

The Learning Trust's Adult Learning Services would like to thank the following learning providers for their contributions to Adult Learners' Week:

20th **Adult Learners' Week**
learn for life

 the learning trust
the future for education in Hackney

Allan Hyde
African Community School
Ann Tayler Children's Centre
Best Training
British Red Cross
Carillion
The Centre for Better Health
Change Community Project
Charlotte Gilbert
Children's Centre at Gainsborough
Children's Centre at Tyssen
CompuSoft Training Centre
Creative Lifestyle CIC
Dalston Eastern Curve Garden
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Emily Jost
Energie Fitness
Europa Training Centre
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Hackney Libraries
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Hackney U3A
Helena Suarez
Helen Nicholson
Highoops (Charlene Davies)

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St Mary's Secret Garden
Sev Necati Training
Shacklewell Primary School
Shoreditch Spa
Shout Trust (ST) Crime Prevention Project
Tanja Wilmot
The Kindest Group
Turkish Education and Development Association (TEDA)
Universal Board Games
Volunteer Centre Hackney
Zurbel Training

ADULT LEARNERS' WEEK 14-20 MAY 2011

Over 90 FREE and exciting workshops for adults

Book your free place now on 020 8820 7339

Try something new or brush up on your skills!



Funded by

Skills Funding Agency

 **Hackney**

1 LEARNING TRUST

hackney success in the making

Adult Learning Services

The Learning Trust
1 Reading Lane
London E8 1GQ

Public enquiries
T. 020 8820 7000

www.learningtrust.co.uk

"The session I attended was really enjoyable, but more than that, it taught me the importance of looking after my body and eating healthily"

"The tutors at the workshop I attended gave me the confidence to apply for a college course that will ultimately help me find a job"

"Adult Learners' Week made me aware of the opportunities out there in Hackney and gave me a chance to learn new things. I found it difficult to decide what to attend as there was such a variety to choose from!"

learners'VOICES learners'VOICES learners'VOICES

WHAT IS ADULT LEARNERS' WEEK?

Adult Learners' Week is now in its 20th year! This annual event, funded by the Skills Funding Agency, brings together a wide range of community learning providers in Hackney to deliver exciting and inspirational FREE workshops for people who wish to learn something new or brush up on existing skills.

As part of the 20th anniversary, we will be holding an Adult Learners' Week Raffle. If you attend a workshop, make sure you are given a raffle ticket by your tutor. The draw will take place at the closing event at Dalston Eastern Curve Garden on Friday 20 May 2011

Events will be held at various locations in Hackney. Find out what is happening near you! Book your free place now on **020 8820 7339**

WHO ARE ADULT LEARNING SERVICES?

Lifelong learning is the right of every adult. The Learning Trust's Adult Learning Services team provide quality courses for residents of Hackney up to Level 2 at various locations around the borough.

Our Information, Advice and Guidance team offer a confidential service to help you identify your goals and find a course that suits you. They can also support into employment with CV writing, job search, interview skills and volunteering opportunities.



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020 8820 7339

Adult Learners Week Launch - 12noon – 4pm

Come along and find out more about Adult Learning. There will be stalls full of information about available courses and support in the community and staff members to talk to for advice about achieving your goals in life. Fun activities and workshops are also available throughout the day for families (see below for more details). Adult Learners Week will be officially launched at 1.30pm with a speech by local MP Diane Abbott.

The Learning Trust, 1 Reading Lane, E8 1GQ

Steel Pan Music Workshop

1.45pm – 3pm

An exciting chance to try out steel pan playing for yourself with Newham Steel Band!

Hackney Museum

1 Reading Lane, E8 1GQ

Hoola Hooping

12noon – 3pm

Hoola hooping isn't just for kids – adults benefit too! It will keep you fit, tone your body and is a massive calorie burner (up to 600 calories an hour). The benefits aren't just physical either - twirling

a hoop will send you straight back to your childhood with a massive rush of endorphins, leaving you energised, happy and fit.

The Learning Trust

1 Reading Lane, E8 1GQ

Face Painting with Kay

Dudmish

12noon – 3pm

A taster session for those wishing to learn the art of face painting.

Hackney Central Library

1 Reading Lane, E8 1GQ

Henna with Lachmy Devi

12noon – 3pm

Come and explore the world of henna design. Learn and create your own designs, add glitter and diamonds or whatever you fancy.

Hackney Central Library

1 Reading Lane, E8 1GQ



Introduction to Zumba

1.45pm – 2.45pm &
2.45pm – 3.45pm

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Try it out in an exciting hour of calorie-

burning, body-energizing movements that will engage and captivate!

Energie Fitness

3 Reading Lane,
Mare Street, E8 1GQ

Introduction to Web Design

10am – 1pm

A taster session on how to design and create your own web-page. Adults only.

