

# STREET Learning

FREE Local Courses

## Free Courses

To anyone living in Wealden and Eastbourne  
Age 19 years and over

English

CREATIVE WRITING

IT Courses

Arts and crafts



**Pizza & Bread Making:**  
Thank you for such an interesting course with a very kind, friendly and knowledgeable teacher.

Wellbeing

Maths

Find out more about Streetlearning and the courses available in your area:  
[www.wealden.gov.uk/streetlearning](http://www.wealden.gov.uk/streetlearning)

New courses being added all the time.


And many more




Scan with your mobile device










## Find yourself a fantastic FREE course today



**Booking Essential - To book, please use the telephone number or email address in the contact details column**



Course Number	Course and description	Venue and location	Dates	Times	Contact Details to book
1	<p><b>Me Time</b></p> <p>Working in a small group, relax and learn how to make homemade bath treats, foot soaks, body scrubs &amp; soothing pillows to create your own Me Time at home. Create a decoupage gift box to store your creations. All materials supplied.</p>	<p>Hailsham Community Hub 28 North Street Hailsham BN27 1DL</p>	<p>2 weeks</p> <p>Mondays 21 &amp; 28 March</p>	<p>1.00pm – 3.00pm</p>	 <p align="center">Tel: 01323 440 548 Email: <a href="mailto:hailsham@sussexcommunity.org.uk">hailsham@sussexcommunity.org.uk</a> BOOKING ESSENTIAL</p>
2	<p><b>Family Forest School Workshop</b></p> <p>A two hour workshop for families to get creative, have fun and learn about the environment around us</p>	<p>Crowborough Country Park, Osborne Rd, Crowborough TN6 2HN</p>	<p>Wednesday 30<sup>th</sup> March</p>	<p>12.45pm – 2.45pm</p>	 <p align="center"><b>GRH Training</b> For more information regarding this free course please contact Rachael at: EHFamilyCourses@eastsussex.gov.uk</p>
3	<p><b>Upcycling Workshop</b></p> <p>Hair Slides, Bangles &amp; Brooches – make unique costume jewellery. Get creative and let your imagination flow. All materials supplied</p>	<p>Hailsham Community Hub 28 North Street Hailsham BN27 1DL</p>	<p>2 weeks</p> <p>Wednesdays 6 &amp; 13 April</p>	<p>1.00pm – 3.00m</p>	 <p align="center">Tel: 01323 440 548 Email: <a href="mailto:hailsham@sussexcommunity.org.uk">hailsham@sussexcommunity.org.uk</a> BOOKING ESSENTIAL</p>
4	<p><b>Spring Wreath Workshop</b></p> <p>Create a beautiful Spring wreath. All materials supplied</p>	<p>Hailsham Community Hub 28 North Street Hailsham BN27 1DL</p>	<p>Monday 11 April</p>	<p>10.00am – 12.30am</p>	 <p align="center">Tel: 01323 440 548 Email: <a href="mailto:hailsham@sussexcommunity.org.uk">hailsham@sussexcommunity.org.uk</a> BOOKING ESSENTIAL</p>



5	<p><b>Own Your Self Worth</b></p> <p>In this course, you will learn how to choose safe relationships, to set boundaries and to make the right choices for you. Recognise how your confidence influences what you do and how you can start to make positive changes.</p>	<p>East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF</p>	<p>6 weeks</p> <p>Wednesdays</p> <p>20<sup>th</sup> April – 25<sup>th</sup> May</p>	<p>1.30pm – 4.00pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>
6	<p><b>Introduction to Wood Whittling</b></p> <p>A fun introduction to whittling with wood suitable for beginners with an interest in wood crafts. Whittle a letter knife, spreader and spoon - a project each week with a range of green woods. Full instruction provided in a safe supportive environment. All materials provided.</p>	<p>East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF</p>	<p>3 weeks</p> <p>Wednesdays</p> <p>20<sup>th</sup> April – 4<sup>th</sup> May</p>	<p>10.00am – 12.00pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>
7	<p><b>Be Confident</b></p> <p>What's stopping you moving forward? This course supports you to improve your communication skills, helps you to challenge negative thinking and enables you to set specific personal goals</p>	<p>East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF</p>	<p>6 weeks</p> <p>Thursdays</p> <p>21<sup>st</sup> April – 26<sup>th</sup> May</p>	<p>10.00am – 12.00pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>

