



ADULT & COMMUNITY LEARNING

2011- 2012

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, 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.

Develop your Potential!

A nationally recognised and highly successful Independent specialist College that enables disabled people to improve their lives, learn new 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
ART	01AR1A	Introduction to Creative Art: Drawing, Painting & Textiles	Mon	14.00	2.5	19/09/11	18	Aut
	02AR1A	Creative Art and Crafts: Improvers	Mon	14.00	2.5	30/04/12	9	Sum
	03AR5A	Art and Design for Beginners and Improvers	Fri	14.00	2.5	23/09/11	18	Aut
	04AR5A	Art and Design for Improvers	Fri	14.00	2.5	27/04/12	9	Sum
	05AR5M	Introduction to Ceramics (Pottery)	Fri	10.00	2.5	23/09/11	18	Aut
	06AR5M	Ceramics for Improvers (Pottery)	Fri	10.00	2.5	27/04/12	9	Sum
	COOKERY	07CK1E	Cooking for Friends	Mon	18.00	2.5	19/09/11	18
08CK1E		Cookery from Around the World	Mon	18.00	2.5	30/04/12	9	Sum
09CK2E		Cooking for a Healthy Lifestyle	Tue	18.00	2.5	20/09/11	18	Aut
10CK2E		Making and Baking: Supporting Charities	Tue	18.00	2.5	01/05/12	9	Sum
GROW	11HO5M	Gardening: Allotments - Get the plot!	Fri	10.00	2.5	23/09/11	18	Aut
	12HO5M	Gardening: Grow your Own Flowers and Vegetables	Fri	10.00	2.5	27/04/12	9	Sum
ICT COURSES	13IT3A	Introduction to Computers: Word Processing Essentials	Wed	15.30	2.5	21/09/11	18	Aut
	14IT3A	Introduction to Computers: Spreadsheets to help with your budgeting	Wed	15.30	2.5	02/05/12	9	Sum
	15IT3E	Buying and Selling and Explore the World: Internet Users	Wed	18.30	2.5	21/09/11	18	Aut
	16IT3E	Using the Internet and Microsoft Improvers	Wed	18.30	2.5	02/05/12	9	Sum
	17IT1M	Introduction to Computers: Basic Concepts, Word Processing, File Management	Mon	10.00	2.5	19/09/11	18	Aut
	18IT1M	IT Get Smart: Mobile Technology, Digital Photography	Mon	10.00	2.5	30/04/12	9	Sum
	19IT5A	ICT for Everyday Life Stage 1	Fri	14.00	2.5	23/09/11	18	Aut
	20IT5A	ICT for Everyday Life Stage 2	Fri	14.00	2.5	27/04/12	9	Sum
PERFORMING ARTS	21PA2E	Drama: Arts on the Move	Tue	18.00	2.5	20/09/11	18	Aut
	22PA2E	Drama: Mask and Move (making & performing)	Tue	18.00	2.5	01/05/12	9	Sum
	23PA5M	Dance: On the Move	Fri	10.00	2.5	23/09/11	18	Aut
	24PA5M	Dance: Expressive Movement	Fri	10.00	2.5	27/04/12	9	Sum
SPORTS	25SL1A	Sports for All	Mon	16.30	1	19/09/11	18	Aut
	26SL1A	Sports for Leisure	Mon	16.30	1	30/04/12	9	Sum
	27SL2A	Sports for All	Tue	16.30	1	20/09/11	18	Aut
	28SL2A	Sports for Leisure	Tue	16.30	1	01/05/12	9	Sum
	29SL4A	Sports for All	Thu	16.30	1	22/09/11	18	Aut
	30SL4A	Sports for Leisure	Thu	16.30	1	03/05/12	9	Sum

What could I be doing?