African Community School

Princess May Primary,
Princess May Road, N16 8DF

Personal Safety (including self-defence)

1pm – 4pm

Providing theory and practical aspects of personal safety (including self-defence). Learn how to increase your self esteem and confidence, deal with aggression and feel safe on the streets. Adults only.

Hackney Co-operative Development

62 Beechwood Road, E8 3DY

Keep Fit

10am – 12noon

Physical exercise is proven to aid weight loss and give us a sense of well-being. Come along and join our free keep fit session for adults, where a qualified instructor will put you through a series of movements and stretching exercises. There will also be activities taking place to entertain your children and limited crèche spaces available. Adults only.

Children's Centre at Gainsborough

Berkshire Road, E9 5ND

Grow Your Own!

11am – 2pm

Learn how to sow seeds and look after them as well as how to plant and nurture a container with salad crops or other vegetables. These containers can then be taken home for you to enjoy on a windowsill or balcony. Together we will then pick delicious produce from our garden and prepare a communal lunch for all to

share, as inspiration to keep gardening! Adults only.

St Mary's Secret Garden

50 Pearson Street, E2 8EL



Universal Board Games

12noon – 4pm

An opportunity to learn many traditional and new games from around the world, such as Carrom from India, Oware from Africa, Chess, Kamisado and Backgammon, Crokinole from Canada, le Passe trappe from France, Wey Kick/Hockey from Germany, plus many more fun competitive games. All ages welcome.

The Learning Trust

1 Reading Lane, E8 1GQ

SUNDAY 15 MAY

Hackney Wraps (Part 1)

11am – 6pm

(with one hour lunch break)

Create your own headwrap fabric with textile designer Emamoke Ukeleghe. She will teach you how to screen print each design using the exhaust printing method. Bring along a piece of bedlinen or fabric (optional). Part 2 of this workshop will take place at the same time and place on Friday 20 May as part of the closing event for Adult Learners' Week. All wraps will be showcased, demonstrating various wrapping techniques from cultures around the world. For more information and early booking: www.the kindest.org/hackneywraps

Dalston Eastern Curve Garden

13 Dalston Lane, E8 3DU

Hot Tiles (Part 1)

11am – 6pm

(with one hour lunch break)

Design and make a wonderful mosaic for Hackney's new community clay oven. Learn from experienced mosaic artist Dionne Ible how to select coloured tiles and crockery to mosaic using the double indirect method. Bring along old colourful porcelain plates (optional). Part 2 of this workshop will take place at the same time and place on Friday 20 May as part of the closing event for Adult Learners' Week. For more information and early booking: www.the kindest.org/hottiles

Dalston Eastern Curve Garden

13 Dalston Lane, E8 3DU

Men Only Training in Budgeting and Finances

9am – 12noon

A workshop aimed at men which will provide tools and ideas on how to manage limited sources creatively in the current economic climate and ways to access further training in budget, business planning and money management.

Kingsland College

124 Kingsland Road, E8 2NS

Pilates Taster Session with Helena Suarez

10am – 11am

A taster session suitable for those new to Pilates or the Body Control method of teaching. It is also suitable if you have had a break from Pilates or wish to refine your basic technique. There is an option to sign up for a course if you enjoy the session.

Stamford Hill Library

Portland Avenue, N16 6SB

Web Design Taster Session with Best Training

10am – 11am

A beginner's introduction to the exciting world of web design, this taster session will allow a complete beginner to take their first steps towards creating their own websites and understanding how the World Wide Web works.

Hackney Central Library

1 Reading Lane, E8 1GQ

Life in Great Britain Workshop

10am – 11am

This free course will help you prepare for the 'Life in the UK Citizenship Test'. Come to the library and speak to an advisor who will help you access this online course.

Shoreditch Library

80 Hoxton Street, N1 6LP

Baby First Aid with the British Red Cross

10am – 12noon

Would you know what to do if your child started to choke? How would you treat your child if they had a severe burn? Come and learn how to deal with these and other accidents.

Hackney Central Library

1 Reading Lane, E8 1GQ

Learn a Modern Language - French

10am – 12noon

Learn a modern language at TEDA! Come and learn basic communication in French and pick up useful phrases and words that you may need when abroad.

TEDA

117-119 Stoke Newington Road, N16 8BU

Start Your Own Business – One Day Taster Course

10am – 3pm

Aspire Foundation's business courses are about real answers from people with real experience of running successful companies. Paul Funnell asks 'Have you got what it takes?' Places limited - booking is essential.

Clapton Library

Northwold Road, E5 8RA

CV Taster Session

10.30am – 11.30am, 1.30pm – 2.30pm and 3.30pm – 4.30pm

Learn how to make an effective CV that will stand out to employers and how to avoid common mistakes that could spoil your chances of getting the job that's right for you. Be able to construct a Professional CV and get the latest info and available jobs and tips to help your search. A stall will be in the library from 9am - 4pm if you require additional information and help.

