



The Priory School

Community Courses

February to June 2017



Personal Interest Courses

“Learning to use your iPad” - from the beginning

On this course you will learn the essential basics of using your iPad. You will cover email, internet, BBC Iplayer, Facetime and choosing, downloading and using APPS. It is preferable to bring your own iPad, one can be provided for you but there will be limitations to what you can do.

Please note we are unable to cover Android, Tablets or Hudl machines on this course.

1st, 8th, 15th February 1st, 8th March 2017 from 7 - 9 pm Course Fee: £40

(Please note due to half term there will NOT be an iPad class held on the 22nd February)

Learn to Play the Piano Accordion!

Why not learn something different and exciting and play the Piano Accordion. This course is for total, absolute, can't-read-a-note of music beginners. You will be lent an Accordion **free of charge** for the duration of this course. There are limited spaces available so book early to avoid disappointment

7th, 14th, 21st and 28th March 2017 from 7 - 8 pm Course Fee: £28

Jewellery Making Course

On this course you will learn how to make ear rings, chokers and bracelets. All the jewellery is hand made, no machinery is involved. All materials are included in the cost of the course.

2nd, 9th and 16th February 2017 from 7 - 9 pm Course Fee: £38

Creative Writing Course

In this course you will learn simple techniques about how to begin and structure your writing idea into a polished piece of work with a focus on novels and short stories. Develop your knowledge of writing styles and generate ideas in an encouraging and fun class. If you would like to develop your skills as a writer then this is the course for you! Please bring a pen and a writing book with you to the course.

10th, 17th, 24th May 2017 from 7 – 9 pm Course Fee: £25

Spanish Beginners the Next Step

This course is for people with some basic knowledge of Spanish and is ideal for students who have completed the Spanish 4 Beginners Course.

7th, 14th and 21st March 2017 from 7 – 9 pm Course Fee: £27

Beauty & Make up Tips Workshop

This workshop is for all ages and will give you some really good advice and tips on how to apply your make up, what will suit you and how to enhance your features making you feel good inside and out!

Please note you will be asked to bring the make up you have at home with you so you can start applying all those top tips the next day! (Please note you need only attend one workshop as they are repeated)

28th February 2017 from 7 – 9 pm **OR** 2nd May 2017 from 7 - 9 pm Workshop Fee: £10



Personal Interest Courses continued

Sewing for Beginners Introduction Course

This course is for beginners who would like to learn the basics of how to use a sewing machine to create your own bag or cushion. If you have always wanted to learn how to sew and don't know how then this is the course for you! Please note on this course you will be provided with a sewing machine but are expected to bring your own materials to make either a cushion or tote bag, please see additional flyer with details.

2nd, 9th, 16th and 23rd May from 7 – 9 pm Course Fee: £32

Woodwork for Beginners Course

This course is for beginners who would like to learn the basics of how to do woodwork and use simple workshop equipment. If you have always wanted to learn some basic woodwork techniques then this is the course for you! You will learn simple techniques such as how to cut wood, make wood joints and finishing and you will have the opportunity to create your own bird house! This course is workshop based with tools materials provided for you.

2nd, 9th, 16th and 23rd May from 7 – 9 pm Course Fee: £45

Understanding Your Dog Workshop

In this workshop you will learn how to understand your dog's behaviour and gain an insight into their canine blueprint for life which doesn't always fit in with our human approach to incorporating them into our homes and families. This workshop is for humans only! (Please note you need only attend one workshop as they are repeated)

14th March 2017 from 7 – 9 pm **OR** 18th May 2017 from 7 - 9 pm Course Fee: £10

Painting Landscapes using Watercolour for Beginners Course

Learn the basics of how to start painting landscapes in watercolour. Watercolour is a painting method in which the paints are made of pigments suspended in water. We will experiment with watercolour and use techniques to create various effects. Students are asked to bring with them a sketchbook, pencil 2b or 4b and apron all other materials will be provided.

10th, 17th and 24th May from 7 – 9 pm Course Fee: £25

Drawing with Pastels for Beginners Course

Pastel is a dry art medium in the form of a stick, consisting of pure powdered pigment and a binder. The pigments used in pastels are the same as those used in oil paints. On the course we will be looking at a variety of techniques enabling you to create a variety of textures and effects. We will then produce a final piece using these methods. Students are asked to bring with them a sketchbook, pencil size 2b or 4b and an apron all other materials will be provided for you..