FITNESS	Code	Course Title	Day	Time	No. hrs	Start date	No. wks	Term
	31SL1M	FITMIX Gym and Swim	Mon	10.00	2.5	19/09/11	18	Aut
	32SL1M	FITMIX Improvers	Mon	10.00	2.5	30/04/12	9	Sum
	33SL2M	FITMIX Gym and Swim	Tue	10.00	2.5	20/09/11	18	Aut
	34SL2M	FITMIX Improvers	Tue	10.00	2.5	01/05/12	9	Sum
	35SL4M	FITMIX Gym and Swim	Thu	10.00	2.5	22/09/11	18	Aut
	36SL4M	FITMIX Improvers	Thu	10.00	2.5	03/05/12	9	Sum
SWIMMING	37SW1A	Swim: Personalised Programmes	Mon	14.00	1	19/09/11	18	Aut
	38SW1A	Swim: Personalised Programmes	Mon	14.00	1	30/04/12	9	Sum
	39SW2M	Swim: Personalised Programmes	Tue	10.00	1	20/09/11	18	Aut
	40SW2M	Swim: Personalised Programmes	Tue	10.00	1	01/05/12	9	Sum
	41SW2M	Swim: Personalised Programmes	Tue	11.30	1	20/09/11	18	Aut
	42SW2M	Swim: Personalised Programmes	Tue	11.30	1	01/05/12	9	Sum
	43SW2A	Swim: Personalised Programmes	Tue	14.00	1	20/09/11	18	Aut
	44SW2A	Swim: Personalised Programmes	Tue	14.00	1	01/05/12	9	Sum
	45SW2E	Swim: Personalised Programmes	Tue	18.00	1	20/09/11	18	Aut
	46SW2E	Swim: Personalised Programmes	Tue	18.00	1	01/05/12	9	Sum
	47SW2E	Swim: Personalised Programmes	Tue	19.00	1	20/09/11	18	Aut
	48SW2E	Swim: Personalised Programmes	Tue	19.00	1	01/05/12	9	Sum
	49SW3M	Swim: Personalised Programmes	Wed	10.00	1	21/09/11	18	Aut
	50SW3M	Swim: Personalised Programmes	Wed	10.00	1	02/05/12	9	Sum
	51SW3M	Swim: Personalised Programmes	Wed	11.30	1	21/09/11	18	Aut
	52SW3M	Swim: Personalised Programmes	Wed	11.30	1	02/05/12	9	Sum
	53SW3A	Swim: Personalised Programmes	Wed	14.00	1	21/09/11	18	Aut
	54SW3A	Swim: Personalised Programmes	Wed	14.00	1	02/05/12	9	Sum
	55SW4M	Swim: Personalised Programmes	Thu	10.00	1	22/09/11	18	Aut
	56SW4M	Swim: Personalised Programmes	Thu	10.00	1	03/05/12	9	Sum
	57SW4M	Swim: Personalised Programmes	Thu	11.30	1	22/09/11	18	Aut
	58SW4M	Swim: Personalised Programmes	Thu	11.30	1	03/05/12	9	Sum
	59SW4A	Swim: Personalised Programmes	Thu	14.00	1	22/09/11	18	Aut
	60SW4A	Swim: Personalised Programmes	Thu	14.00	1	03/05/12	9	Sum
61SW5M	Swim: Personalised Programmes	Fri	10.00	1	23/09/11	18	Aut	
62SW5M	Swim: Personalised Programmes	Fri	10.00	1	27/04/12	9	Sum	
EVENTS	Term	Event	Date, day and time					
	Spring	Adult Learners' Week	TBA					
	Summer	Awards Ceremony: Celebrating Learner Achievements. (Ticket event)	Thursday 19 July 2012 6.30pm					

External "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 ACL office on 01242 534915

Code	Course Title	Day & Time	No hrs	No wks
63EX01/2/3	Introduction to Art: Painting and Drawing, Textiles and Papier Mache	TBA	2	6
66EX04/5/6	Get Fitter Feel Better: Lifestyle changes and exercise to music	TBA	2	6
69EX07/8/9	Introduction to Digital Photography	TBA	2	6

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 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

National Star College
Ullenwood
Cheltenham Glos

External Venues

By arrangement with external organisations: Residential Homes or Day Centres.
Tel: 01242 534915

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)
- ✦ A **Registration Fee** is 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

National Star College Ullenwood Manor Cheltenham Gloucestershire GL53 9QU

Telephone 01242 534915 **Fax** 01242 222234

Email ACLTeam@natstar.ac.uk **Website** www.natstar.ac.uk

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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Registered office: Ullenwood Manor Cheltenham Gloucestershire GL53 9QU

In partnership with Adult Education in Gloucestershire – a service provided by Gloucestershire County Council.



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in Gloucestershire