Hackney Central Library

1 Reading Lane, E8 1GQ

Yoga

11am – 12noon

An easy stretch and exercise session. Suitable clothing required to take part.

Homerton Library

Homerton High Street, E9 6AS



Creative Writing

11am – 12noon

Harness your natural flair for creative writing with Victor Zagon. This session takes place weekly. Come along to find out more.

Stamford Hill Library

Portland Avenue, N16 6SB

Adobe Photoshop Taster Session with Best Training

11.30am – 12.30pm

A live demonstration will accompany this lesson in the industry standard design software Adobe Photoshop. Suitable for personal, educational and business use, being able to use Photoshop is an essential skill for anyone interested in a career in photography or graphic and web design.

Hackney Central Library

1 Reading Lane, E8 1GQ

Dance - Isadora Duncan Method

12noon – 12.45pm

This weekly workshop is run by Victor Zagon. Dancers should bring light floating scarves and two fans with them.

Stamford Hill Library

Portland Avenue, N16 6SB

Drama for all

12.45pm – 1.30pm

Thespians wanted! Bring out your flair to perform at this taster for Victor Zagon's weekly drama sessions.

Stamford Hill Library

Portland Avenue, N16 6SB

Basic ICT for Women

1pm – 3pm

A short taster session for women covering basics such as introduction to internet, Word and Excel as well as setting up and using email.

TEDA

117-119 Stoke Newington Road, N16 8BU

Bookkeeping Taster Session with Best Training

2pm – 2.45pm

People of all ages are becoming bookkeepers including those starting a business, looking for a job they can do at home or those looking to be a qualified accountant. This taster session will introduce the world of

double entry accounting to the complete beginner.

Hackney Central Library

1 Reading Lane, E8 1GQ

Basic Bicycle Maintenance

3.30am – 5.30pm

Come and learn the basics of bicycle maintenance in a friendly, inclusive workshop run by 2 experienced bike mechanics. We will be looking at the basic principles of bike mechanics, as well as bike tools and how to use them.

Kingsmead Primary School

Kingsmead Way, E9 5PP



First Aid for Fathers

4pm – 6pm

An opportunity for fathers and male carers to learn basic first aid for children and babies.

Morningside Children's Centre
Chatham Place, E9 6LL

Put Your Best Face Forward

4.30pm – 7.30pm

A practical hands-on training session suitable for beginners who desire to learn the art of how to apply makeup

successfully for daytime wear, work, evening or for that special occasion. Come and have fun learning about colours and different looks you can create ideally for you. At the end of the session you will have confidence to apply makeup for yourself just like a pro!

Stamford Hill Library
Portland Avenue, N16 6SB

Talks at the Tower

Monday to Friday - 7pm – 8.30pm

Hackney Historic Buildings Trust and Hackney Museum are joining forces to offer a unique opportunity to find out more about the history of St Augustine's Tower and St John at Hackney Churchyard Gardens, and Hackney itself. Five talks will take place with a different guest speaker each evening of the week. Topics include Hackney Skyline, The Knights Hospitaller, Loddgies of Hackney, Saint Augustine and St John at Hackney Churchyard.

Supported by HHBEP. Light refreshments served. Booking essential contact Linda Sydow on **020 8356 2509** or email: linda.syndow@hackney.gov.uk

St Augustine's Tower @ St John at Hackney Churchyard

TUESDAY 17 MAY

Chinese/Mandarin Taster Session with Lesley Yong

10am – 11am

This session is designed for those who are interested in learning the language and would like to find out what it would be like to do so. There is an option to sign up for a course if you enjoy the session.

Stamford Hill Library
Portland Avenue, N16 6SB

Driving Theory Test Taster Session

10am – 11am

Theory Test Pro is a highly realistic online simulation of the UK's driving theory test. It contains the entire official test questions licensed from the DSA, the people who set the tests. Visit the library, speak to an adviser and get started on this online course.

Hackney Central Library
1 Reading Lane, E8 1GQ

Jewellery Workshop

10am – 12noon

Learn the skills to make basic costume jewellery with a range of materials. Take home something you have made, or make a present for someone. Create your own unique design, and develop a new skill.

Ann Tayler Children's Centre
1-13 Triangle Road, E8 3RP



Beginners Introduction to Computing

10am – 1pm

An introduction to the most commonly used applications such as those in Microsoft Office and various Internet browsers, along with effective performance of common tasks.

N.E.A.T. (Nightingale Education And Training) Centre

18 Olympus Square,
Nightingale Estate, E5 8PL



Blogging for Beginners with Tanja Wilmot

10am – 1pm

Get your own blog up and running as you register your own site, find your way around the software and learn how to post an entry. The session will include exercises to get you thinking about what you could write about, ideas on growing your readership and how to find blogs that interest you personally.