8	<p><b>Family Cookery</b> A short course for parents/carers to introduce their children to cooking in a safe &amp; fun environment - try new recipes and create healthy, pocket-friendly meals, snacks &amp; treats</p>	<p>Devonshire Children's Centre 43 Seaside, Eastbourne, BN22 7NB</p>	<p>Fridays 4 weeks 29th April, 6th &amp; 13th May</p>	<p>10.00am – 12.00pm</p>	 <p><b>GRH Training</b> For more information regarding this free course please contact Rachael at: <a href="mailto:EHFamilyCourses@eastsussex.gov.uk">EHFamilyCourses@eastsussex.gov.uk</a></p>
9	<p><b>Parent &amp; Child Sign Language</b> A short course designed to give parents / carers the skills and confidence to use and teach key signs to their baby/child to support their speech, language and communication development</p>	<p>Online via Zoom</p>	<p>5-weeks Tuesdays 26th April, 3rd, 10th 17th &amp; 24th May 2022</p>	<p>7.30pm – 8.30pm</p>	 <p><b>GRH Training</b> For more information regarding this free course please contact Rachael at: <a href="mailto:EHFamilyCourses@eastsussex.gov.uk">EHFamilyCourses@eastsussex.gov.uk</a></p>
10	<p><b>Story Sacks</b> A short course for parents/carers to make a decorated sack &amp; variety of resources to bring stories to life and help make reading more fun for you and your child/children</p>	<p>Shinewater Children's Centre Milfoil Drive Eastbourne BN23 8ED</p>	<p>Wednesdays 5 weeks 27th April, 4th, 11th, 18th &amp; 25th May</p>	<p>9.30am – 11.30am</p>	 <p><b>GRH Training</b> For more information regarding this free course please contact Rachael at: <a href="mailto:EHFamilyCourses@eastsussex.gov.uk">EHFamilyCourses@eastsussex.gov.uk</a></p>
11	<p><b>Food Waste Heroes</b> Do you sometimes throw away leftovers because you don't know what else to do with them? This course will teach you how to cook healthier meals whilst reducing food waste. Good for you and the good for the planet! Suitable for those with little or no cooking experience.</p>	<p>Hailsham East Community Centre, Vega Close, Hailsham, BN27 2JZ</p>	<p>3 weeks Wednesdays 8<sup>th</sup> – 22<sup>nd</sup> June</p>	<p>2.30pm - 4.30pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> <b>BOOKING ESSENTIAL!</b></p>

12	<p><b>Art for Mind, Body &amp; Spirit</b></p> <p>Have an opportunity to make artwork entirely for the purpose of relaxing and enhancing personal wellbeing. Enjoy the healing power of the creative process. Working on paper, you will be able to explore basic techniques in painting, drawing and using colour. You will explore mark making, mixing media and colour.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>5 weeks</p> <p>Wednesdays</p> <p>27<sup>th</sup> April – 25<sup>th</sup> May</p>	<p>3.00pm – 5.30pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>
13	<p><b>Food Waste Heroes</b></p> <p>Do you sometimes throw away leftovers because you don't know what else to do with them? This course will teach you how to cook healthier meals whilst reducing food waste. Good for you and the good for the planet! Suitable for those with little or no cooking experience.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	<p>3 weeks</p> <p>Wednesdays</p> <p>27<sup>th</sup> April – 11<sup>th</sup> May</p>	<p>1.30pm-3.30pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>
14	<p><b>Parent &amp; Child Sign Language</b></p> <p>A short course designed to give parents / carers the skills and confidence to use and teach key signs to their baby/child to support their speech, language and communication development</p>	Hailsham East Children's Centre, Vega Close, Hailsham, BN27 2JZ	<p>Fridays</p> <p>5 weeks</p> <p>29th April, 6th, 13th, 20th &amp; 27th May 2022</p>	<p>10.00am – 11.30am</p>	 <p><b>GRH Training</b> LEARNING IN THE COMMUNITY</p> <p><b>GRH Training</b> For more information regarding this free course please contact Rachael at: <a href="mailto:EHFamilyCourses@eastsussex.gov.uk">EHFamilyCourses@eastsussex.gov.uk</a></p>

