



# The Priory School

## Community Courses

### September to December 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.*

18th October and 1st, 8th & 15th, 22nd November 2017 from 7 - 9 pm          Course Fee: £40

(Please note due to half term there will NOT be an iPad class held on the **25th October**)

##### **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

18th, 25th October and 1st, 8th November 2017 from 7 - 8 pm          Course Fee: £28

##### **Jewellery Making Course**

During this course you will learn the techniques of bead weaving and wire work to create handmade jewellery; such as earrings, bracelets and rings. A selection of appropriate beads, tools and equipment will be provided. No machinery will be used and all materials are included in the cost of the course.

9th, 16th, 23rd November 2017 from 7 – 9 pm          Course Fee: £38

##### **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. This course is workshop based with tools materials provided for you.

7th, 14th, 21st, 28th November from 7 – 9 pm          Course Fee: £48

##### **Art & Graphics for Beginners Course incorporating Photography, Artwork and Photoshop**

During this course you will experience different types of mono-printing, painting and photography. These mediums will be then digitally merged using your new photoshop skills to create interesting graphic artwork. All materials are included in the cost of this course.

31st October and 7th, 14th November 2017 from 7 - 9 pm          Course Fee: £30



## Personal Interest Courses continued

### Printmaking Wildlife Prints for Beginners Course

Printmaking is a way in which art can be created by transferring an image or design by contact with a matrix such as a block, plate, stone or screen.

On this course you will experiment with a range of printmaking from Intaglio (similar to etching) collagraph printing and mono printing. The subject matter will be based on wild life however if you would like to base your work on a pet that is fine just bring a good quality A5 image with you.

Please note students will be asked to bring with them to the course 1 pencil either 2b or 4b, a compass, a sketchbook either A4 or A3 and 1 sheet of Cereal Packet Card A4 250 gms all other materials will be provided for you.

22nd, 29th November and 6th December from 7 – 9 pm      Course Fee: £25

### 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, 1 pencil 2b or 4b and apron all other materials will be provided for you.

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

### 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](http://www.rsph.org.uk))

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

17th October **OR** 28th November 2017 from 9 – 5 pm      Course Fee: £60

*You need only attend one of the dates below to achieve this qualification*

## Holistic Courses and Workshop

### Head Massage Introduction Workshop

This workshop will introduce you to basic head massage techniques, teaching you massage movements and understanding how this helps with relaxation and calmness.

21st November 2017 from 7—9 pm      Workshop Fee: £10

### Reflexology Introduction Workshop

Learn what reflexology is and be shown the key points. You will learn how to do a simple foot massage and how to work on simple ailments such as sore shoulders, headaches and tummy ache

18th October 2017 from 7—9 pm      Workshop Fee: £10



## *Holistic Courses and Workshop continued*

### **Reiki Masters Course**

On the Reiki Masters course you will be attuned to the Master Symbols, be shown how to use them for healing and meditation purposes as well as shown how to attune others into this simple and gentle healing modality. You must have completed Reiki I and 2 before you can enrol on this course. This course is accredited by Amar Healing.

16th, 23rd, 30th November and 7th December 2017 from 7 – 9 pm          Course Fee: £50

### **Mindfulness Course**

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 short course, we will explore mindfulness, what it means, how we can achieve it and how it will help us in our daily lives. Sometimes we have to stop and appreciate what is happening now, this minute. What does it mean to be mindful?

1st, 8th and 15th November 2017 from 7—9 pm          Course Fee: £25

### **Introduction to Sound Healing 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 interactive and you will be asked to participate and enjoy the beauty of sound

19th October 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

**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](http://www.cerocaddiction.com) or contact Maja on 07983 703166

**Yoga Classes** - Tuesday Evenings 6—7 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

You can find directions on our website <http://priory.tpstrust.co.uk> link is Contact Us

If you would like to enrol or have any questions, please call 01743 284022 or 284011 or email: [deb@tpstrust.co.uk](mailto:deb@tpstrust.co.uk) or [sc@tpstrust.co.uk](mailto:sc@tpstrust.co.uk)

Course and enrolment details and can be obtained from our website <http://priory.tpstrust.co.uk>

Link is Community then Community Courses. On-line enrolment payment facilities are available

2016—2017

Exceeded my expectations. Very pleased. Thank you very much, the tutor was very patient!

2016—2017

Fantastic really enjoyed the course!

2016—2017

Very thought provoking course in very safe, comfortable surroundings.

Thank you

2016—2017

Teacher friendly, informative and helpful most enjoyable

2016—2017

I love The Priory School, the atmosphere is fantastic and nothing is too much trouble! Please don't stop!

2016—2017

A wonderful, positive teacher—  
Inspirational!