Hackney Central Library

1 Reading Lane, E8 1GQ

Level 1 Award in Food Safety

10am – 4pm

This certificated course is the ideal introduction to food safety and is as relevant to those who work in the catering industry as it is to anyone who cooks and handles food. You will learn the basics of how to prevent contamination, understanding temperature abuse of food, the destruction of bacteria by thorough cooking, the importance of good personal hygiene, cleaning, waste management and recognising

and reporting signs of pests. You will also be given a book, information and materials to take away with you to help maintain the good practices you learn in the future.

Shoreditch Spa

170 Pitfield Street, N1 6LP



The HU3A Monthly Meeting

10.30am – 12.30pm

Guests can come along and join the Hackney University of The Third Age for their monthly meeting. Includes a guest speaker/presentation on current and relevant topics.

Homerton Library

Homerton High Street, E9 6AS

Introduction to Boxcercise

10.30 – 11.30am

This workshop will cover anaerobic and aerobic activity in a stress busting fun way, working all major muscle groups. Turn up in suitable clothing and be prepared to sweat!

Energie Fitness

3 Reading Lane, Mare Street,
E8 1GQ

Simple Watercolour Still Life Workshop with Lydia

2pm – 4pm

Draw and paint a still life with simple watercolour washes and drawing techniques. You will learn some basic drawing techniques, building up to a simple watercolour wash and pencil artwork - perfect to hang on your wall or give as a gift. Join Lydia for this fun and informative workshop! No experience is necessary and all levels are welcome.

Stamford Hill Library

Portland Avenue, N16 6SB

Reflexology Taster with Deanna

2pm – 4pm

Reflexology is a method for activating the healing powers of the body. Research from ancient times shows us that the early Chinese, Japanese, Indians, Russians and Egyptians worked on the feet to promote good health and from that day to this, the principle of Reflexology still remains the same. That principle is that there are energy zones that run throughout the body and reflex areas in the feet that correspond to all the major organs, glands and body parts, therefore stimulating the feet in the correct way during a Reflexology session could prove very rewarding. Hand/ Foot massage with a qualified reflexologist.

Shoreditch Library
80 Hoxton Street, N1 6LP

Soft Furnishings

6pm – 9pm

Learn how to sew a sample of soft furnishings. You can choose between a cushion sample and a curtain sample, using machine and hand sewing methods. You will then be able to take it home and use it as inspiration for future work.

**Navarino Mansions
Community Centre**
Dalston Lane, E8 1AJ

Beginners Spanish with Esther & Maria

6.15pm – 7.45pm

Buenos Dias... a little can go a very long way, and the warmest smiles you will receive when speaking Spanish to the locals, makes that little bit of pre-holiday effort all worthwhile. Come along to these taster sessions and take a small step to learning a new language.

Clapton Library
Northwold Road, E5 8RA

WEDNESDAY 18 MAY

Make a decorative cushion using appliqué methods

9am – 2pm

Design and make a beautiful cushion that you can use in your home or for a gift to someone special. You will learn how to appliqué on fabric using hand and machine stitching to both decorate and secure your cushion.

Baden Powell Primary School
Feron Road, Clapton, E9 5DN

First Aid for parents/carers

9am – 3pm

An accredited course for parents/carers. Learn how to apply basic first aid at home and when out in the local community.

Mapledene Children's Centre
54 Mapledene Road, E8 3LE

How does your child grow?

9.30am – 12.30pm

A fun and informative workshop that hopes to address some of the anxieties vulnerable or inexperienced parents may have about how their child develops; we hope parents will take away one thing from each area that will help them nurture their child's development. The workshop will be split into presentations by the professionals involved followed by interactive activities for the parents, and opportunities for questions, information, advice and guidance, and signposting.

Children's Centre at Tyssen
Oldhill Street, N16 6QA

General First Aid with the British Red Cross

10am – 12noon

CPR, choking, the recovery position – learn first aid responses to the most common accidents and situations at this popular taster session.

Clapton Library
Northwold Road, E5 8RA

Learn a Modern Language - Arabic

10am – 12noon

Learn a modern language at TEDA! Come and learn basic communication in Arabic and pick up useful phrases and words that you may need when abroad.

TEDA

117-119 Stoke Newington Road, N16 8BU

Introduction to Volunteering and Active Citizenship

10am – 1pm

Volunteering can be done by anyone. It can compliment your learning and be a useful tool toward building up your skills and experiences in finding a job. Find out how to be a champion to help and encourage others as well.

Volunteer Centre Hackney

Unit 12-13 Springfield House, Tyssen Street, E8 2LY

An Introduction to making Felt Jewellery

10am – 3pm

This workshop will use different coloured felt to produce rings, bracelets and brooches and explore briefly how one might sell or market these products in the local community.

Peter Bedford Housing Association

Stamford Works, Gillett Street, N16 8JH

Healthy 'Caribbean cook-in'

10am – 3pm

A tasty introduction to Healthy Caribbean Food! Help to prepare, cook and eat the Ackee and Salt Fish dish whilst learning about the basic tastes, textures and traditions of Caribbean cooking.