<p>15</p>	<p><b>Understanding Challenging Behaviour in Children.</b></p> <p>For parents/carers of children aged 5 to 9. This course will provide an understanding of the way your child thinks and behaves. There will be practical tips and techniques to use in order to reduce unwanted behaviour and increase positive behaviour. The course includes ways to deal with the more difficult times and looking after yourself. Taught in an informal way, this course will give you the opportunity to discuss difficult parenting experiences with other parents and carers in a supportive and understanding environment.</p>	<p>East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF</p>	<p>4 weeks</p> <p>Fridays</p> <p>29<sup>th</sup> April – 20<sup>th</sup> May</p>	<p>10.00am – 12.00pm</p>	 <p>East Sussex College Tel: 030 300 38212 or Email: <a href="mailto:community.info@escg.ac.uk">community.info@escg.ac.uk</a> <b>BOOKING ESSENTIAL!</b></p>
<p>16</p>	<p><b>Macramé</b></p> <p>Learn the techniques of macramé to create macramé feathers, macramé lady and flower pot holder. All materials supplied.</p>	<p>Hailsham Community Hub 28 North Street Hailsham BN27 1DL</p>	<p>3 weeks</p> <p>Mondays</p> <p>2, 9, 16 May</p>	<p>10.00am – 12.30pm</p>	 <p>Tel: 01323 440 548 Email: <a href="mailto:hailsham@sussexcommunity.org.uk">hailsham@sussexcommunity.org.uk</a> <b>BOOKING ESSENTIAL</b></p>

17	<p><b>Finding Peace in a Frantic World</b></p> <p>Learn practical mindfulness skills for everyday life in order to work with and reduce anxiety and stress and to promote well-being and enjoyment. Learn how to sustain these practices once the course has finished.</p> <p>To take part in this course you will need to buy a course book priced at approximately £10. Details will be given on application</p>	Online via Zoom	<p>8 week course</p> <p>(The first session is an introduction to see if the course is right for you)</p> <p>Intro session: Tues 26<sup>th</sup> April</p> <p>Main course: Tuesdays</p> <p>3rd May – 28<sup>th</sup> June (no session during half term)</p>	10.00am - 11.30am	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>
18	<p><b>Get Ready for Work</b></p> <p>(For parents/carers of children and young people aged between 0-18 yrs)</p> <p>A 4-week course for parents/carers to help build confidence in identifying transferable skills, job search techniques, creating a CV &amp; covering letter, completing an application form and exploring ways to be successful at interview</p>	Online via Zoom	<p>4 weeks</p> <p>Wednesdays</p> <p>4th, 11th, 18th &amp; 25th May 2022</p>	12.30pm - 2.30pm	 <p><b>GRH Training</b> LEARNING IN THE COMMUNITY</p> <p><b>GRH Training</b> For more information regarding this free course please contact Rachael at: <a href="mailto:EHFamilyCourses@eastsussex.gov.uk">EHFamilyCourses@eastsussex.gov.uk</a></p>

19	<p><b>Relaxation &amp; Mindfulness</b></p> <p>Would you like to create positive change in your life through empowered choices ? We will practice focusing our attention gently on our thoughts, feelings and sensations whilst learning to differentiate between those that support us in our daily lives and those, which do not. You will experience many diverse practices of Mindful Living on this course including mindful meditation, guided relaxation, journaling and mindful observation of the natural world.</p>	East Sussex College, Cross Levels Way, Eastbourne, BN21 2UF	4 weeks Thursdays 5th – 26 <sup>th</sup> May	10.30am – 12.30pm	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>
20	<p><b>Afternoon Tea Baking</b></p> <p>Impress your friends and family by learning how to create a delicious afternoon tea. Recipes include scones, lemon drizzle cake and chocolate eclairs. Suitable for those with little or no cooking experience. All ingredients provided.</p>	Willington Trees Community Centre, Holly Place, Eastbourne, BN22 0UT	3 weeks Mondays 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> May	10.00am – 1.00pm	 <p>East Sussex College Tel: 030 300 38212 or Email: community.info@escg.ac.uk <b>BOOKING ESSENTIAL!</b></p>

**Please note that due to Covid-19 there is a chance that the course might have to be moved online. Once you have enrolled on a course you will be notified in advance if this happens**



**New courses being added all the time.**

Find out more about Streetlearning and the courses available in your area:  
[www.wealden.gov.uk/streetlearning](http://www.wealden.gov.uk/streetlearning)  
 Remember to check!





