



ADULT & COMMUNITY LEARNING

Part time courses for adults with a disability

Courses for 2010 - 2011

Find Time for Learning — You'll be glad you did!

If you are an adult with a disability there may be part-time learning opportunities here at National Star College that are just right for you!

It doesn't matter if you have been out of education for a long time, or how mild or severe your disability is, there is a really warm welcome and lots of encouragement to learn new things and develop new skills.

Enrol on a course and get involved in so much more than just learning. Make new friends, share experiences and enjoy a new challenge.

A nationally recognised and highly successful Independent specialist College that enables disabled people to improve their lives, learn skills and become equal citizens actively involved and in control.



ADULT & COMMUNITY LEARNING

	Code	Course Title	Day	TIME	No. hrs	Start date	No. wks	Term	Venue
ART	ARUL5M0110	Introduction to Ceramics (Pottery)	Fri	10.00	2.5	24.09.10	18	Aut/Spr	UL
	ARUL5M0210	Ceramics for Improvers (Pottery)	Fri	10.00	2.5	06.05.11	9	Sum	UL
	AREH3M0310	Introduction to Art	Wed	10.00	2.5	22.09.10	18	Aut/Spr	EH
	AREH3M0410	Introduction to Art Improvers	Wed	10.00	2.5	04.05.11	9	Sum	EH
	AREH3A0510	Art and Design for Beginners and Improvers	Wed	13.00	2.5	22.09.10	18	Aut/Spr	EH
	AREH3A0610	Art and Design for Improvers	Wed	13.00	2.5	04.05.11	9	Sum	EH
COOKERY	CKUL1E0110	Cooking for Friends	Mon	18.00	2.5	20.09.10	18	Aut/Spr	UL
	CKUL1E0210	Cooking Around the World	Mon	18.00	2.5	09.05.11	9	Sum	UL
	CKUL2E0310	Healthy Cooking Healthy Eating	Tue	18.00	2.5	21.09.10	18	Aut/Spr	UL
	CKUL2E0410	Making & Baking Sweet & Savoury	Tue	18.00	2.5	03.05.11	9	Sum	UL
	CKUL5A0510	Get Cooking	Fri	14.00	2.5	24.09.10	18	Aut/Spr	UL
	CKUL5A0610	Delicious Dishes for Healthy Living	Fri	14.00	2.5	06.05.11	9	Sum	UL
IT COURSES	ITUL1E0110	Digital Photography for Everyday Life	Mon	18.00	2.5	20.09.10	18	Aut/Spr	UL
	ITUL1E0210	Digital Photography for Everyday Life Improvers	Mon	18.00	2.5	09.05.11	9	Sum	UL
	ITOH3M0310	Introduction to ECDL Improvers Part 2: Database and Advanced Word	Wed	10.00	2.5	22.09.10	18	Aut/Spr	OH
	ITOH3M0410	Introduction to ECDL Improvers Part 2: Combine knowledge and skills from all modules	Wed	10.00	2.5	04.05.11	9	Sum	OH
	ITOH3A0510	Introduction to ECDL Improvers Word,PowerPoint	Wed	13.00	2.5	22.09.10	18	Aut/Spr	OH
	ITOH3A0610	Introduction to ECDL Improvers: Spreadsheets	Wed	13.00	2.5	04.05.11	9	Sum	OH
	ITUL4E0710	Computers for Beginners: The basics of using a computer, Microsoft Word and Internet Explorer	Thu	18.30	2.5	23.09.10	18	Aut/Spr	UL
	ITUL4E0810	Computers for Beginners: Create posters and cards using Microsoft Publisher NEW!	Thu	18.30	2.5	05.05.11	9	Sum	UL
	ITUL5M0910	IT for Everyday Life: How computers affect everyday life and what things you can do with it NEW!	Fri	10.00	2.5	24.09.10	18	Aut/Spr	UL
	ITUL5M1010	IT for Everyday Life: Talk with people far away from you, interact with millions of people, research, shop, sell online and email NEW!	Fri	10.00	2.5	06.05.11	9	Sum	UL
LEISURE	PAUL3E0110	Drama Beginners and Improvers - improve your confidence and communication skills	Wed	18.00	2	22.09.10	18	Aut/Spr	UL
	PAUL3E0210	Drama Improvers	Wed	18.00	2	04.05.11	9	Sum	UL
	PAUL4E0310	Introduction to Music for Beginners and Improvers	Thu	18.15	2	23.09.10	18	Aut/Spr	UL
	PAUL4E0410	Introduction to Music Improvers	Thu	18.15	2	05.05.11	9	Sum	UL

Getting more information

To find our more about Adult & Community Learning go to www.natstar.ac.uk

Or contact the college by email: ACLTeam@natstar.ac.uk

What could I be doing?