Peter Bedford Housing Association

Stamford Works, Gillett Street, N16 8JH

Grow It, Cook It, Eat It

10am – 4pm

This workshop, run by London Wildlife Trust and Kings Crescent Estate Community Garden Project, will focus on introducing you to growing your own vegetables and herbs, plus increasing your knowledge of how to cook quick and nutritious vegetarian meals. You will also gain a basic knowledge of simple food hygiene and how these meals will help you maintain a healthy balanced lifestyle.

Kings Crescent Community Garden

Brownswood Road, N4 2XJ



Introduction to Beauty and Make Up skills

1pm – 3pm

Learn how to apply make up in a quick and efficient way. Gain confidence in your grooming skills and develop a look appropriate for job interviews.

Morningside Children's Centre

Chatham Place, E9 6LL



Parenting Skills

1pm – 3pm

Do you want to know more about Confident Parenting? Then come along to our taster session and learn about your children's needs and how you can successfully help them grow into confident adults.

The Priory

St Monica's Church, 19 Hoxton Street, N1 6NT

Creative Writing with Maggie Hamand

2pm – 3.30pm

Do you want to write fiction or improve your fiction-writing techniques? Maggie Hamand, local author, director of 'The Complete Creative Writing Course' and author of 'Creative Writing For Dummies', will lead a taster session with writing exercises and a question and answer session to help you overcome common writing problems.

Shoreditch Library

80 Hoxton Street, N1 6LP

An evening with

Diane Abbott

7.30pm – 9pm

In 1987, Diane Abbott made history by becoming the first black woman ever elected to the British Parliament, as MP for Hackney North and Stoke Newington. She has since built a distinguished career as a parliamentarian, broadcaster and commentator. Come along and hear her speak about her life and take part in a question and answer session.

Hackney Central Library

1 Reading Lane, E8 1GQ



THURSDAY 19 MAY

Club Español

9am – 11am

Culture vultures, holiday makers, Spain enthusiasts, come along and find out about the benefits of learning Spanish. It's not as tricky as you may think! Are your children learning Spanish? Find out how you can help them.

Grazebrook Primary School

Lordship Road, N16 0QP

Healthy Meals for Less

9am – 12noon

Come and join us in a relaxed and supportive environment to learn about buying and cooking healthy tasty meals on a budget. Get good ideas for quick simple meals that the family will love, without spending too much!

Shacklewell Primary School

Shacklewell Row, E8 2EA

Parenting Workshop

9.30am – 12.30pm

A session to support parents when setting boundaries for their children at home and trying to stick to them. A time for self-reflection and for parents to get to know and gain support from other parents who share common issues.

Mapledene Children's Centre

54 Mapledene Road, E8 3LE

Introduction to Internet, Email and Websites for over 50s

10am – 1pm

This workshop is designed to accommodate adult learners from Hackney and introduce them to Mavis Beacon, a software package for typing that helps you gain speed. Also learn how to use MS Word to an introductory level, covering formatting, printing, editing and graphics tasks.

Compusoft @ Robin

Redmond Resource Centre

440 Seven Sisters Rd, N4 2RD

Taster Session in Ceramics

10am – 1pm

This three-hour workshop invites complete beginners to try their hand at ceramics. A couple of basic techniques, slabbing and coiling will be taught and learners will work on a piece of their choice.

The Centre for Better Health
1a Darnley Road, E9 6QH



CV Taster Session

10.30am – 11.30am

Learn how to make an effective CV that will stand out to employers and how to avoid common mistakes that could spoil your chances of getting the job that's right for you. Be able to construct a Professional CV and get the latest info and available jobs and tips to help your search. A stall will be in the library from 9am - 4pm if you require additional information and help.

Shoreditch Library
80 Hoxton Street, N1 6LP

Herbal Tea Tasting Session with Lisa

10.30am – 11.30am

Nettles - nasty or nourishing?
Sage - not just for stuffing?
Come and find out at a free herbal tea tasting event at Stamford Hill Library. We'll be sampling, discussing and learning about common familiar herbs with a range of therapeutic uses.

Stamford Hill Library
Portland Avenue, N16 6SB

Introduction to Boxercise

10.30am – 11.30am

This workshop will cover anaerobic and aerobic activity in a stress busting fun way, working all major muscle groups. Turn up in suitable clothing and be prepared to sweat!

Energie Fitness
3 Reading Lane, Mare Street,
E8 1GQ

An introduction to 'Walking & Jogging'

11am – 12noon

Springfield Running Group presents an introduction to 'Walking & Jogging' with Run in England coach Annette Johnson at Springfield Park. Come along to Clapton Library and join in a fun walk/jog. Wear comfortable footwear and loose clothing. Mums, Dads and Prams are welcome. Children in prams must be aged 6 months or older.