1st, 8th and 15th February from 7 – 9 pm Course Fee: £25



Personal Interest Courses continued

Food Safety in Catering Level 2 Award - Food Hygiene

This course covers the basic principles of food hygiene for caterers and other food handlers. A food handler is any person, in any type of food business, who handles food. The food can be open or packaged and includes drinks. (Awarding Body - The Royal Society for Public Health - www.rsph.org.uk)

Course fee includes examination, registration fees, all refreshments are provided on the day.

28th March 2017 from 9 – 5 pm Course Fee: £60

Nutrition Healthier Food & Special Diets Level 2 Award -

This qualification is aimed at those involved in catering, food and health-related occupations, carers, community workers, fitness instructors or anyone wanting to know more about nutrition and eating healthy and gain a qualification! (Awarding Body - The Royal Society for Public Health - www.rsph.org.uk)

Course fee includes examination, registration fees, all refreshments are provided on the day.

4th April 2017 from 9 – 5 pm Course Fee: £60

Holistic Courses and Workshop

Reiki 2 Course

Learn about the emotional causes of illness, distant healing, channelling energy, the code of ethics and how to set up a practice. This is the practitioner level which will allow you to become a professional Reiki practitioner and you will be required to do various assessments in order to gain your certificate. *Please note you must have successfully completed Reiki 1 prior to enrolling on this course.*

16th, 23rd, 30th January and 6th, 13th February 2017 (plus the date listed below) from 7 – 9 pm

You will also need to attend one additional evening for certification on 27th March

Course Fee: £60

Crystals Workshop

Crystals are vibrational energies: in this course we will be working with crystals using sound to tap into the energy which is in each and every crystal. You will learn to link into intuitive knowledge and how to work with it to get the best from your crystal. You do not need to know about crystals to do this workshop.

6th June 2017 from 7—9 pm Workshop Fee: £10

Dreams Workshop

What questions do you have about them? are you stressed or worried about something? what are you feeling? how can you help yourself? just some of the items covered on this two hour workshop.

23rd May 2017 from 7—9 pm Workshop Fee: £10



Holistic Courses and Workshops Continued

Mindfulness Introduction Workshop

We all go through life not really noticing what we are doing, how we are breathing, what we are eating and oblivious to our immediate surroundings. In this introduction workshop you will find out sometimes we have to stop and appreciate what is happening now, this minute!

5th April 2017 from 7—9 pm Workshop Fee: £10

Dealing with Stress Workshop

Why not treat yourself and take some time out in this workshop to relax and meditate.

25th April 2017 from 7—9 pm Workshop Fee: £10

Sound & Music Holistic Workshop

During this brief introduction you will learn how to tune your own body with sound, learn the benefits of chants and look at solfeggio sounds. The workshop will be more interactive and you will be asked to participate and enjoy the beauty of sound

1st March 2017 from 7—9 pm Workshop Fee: £10

Fitness & Slimming Classes

Please note for the classes below you need to contact the person where indicated **not** the school for further information. Thank you

Slimming World - Tuesday Evenings. For further details please contact Michele on 07891803234

Ju-Jitsu & Russian Martial Arts Classes - Saturday from £5 a session

For further details please contact Dave at the Shrewsbury Ju-Jitsu Academy on 07885 541457

Ceroc Addiction - learn to dance - Wednesdays 8 - 11 pm

For further details see www.cerocaddiction.com or contact Maja on 07983 703166

Yoga Classes - Tuesday Evenings 7.15 - 8.15 pm. For further details please contact Mr Tom Stacey on 07974810254

Fitstep Classes - & Barreconcept Classes - various days and times. For further details please contact Lianne Hayley on 07585553800

CONTACT

All courses/workshops are held at:

The Priory School, Longden Road, Shrewsbury, Shropshire SY3 9EE

If you would like to enrol or have any questions, please call 01743 284022 or 284011 or email: deb@priory.shropshire.sch.uk or sc@priory.shropshire.sch.uk

Course and enrolment details can be obtained from our website <http://priory.tpstrust.co.uk> community courses. On-line enrolment & payment facilities are available