	Code	Course Title	Day	TIME	No. hrs	Start date	No. wks	Term	Venue
SWIMMING & FITNESS	SWUL1M0110	Learn to Swim	Mon	11.00	1	20.09.10	18	Aut/Spr	UL
	SWUL1M0210	Learn to Swim Improvers	Mon	11.00	1	09.05.11	9	Sum	UL
	SWUL1M0310	Swim: Developing Water Confidence	Mon	12.00	1	20.09.10	18	Aut/Spr	UL
	SWUL1M0410	Swim: Developing Water Confidence Improvers	Mon	12.00	1	09.05.11	9	Sum	UL
	SWUL1A0510	Learn to Swim	Mon	14.00	1	20.09.10	18	Aut/Spr	UL
	SWUL1A0610	Learn to Swim Improvers	Mon	14.00	1	09.05.11	9	Sum	UL
	SWUL1A0710	Swim: Flexibility & Relaxation	Mon	15.30	1	20.09.10	18	Aut/Spr	UL
	SWUL1A0810	Swim: Flexibility & Relaxation Improvers	Mon	15.30	1	09.05.11	9	Sum	UL
	SWUL2E0910	Swim: Improve Strokes	Tue	18.00	1	21.09.10	18	Aut/Spr	UL
	SWUL2E1010	Swim: Improve Strokes Intermediate	Tue	18.00	1	03.05.11	9	Sum	UL
	SWUL2E1110	Swim: Improve Strokes	Tue	19.00	1	21.09.10	18	Aut/Spr	UL
	SWUL2E1210	Swim: Improve Strokes Intermediate	Tue	19.00	1	03.05.11	9	Sum	UL
	SWUL5A1310	Swim: Improve Strokes	Fri	17.00	1	24.09.10	18	Aut/Spr	UL
	SWUL5A1410	Swim: Improve Strokes Intermediate	Fri	17.00	1	06.05.11	9	Sum	UL
	SLUL5A0110	Fitness Mixture Gym (17.00) & Swimming (17.50)	Fri	17.00	1.5	24.09.10	18	Aut/Spr	UL
	SLUL5A0210	Fitness Mixture Improvers Gym (17.00) & Swimming (17.50)	Fri	17.00	1.5	06.05.11	9	Sum	UL
	SLUL5A0310	Fitness in the Gym Beginners and Improvers	Fri	17.00	1.5	24.09.10	18	Aut/Spr	UL
	SLUL5A0410	Fitness in the Gym Improvers	Fri	17.00	1.5	06.05.11	9	Sum	UL
EXTERNAL COURSES	"Courses To Go!" We can run any of the courses listed below for 6 - 8 new learners in your own organisation For further information please contact Marie Snell on 01242 534915								
	ECEX000110	Intro to Art: Painting and Drawing for Bgns & Imp				TBA			
	ECEX000210	Intro to Art: Painting and Drawing for Bgns & Imp				TBA			
	ECEX000310	Intro to Art: Painting and Drawing for Bgns & Imp				TBA			
	ECEX000410	Intro to Art: Painting and Drawing for Bgns & Imp				TBA			
	ECEX000510	Intro to Art: Painting and Drawing for Bgns & Imp				TBA			
	ECEX000610	Get Fitter Feel Better: Lifestyle & Exercise to Music				TBA			
	ECEX000710	Get Fitter Feel Better				TBA			
	ECEX000810	Get Fitter Feel Better				TBA			
	ECEX000910	Get Fitter Feel Better				TBA			
	ECEX001010	Healthy Living: Eating, Hygiene, Security and Safety				TBA			
	ECEX001110	Healthy Living				TBA			
	ECEX001210	Healthy Living				TBA			
	ECEX001310	Healthy Living				TBA			
	ECEX001410	Healthy Living				TBA			
	ECEX001510	Managing Relationships				TBA			
	ECEX001610	Tai Chi for Beginners and Improvers NEW!				TBA			
EVENTS	Spring Term	College Open Day				TBA			
	Summer Term	Awards Ceremony Event with BBQ and live band, Celebrating Learner Achievements, presentations, displays and information and advice for next year.				Thursday 21st July			

Where the courses take place

How to enrol on part-time courses

- Step 1** Select the course you are interested in from this "Part-time Courses" leaflet
- Step 2** Check the location, day, time and length of course
- Step 3** Check the level and content of the course to make sure it is right for you
- Step 4** Complete the Registration form, Risk Assessment, and Enrolment forms. Learners may be required to attend an interview with an ACL Team Member

Main Campus

UL National Star College,
Ullenwood, Cheltenham, Glos

Overton House

OH Overton House, Overton Road,
Cheltenham, Glos

Elizabeth House

EH Denmark Road, Gloucester

Other

External organisations

Important notes

- ✦ If you require support to take part in a course you need to bring a helper with you
- ✦ College transport may be available. (liaise with the ACL office for availability)
- ✦ There is a **Registration Fee** payable for each course payable on enrolment of £16 per term, per course: *an 18 wk course (2 x 9 wk terms) would be 2 X £16 = £32*
- ✦ There will be a charge for materials on practical courses such as cookery and art
- ✦ A course will run only if required enrolment numbers are reached

Funding Courses are partially funded through Gloucester County Council, Adult Education in Gloucestershire.

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National Star College is the business name of National Star Centre for Disabled Youth, a company registered in England, limited by guarantee (No. 522846) and a registered charity (No. 220239).
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