Clapton Library
Northwold Road, E5 8RA

BSix College Nail Services & Information Event

12noon – 2pm

BSix is the only sixth form college in the area. This means that, unlike a school sixth form, they are big enough to offer many choices of course and level. It also means that, unlike a large college catering for adults as well, they are small enough to specialise in the education of young people and to provide individual care and attention to all of their students. Students will be on hand to talk about courses available at BSix and you can also get your nails done.

Clapton Library
Northwold Road, E5 8RA

Sign Language: The Basics

12.30pm – 3.30pm

Please come and join us for this wonderful opportunity to learn basic sign language. Discover new skills and meet other parents/carers.

Shacklewell Primary School
Shacklewell Row, E8 2EA

Basic Kickboxing

1pm – 3pm

This session will include the basics of kickboxing such as basic block and self defence. Have fun while keeping fit!

TEDA

117-119 Stoke Newington Road, N16 8BU

Web Design Taster Session with Best Training

2pm – 3pm

A beginner's introduction to the exciting world of web design. This taster session will allow a complete beginner to take their first steps towards creating their own websites and understanding how the World Wide Web works.

Shoreditch Library

80 Hoxton Street, N1 6LP

Indian Head Massage with Eva

2pm – 4pm

Indian head massage is a system of healing which has been practiced in India for over a thousand years. Its aim is to release the stress

that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. Would you like to find out more about it and find ways to relax and lower your stress levels? If so, come along to this taster workshop provided by a professional.

Hackney Central Library

1 Reading Lane, E8 1GQ



Employability and Self Marketing

2pm – 5pm

A workshop designed to give you the opportunity to develop your skills while acquiring knowledge of how to present yourself to a potential employer, updating

your CV and also investigating the effective use of networks in order to gain employment.

N.E.A.T. (Nightingale Education And Training), Centre

18 Olympus Square, Nightingale Estate, E5 8PL

Adobe Photoshop Taster Session with Best Training

3.30pm – 4.30pm

A live demonstration will accompany this lesson in the industry standard design software Adobe Photoshop. Suitable for personal, educational and business use. Being able to use Photoshop is an essential skill for anyone interested in a career in photography or graphic and web design.

Shoreditch Library

80 Hoxton Street, N1 6LP

Beginners Knitting Session for adults

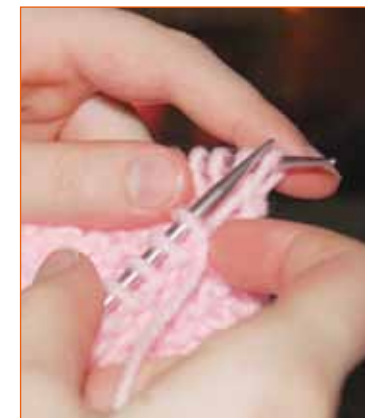
3.30pm – 5.30pm

During this course, participants will learn basic and more complex stitches,

where to find patterns and yarns, how to read a pattern, make items and finish professionally. Good for those with a distant memory of knitting in need of refreshing!

Jubilee Primary School

Filey Avenue, N16 6NR



African Queen – Ethnic Head Wraps with

Nikki Adetoro

4.30pm – 7.30pm

A unique class that will allow you to learn the traditional West African skill of tying headwraps for special occasions.

Stamford Hill Library

Portland Avenue, N16 6SB

Introduction to Paediatric First Aid

10am – 12noon

Basic Paediatric First aid, tackling common injuries, emergency help and support. Including demonstrations of resuscitation and recovery position.

Ann Tayler Children's Centre
1-13 Triangle Road, E8 3RP

Club Español

6pm – 8pm

Culture vultures, holiday makers, Spain enthusiasts, come along and find out about the benefits of learning Spanish. It's not as tricky as you may think! Are your children learning Spanish? Find out how you can help them.

Grazebrook Primary School
Lordship Road, N16 0QP

Street Salsa for Beginners

6pm – 8pm

Street Salsa is a great introduction to the world of dance. It's a combination of a dance routine and Latin

Salsa steps making it far more accessible to complete dance novices. You will be taken through a dance routine that will leave you exhilarated. Join us for this FREE taster session by contacting Angela on **020 8555 0770** or at **changeoproject@aol.com** to book your place.

The Trinity Centre
Beechwood Road, E8 3DY

Intermediate Spanish with Esther & Maria

6.15pm – 7.45pm

Buenos Dias... a little can go a very long way, and the warmest smiles you will receive when speaking Spanish to the locals, makes that little bit of pre-holiday effort all worthwhile. This taster session is aimed at those who speak a little Spanish already or those who have attended a beginner's session previously.

Shoreditch Library
80 Hoxton Street, N1 6LP

FRIDAY 20 MAY

Money Management Tips

9.30am – 11.30am

You don't need to be a financial wizard to control your personal finances. This workshop provides you with money management tips you need to develop a budget that reduces your debt, enables you to save money, and puts you in control of your personal finances.