## Study for a qualification with East Sussex Libraries Learning Services...Online & Centre (Eastbourne/Hastings)

- Functional Skills English & Maths with City & Guilds from Entry 3 to Level 2 (equivalent A – C at GCSE grade 9-7)
- International Computer Driving Licence (ICDL) level 1 - computer basics, security, internet and email use
- International Computer Driving Licence (ICDL) level 2 - Word, Excel and PowerPoint
- Single ICDL units available at Level 1 and Level 2 – Word, Excel, PowerPoint, Computer basics, internet and email use, security online.

*To find out if you're eligible for free study call **01323 463903***

*or Email [LearningServices@eastsussex.gov.uk](mailto:LearningServices@eastsussex.gov.uk)*



Approved  
Centre





## Family Learning in East Sussex

### **FREE** Family Learning Courses/Workshops available:

Employability Skills / CV & Interview workshops

Money Matters (budgeting & debt support)

Fun with English & Maths (EYFS & KS1 focus)

Introduction to being a Teaching Assistant

Keeping Up With the Children—EAL

Year 6 SATS Explained

Story Sacks / Creative Stories

Family Cookery / Healthy Lunchboxes / Pack-A-Picnic

Healthy Eating / Love Your Leftovers / Fake-Away

Parent & Child Sign Language

Themed Family Craft

Go Wild in the Garden

Grow your Own

Beach School

Sew Easy

...and more...

**For more information regarding any of these free courses or workshops please contact:**

**[rachael@grhtraining.co.uk](mailto:rachael@grhtraining.co.uk)**

**07875133345**



## Maths & English GCSE & Functional Skills

30 week courses starting September 2022

Daytime & evening classes

Battle, Hailsham, Uckfield & Online

\*FREE

- Gain a qualification
- Improve your confidence
- Move forwards in your career
- Support your child's learning
- Challenge yourself

Call or email us to find out more information and register your interest

\*FREE for any eligible learner who has not achieved a Grade C / 4 or equivalent

ACRES Adult Learning  
Adult College for Rural East Sussex

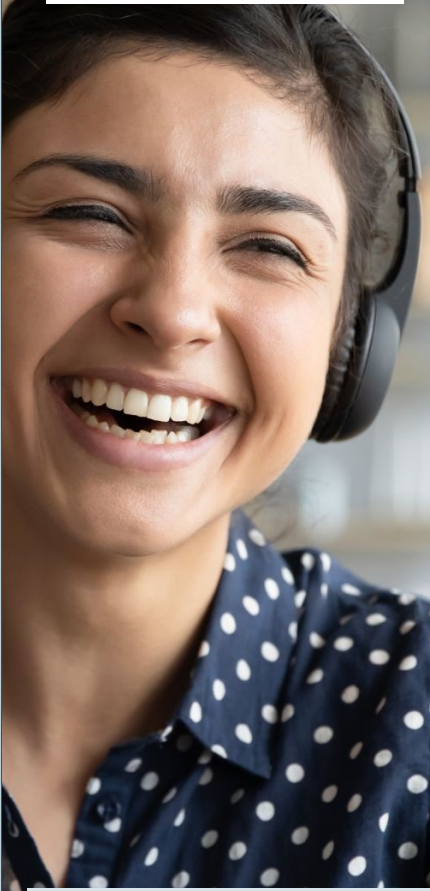
[adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)

[acreslearning.org.uk](http://acreslearning.org.uk)

01825 761820



## Learn English



## ESOL

English for Speakers  
of Other Languages

### Speaking and Listening

An entry level course for those who have little or no spoken English.

**Starting June 9th 2022, 5 weeks  
10 - midday, Uckfield**

### New courses starting September 2022

Improve your reading, writing, speaking and listening English skills for everyday life, for communicating with friends and for working in the UK.

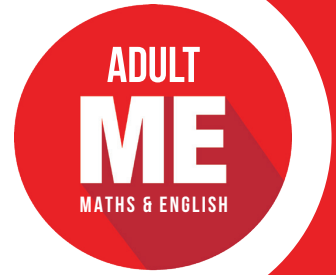
**Call or Email** us to find out more information and register your interest

**FREE** to students on a low income or receiving certain benefits

ACRES Adult Learning  
Adult College for Rural East Sussex  
adultlearning@acres.org.uk  
acreslearning.org.uk  
01825 761820



# FIRST STEPS TO FUNCTIONAL SKILLS



Need help  
with **reading**  
& **writing**?



