Coaching Course**  
Find out how to feel better and get the most out of life  
6:00—8:00  
17/01/2018—28/03/2018  
Free (or £4.50 per hour)

**Sewing - Pattern Cutting**  
7:00—9:00  
10/01/2018—21/03/2018  
Free (or £80)

### Thursday

**Turn your Hobby into a Business**  
Learn how to make money from what you love doing  
10:00—12:00  
11/01/2018—29/04/2018  
Free (or £4.50 per hour)

**Printed and Painted Textiles course**  
10:00—12:00  
18/01/2018—29/03/2018  
Free (or £4.50 per hour)

**Hand and Machine Embroidery course**  
12:30—2:30  
18/01/2018—29/03/2018  
Free (or £4.50 per hour)

**English (functional skills)**  
Ongoing  
6:30—8:30  
Free

**Basic Sewing**  
7:00—9:00  
11/01/2018—22/03/2018  
Free (or £80)

### Friday

**Beginners English (functional Skills)**  
10:00—12:00  
19/01/2018—23/03/2018  
Free

**Beginners Soft Furnishings**  
10:00—12:00  
12/01/2018—23/03/2018  
Free (or £80)

**Beginners Maths (Functional skills)**  
12:30—2:30  
19/01/2018—23/03/2018  
Free

**Bags and Cushion Making**  
12:30—2:30  
12/01/2018—23/03/2018  
Free (or £80)

For more information and to book a place please call 01527 69100

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