De Beauvoir Primary School
80 Tottenham Road, N1 4BZ

General First Aid with the British Red Cross

10am - 12noon

CPR, choking, the recovery position – learn first aid responses to the most common accidents and situations at this popular taster session.

Shoreditch Library
80 Hoxton Street, N1 6LP

An introduction to 'Walking & Jogging'

11am – 12noon

Springfield Running Group presents an introduction to 'Walking & Jogging' with Run in England coach Annette Johnson at Springfield Park. Come along to Clapton Library and join in a fun walk/jog. Wear comfortable footwear and loose clothing. Mums, Dads and Prams are welcome. Children in prams must be aged 6 months or older.

Clapton Library
Northwold Road, E5 8RA

Taster Session in Yoga

11am – 12.30pm &
1.30pm – 3pm

These sessions invite complete beginners to sample a yoga session in the Satyananda Yoga tradition. This gentle yoga aims to strengthen and stretch the body, integrated with the breath to aid relaxation and awareness.

The Centre for Better Health
1a Darnley Road, E9 6QH

Philosophy

2pm – 4pm

Come along and explore some of Philosophy's big ideas and issues in a relaxed manner.

Clapton Library

Northwold Road, E5 8RA

Growing Fruit & Vegetables with Imogen

5pm – 6pm

You can grow your own fruit and vegetables... even if you don't have a garden. This session will introduce you to growing fresh healthy produce wherever you live.

Hackney Central Library

1 Reading Lane, E8 1GQ

Making Jam & Preserves with Imogen

6pm – 7pm

This session will show you how to make jams, jellies and marmalade with fruits you can grow, pick or buy.

Hackney Central Library

1 Reading Lane, E8 1GQ

Singing Workshop with Hackney Voice Choir

6pm – 7.30pm

The choir is led by Jo Foster and Cleo Bayley. Jo has been running choirs in and around London for 15 years, sings in Eastern European folk extravaganza 'Beskady' and is creator of jazz/folk acappella group 'Anima'. Cleo is an accomplished singer/song writer and co-founder and workshop leader in Creative Inclusion, a non-profit organisation bringing art/music/spoken word projects to the community in the form of funded workshops and events. They teach a variety of world/roots/folk music and can't wait to get Stamford Hill singing at this Adult Learners' Week event.

Stamford Hill Library

Portland Avenue, N16 6SB

Adult Learners Week Closing Event

Join us at our closing event in the beautiful surroundings of Dalston Eastern Curve Garden. Showcase your work, and tell us about what you experienced at the workshops you attended. The event will include the draw for the Adult Learners' Week Raffle. Come along and find out if you are a lucky winner!

Hackney Wraps (Part 2)

11am – 6pm (with one hour lunch break)

Continue working on your own headwrap fabric with textile designer Emamoke Ukeleghe. All wraps will be showcased at today's Adult Learners' Week closing event demonstrating various wrapping techniques from cultures around the world.

Hot Tiles (Part 2)

11am – 6pm (with one hour lunch break)

Continue working on your mosaic for Hackney's new community clay oven.

Planting and using herbs of the world

2pm – 5pm

Join us in this relaxing garden to learn about the many ways herbs are used throughout the world, sample some fresh herbal drinks, and design a miniature herb garden in a recycled fruit crate.