Want to be  
better at  
**maths**?

Come and join our small, friendly, free classes!

Contact Jenny  
**03030039100 | [adultME@escg.ac.uk](mailto:adultME@escg.ac.uk)**



**[adult.escg.ac.uk](http://adult.escg.ac.uk)**



**music!**  
**songs!** **books!** **fun!**

# **RHYMES** & **STORIES**

Babies, toddlers, parents and carers... have fun singing, learning rhymes and reading books in our libraries.

Ask at your library for details!



**No booking** is required but spaces are limited. Please use the mats on the floor to ensure you keep a safe distance.



# Uckfield Men's Shed

Registered Charity No.1196585



# OPEN

**Mondays, Tuesdays  
and Thursdays  
10am - 4pm**



*Learn new skills in a  
friendly and sociable atmosphere*

For more information contact Chris  
[uckfieldmensshed@gmail.com](mailto:uckfieldmensshed@gmail.com) or [www.uckfieldmensshed.org.uk](http://www.uckfieldmensshed.org.uk)

**Uckfield Men's Shed, Unit 14,  
The Oaks Workshops, Blackboys Road, Framfield, TN22 5PN**

Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun.



# Step into reading!

## Adult literacy support

Learn to read with **FREE** weekly one-to-one support sessions.  
Do you know or support somebody who would like help  
learning to read?

For more information call: 01323 464560

or email: [Emily.taylor@eastsussex.gov.uk](mailto:Emily.taylor@eastsussex.gov.uk)

Make a referral here: [Step into Reading](#)



Yes  
we can  
read





# Repair Café At MAYFACS Shed

## WHAT DO YOU DO WITH

- ◇ a lamp that no longer works?
- ◇ a toaster that doesn't pop-up?
- ◇ a favourite toy that is broken?
- ◇ zip that's stuck?
- ◇ a wonky bicycle?
- ◇ a wobbly stool?

The REPAIR CAFE is about repairing broken items together, with help and advice, in a friendly social atmosphere, with cake and cuppa!

The Repairers at the Repair Café at Mayfacs Shed are all volunteers, giving up their time and expertise to try to save as much as possible, give things a new lease of life, and prevent them being discarded into landfill.

This is a free service, however donations towards the running costs and general consumables that are inevitably needed are much appreciated. If any special parts are needed advice will be given on where to obtain them.

Refreshments are also available to buy, so even if you don't have an item for repair now, you're welcome to pop in for a cuppa and see the Shed facilities.

**Where: The MAYFACS SHED, Merrieweathers Farm, East St, Mayfield, TN 20 6RJ.**

**When: 4th Saturday of the month, 9.30am –12.30pm**



**BIN IT?**



**NO WAY!**





**East Sussex  
Library and Information Service**

**Come and join us for Rhymes & Stories at  
Hailsham East Children's Centre.**

Rhymetimes and Storytimes are for babies, toddlers, and their families. The lively sessions will include sharing and performing suitable rhymes and stories for everyone to enjoy.

These sessions are **every Wednesday** from  
**10:00-10:30** in the Orion Centre  
Booking required: 01323 464340.





UK Government



Sussex Community  
Development Association



EAST  
SUSSEX  
COLLEGE

# CSCS

# COURSE



**GUARANTEED  
INDUSTRY  
INTERVIEWS!**

**A FULLY FUNDED, ONE WEEK COURSE THAT IS FOR THOSE SEEKING TO EXPAND ON THEIR EMPLOYABILITY SKILLS AND GAIN EMPLOYMENT IN THE CONSTRUCTION INDUSTRY. THE CSCS GREEN CARD IS THE MINIMUM REQUIREMENT AND IS A MUCH SOUGHT-AFTER COURSE FOR GAINING ACCESS TO UK CONSTRUCTION SITES. YOU WILL ALSO NEED TO COMPLETE A LEVEL 1 HEALTH AND SAFETY IN CONSTRUCTION QUALIFICATION AND A LEVEL 1 EMPLOYABILITY AWARD. IF YOU PASS YOUR CSCS TESTING, WE WILL ALSO FUND YOUR CARD. THERE ARE ADDITIONAL OPPORTUNITIES TO PROGRESS TO A CPCS CARD.**

**COURSE: 4TH - 8TH APRIL**

**LOCATION:  
EAST SUSSEX COLLEGE  
EASTBOURNE  
BN21 2UF**

FOR MORE INFORMATION OR TO BOOK A PLACE PLEASE

CONTACT: [MTG@ESCG.AC.UK](mailto:MTG@ESCG.AC.UK)

# Join Together Befriending

Providing a weekly phone call or visit provides a form of comfort, connection & community



Register now  
to volunteer!

Please help make a difference to someone's life

For full details call 01323 440548 / 07920 526 226  
or email: [hailsham@sussexcommunity.org.uk](mailto:hailsham@sussexcommunity.org.uk)

**STREET**  
Learning  
FREE  
Local Courses



Find us on  
**Facebook**

[www.facebook.com/StreetLearning.Wealden](https://www.facebook.com/StreetLearning.Wealden)  
[@StreetLearning.Wealden](https://www.facebook.com/StreetLearning.Wealden)

We will post additional courses via Facebook as and when they become available.

# TEACHING ASSISTANT COURSE



**25.04.22, 3 weeks, Monday - Friday,  
9:30 - 3:30**

**East Sussex College Eastbourne**

- Level 2 qualification
- Guest Speaker
- Employment support

## **Units cover:**

- Schools and Colleges as Organisations
- Children and Young People's Development
- Communication and Professional Relationships with Children, Young People and Adults
- Children and Young People's Health and Safety
- Safeguarding Children and Young People
- Equality, Diversity and inclusion in Work with Children and Young People

**Speak to your work coach to book a place or  
contact [sussexskillssolutions@escg.ac.uk](mailto:sussexskillssolutions@escg.ac.uk) for  
more information**

# Seeds & Weeds

## Community Allotment



We are a friendly group of amateurs who enjoy growing our own fruit and vegetables and share the harvest.

We share varying levels of skills, although no experience required, just a willingness to take part and help the plot flourish.

We welcome new people to join us. There's no membership fee – just come along and join in.

Gentle exercise, fresh air, a chance to socialise, peer support, improve health & wellbeing and free produce!

Open work session

**Wednesday mornings 10.00 – 12.00**

*or get in touch for more details:*

**Tel: 01323 440 548 / 07920 526 226**

**Email: [hailsham@sussexcommunity.org.uk](mailto:hailsham@sussexcommunity.org.uk)**

START YOUR JOURNEY TO  
**HIGHER EDUCATION** WITH  
OUR **ONLINE ACCESS TO HE**  
COURSES IN THESE AREAS:

# HEALTH & SOCIAL CARE SCIENCE BUSINESS

For more information,  
visit our website:  
**adult.escg.ac.uk**

 **EAST SUSSEX COLLEGE**

  
open college network  
WEST MIDLANDS

**STREET**  
*Learning*  
FREE  
Local Courses

New  
courses  
being added  
all the time.

Find out more about Streetlearning  
and the courses available in your area:  
**[www.wealden.gov.uk/streetlearning](http://www.wealden.gov.uk/streetlearning)**  
Remember to check!



# STAND OUT FROM THE CROWD

Start your career  
in care or level up  
your existing skills.

- **FREE** online accredited Level 2 qualifications
- Flexible and achievable in 8-12 weeks
- Regular support and feedback from our qualified team

- ✓ Aged 19+
- ✓ Eligible to study in the UK

## OUR COURSES:

- Management of Diabetes
- Principles of the Prevention and Control of Infection
- Understanding Nutrition and Health
- Awareness of Mental Health Problems
- Understanding Behaviour that Challenges
- Understanding Safeguarding and Prevent
- Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace
- Caring for Children and Young People
- Principles of End of Life Care
- Understanding Autism
- Understanding Cancer Support

### Find out more and enrol here:

<https://adult.escg.ac.uk/online-courses/free-elearning/>

LIMITED SPACES AVAILABLE.