Dalston Eastern Curve Garden

13 Dalston Lane, E8 3DU



VENUES MAP



- 1 **African Community School**, Princess May Primary, Princess May Rd, N16 8DF
- 2 **Ann Tayler Children's Centre**, 1-13 Triangle Road, E8 3RP
- 3 **Baden Powell Primary School**, Feron Road, Clapton, E9 5DN
- 4 **The Centre for Better Health**, 1a Darnley Road, E9 6QH
- 5 **Children's Centre at Gainsborough**, Berkshire Road, E9 5ND
- 6 **Children's Centre at Tyssen**, Oldhill Street, Stoke Newington, N16 6QA
- 7 **Clapton Library**, Northwold Road, E5 8RA
- 8 **CompuSoft @ Robin Redmond Resource Centre**, 440 Seven Sisters Rd, N4 2RD
- 9 **Dalston Eastern Curve Garden**, 13 Dalston Lane, E8 3DU
- 10 **De Beauvoir Primary School**, 80 Tottenham Road, N1 4BZ
- 11 **Energie Fitness**, 3 Reading Lane, Mare Street, E8 1GQ
- 12 **Grazebrook Primary School**, Lordship Road, N16 0QP
- 13 **Hackney Central Library**, 1 Reading Lane, E8 1GQ
- 14 **Hackney Co-operative Development**, 62 Beechwood Road, E8 3DY
- 15 **Hackney Museum**, 1 Reading Lane, E8 1GQ
- 16 **Homerton Library**, Homerton High Street, E9 6AS
- 17 **Jubilee Primary School**, Filey Avenue, N16 6NR
- 18 **Kings Crescent Community Garden**, Brownswood Road, N4 2XJ
- 19 **Kingsland College**, 124 Kingsland Road, E8 2NS
- 20 **Kingsmead Primary School**, Kingsmead Way, E9 5PP
- 21 **The Learning Trust**, 1 Reading Lane, E8 1GQ
- 22 **Mapledene Children's Centre**, 54 Mapledene Road, E8 3LE
- 23 **Morningside Children's Centre**, Chatham Place, E9 6LL
- 24 **Navarino Mansions Community Centre**, Dalston Lane, E8 1AJ
- 25 **N.E.A.T. (Nightingale Education And Training) Centre**, 18 Olympus Square, Nightingale Estate, Clapton, E5 8PL
- 26 **Peter Bedford Housing Association**, Stamford Works, Gillett Street, N16 8JH
- 27 **The Priory**, St Monica's Church, 19 Hoxton Street, N1 6NT
- 28 **Shacklewell Primary School**, Shacklewell Row, E8 2EA
- 29 **Shoreditch Library**, 80 Hoxton Street, N1 6LP
- 30 **Shoreditch Spa**, 170 Pitfield Street, N1 6LP
- 31 **St Augustine's Tower**, St John at Hackney Churchyard, Narrow Way, E8
- 32 **St Mary's Secret Garden**, 50 Pearson Street, E2 8EL
- 33 **Stamford Hill Library**, Portland Avenue, N16 6SB
- 34 **Turkish Education & Development Association (TEDA)**, 117-119 Stoke Newington Road, N16 8BU
- 35 **The Trinity Centre**, Beechwood Road, E8 3DY
- 36 **Volunteer Centre Hackney**, Unit 12-13 Springfield House, Tyssen St, E8 2LY

You have been enrolled on the following course(s) for Adult Learners' Week:

Please note that residents are encouraged to register for up to three workshops. Come along and try something new!

Book your free place now on 020 8820 7339

workshop 1

DATE	TIME	WORKSHOP TITLE	LOCATION

workshop 2

DATE	TIME	WORKSHOP TITLE	LOCATION

workshop 3

DATE	TIME	WORKSHOP TITLE	LOCATION

DO YOU WANT TO LEARN ENGLISH?

English for Speakers of Other Languages (ESOL)

The Learning Trust runs regular ESOL advice drop-in sessions for adults who would like to learn English. The advice sessions are held (term-time only) in a number of community venues:

- **Homerton Library** - Tuesdays 10am – 11am
- **The Learning Trust** - Tuesdays, 1pm – 2pm
- **Linden Children's Centre** - Thursdays, 1pm – 2pm
- **Woodberry Down Children's Centre** - Fridays, 10am – 11am

No appointment needed, but please arrive early to collect a ticket. For more information, please contact **Khadijah Amani** at khadijah.amani@learningtrust.co.uk or on **020 8820 7043**

DO YOU NEED TO IMPROVE YOUR ENGLISH AND MATHS?

Literacy and Numeracy

If you need to improve your skills to get onto a course or apply for that dream job, we are here to help you. Come along to one of our monthly assessments for Literacy and Numeracy.

These sessions take place on the last Friday of every month from 11am – 1pm at The Learning Trust.

Once you have had your assessment we will be able to place you in a suitable class in one of our community learning venues.

For more information call **Sadie Old** on **020 8820 7463**

ARE YOU INTERESTED IN LEARNING WITH YOUR CHILD?

Family Learning

Find out more about the school curriculum, how to support your children with their homework and brush up on your own basic skills at the same time.

Family Learning classes take place in schools, children's centres and community venues across Hackney.

For more information call **Seema Khan** on **020 8820 7119** or **Tabita Thompson** on **020 8820 7269**

DO YOU NEED ADVICE ON TRAINING OR EMPLOYMENT?

Information, Advice and Guidance (IAG)

We offer information, advice and guidance in these areas:

- Training courses
- CV writing & job search
- Volunteering
- Ex-offender support
- Confidence & Motivation building

For further information contact **Dawna Lee, Crystal Butler, Naina Kent** or **Alison Kakande** on **020 8820 7000** or at communitydevelopment@learningtrust.co.uk

WOULD LIKE TO LEARN NEW COMPUTER SKILLS?

Information and Communications Technology (ICT)

Learn how to use computers and upgrade your current skills.

We offer a number of accredited courses from Entry Level to Level 2.

New courses are due to be starting in the new academic year in September 2011. If you are interested, please check our website at www.learningtrust.co.uk/adult_learning nearer the time for more information.

WOULD LIKE TO HAVE YOUR SAY?

Learner Forum

If you would like to have your say on any of our services, join our termly Learner Forum.

For more information call **Dawna Lee** on **020 8820 7278**.