For more information email [grasp@escg.ac.uk](mailto:grasp@escg.ac.uk)



ATA  
**Heathercroft**  
TRAINING ACADEMY

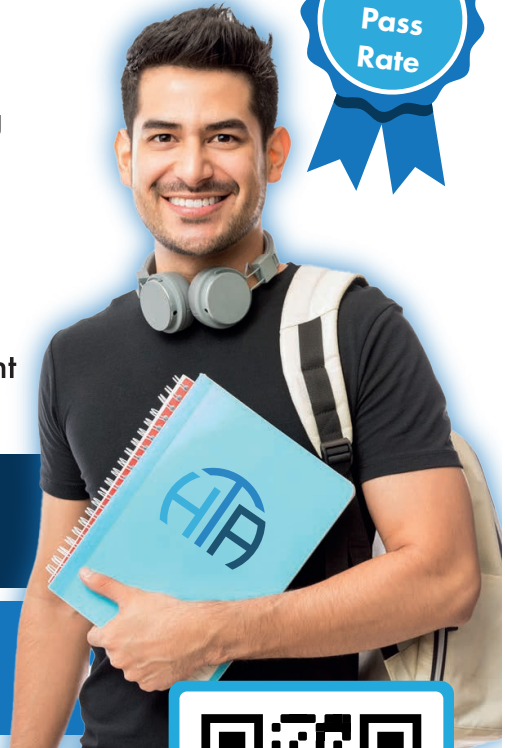
Level 1 & 2 Qualification  
**Traineeship Programme**



Would you like to gain accredited qualifications, essential skills and a work placement with a guaranteed interview?

## The programme consists of:

- Work ready skills training (CV writing, interview skills & dealing with your first day at work)
- Maths, English & Digital Skills training to improve your speaking, writing skills, maths skills and digital knowledge
- A real, on the job work placement in your chosen industry



On successful completion of the programme, receive a **£50 voucher** or **FREE provisional driving license**

**Course length: 6 months**  
including 1 days per week in centre &  
3 days at your work experience placement

- Benefits not affected by enrolling
- Travel costs covered for eligible bursary applicants (tickets/receipts also required)



 07736 480630

 enquiry@hts.ac.uk

 www.hts.ac.uk

**Contact Us**



# Heathercroft

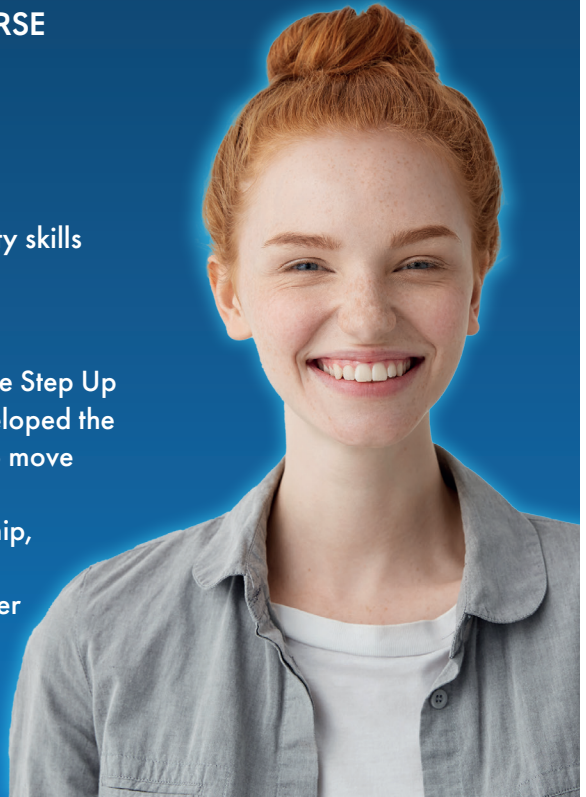
TRAINING ACADEMY

## PRE-EMPLOYABILITY COURSE

- 4 week programme
- 1 : 1 mentoring & coaching
- Build your confidence
- Learn essential employability skills

## PROGRESSION

After successfully completing the Step Up programme, you will have developed the skills and knowledge needed to move ahead into a scheme such as The Prince's Trust or a Traineeship, where you can continue developing your skills and career



Prince's Trust

**IN PARTNERSHIP WITH  
THE PRINCE'S TRUST**



01323 411517



enquiry@hts.ac.uk



www.hts.ac.uk



# Take your first digital steps at your local library... with **IT FOR YOU**

- Learn how to use a computer or improve and refresh your skills.
- Free one-hour sessions with friendly and knowledgeable volunteers.
- Help with email, staying safe online, NHS online services.
- Job searches and applications, CVs, Microsoft Word and more...
- You choose the skills you learn.
- No tests, no exams!
- Come to as many or as few sessions as you need.

**IT  
FOR  
YOU**

Call **01323 463759**  
to find out more or  
book your place!



# Crochet & Chat



**If you would like to learn how to crochet or knit, come and join us every**

**Tuesday 10.00 – 12.00**

Hailsham East Community Centre, Vega Close, Hailsham, BN27 2JZ

**A friendly supportive group learning together, sharing ideas, with good conversation in a relaxed and fun environment.**

**Experienced crochet/knitters welcome.**

**Materials provided.**

**For more details, please get in touch**

**01323 440 548 / 07920 526 226**

**Email: [hailsham@sussexcommunity.org.uk](mailto:hailsham@sussexcommunity.org.uk)**

**We look forward to meeting you 😊**

# STAND OUT FROM THE CROWD

Level up your  
business skills  
with our free  
online courses

- Online accredited Level 2 qualifications
- Flexible and achievable in 8-12 weeks
- Regular support and feedback from our qualified team

- ✓ Aged 19+
- ✓ Eligible to study in the UK

## OUR COURSES:

- Digital Skills for Work
- Business Start Up
- Lean Management
- Equality and Diversity
- Business Improvement Techniques
- Customer Service
- Information, Advice or Guidance
- Principles of Business Administration
- Climate Change and Environmental Awareness
- Team Leading

**Find out more and enrol here:**

<https://adult.escg.ac.uk/online-courses/free-elearning/>

LIMITED SPACES AVAILABLE.

For more information email [grasp@escg.ac.uk](mailto:grasp@escg.ac.uk)



Join us at the **Hellingly Community Hub**  
for combined Rhymetime, Storytime, activities, and craft  
sessions on the following Thursdays:

**17/3    31/3    and every OTHER Thursday  
thereafter.**

10:00-11:00 in the Green Hall.

At each **FREE** session, we will have stories, nursery  
rhymes and lots of activities for the children. If you'd  
like more info, contact [rachel.gunn@eastsussex.gov.uk](mailto:rachel.gunn@eastsussex.gov.uk)

**East Sussex  
Library and Information Service**





# COMPASS COMMUNITY ARTS

for anyone vulnerable to social isolation

**FREE OF CHARGE PROGRAM 2022**  
disability access

[info@compasscommunityarts.co.uk](mailto:info@compasscommunityarts.co.uk)  
[www.compasscommunityarts.co.uk](http://www.compasscommunityarts.co.uk)

## MONDAYS

**BOOK ARTS** discover different ways of making and illustrating your own books  
2-4pm (on the last day of the month we meet at The Beacon)

**Langney Community Library**

Langney Shopping Centre, Eastbourne BN23 7RT

Free Parking

Bus: The Loop

Supported by: Eastbourne Borough Council, Devolved Budget, Langney Ward

**ARTIST STUDIO** for those who enjoy making art  
2-4pm

**St Elisabeth's Church**

268 Victoria Drive, Eastbourne BN20 8QX

Free Parking

Buses: 1 or 1A

Supported by: The Barcapel Foundation

## TUESDAYS

**CREATIVE WRITING**

1-3pm **every fortnight**

**The Gather Community Garden**

Churchdale Road Alloments, Eastbourne BN22

Free Parking

Bus: 1 or 1A

Supported by: The Yapp Foundation

**WALK AND CAFÉ**

2-4pm

**Eastbourne Pier**

Meet at the Pier Entrance

Meter Parking

Buses: 3 and The Wave

## WEDNESDAYS

**FREE SOUND MUSIC** sound experimentation

11-1pm

**The Beacon**

Unit 60 opposite the Hut  
Terminus Road

Parking charges

Town Centre Buses



## WEDNESDAYS cont/d

### **ARTIST STUDIO** for those who enjoy making art

2-4pm

#### **St Elisabeth's Church**

268 Victoria Drive, Eastbourne BN20 8QX

Free Parking

Buses: 1 or 1A

### **NAVIGATORS** the place to begin if you want to explore art

2-4pm

#### **St Elisabeth's Church**

268 Victoria Drive, Eastbourne BN20 8QX

Free Parking

Buses: 1 or 1A

Supported by The Sussex Community Foundation

## THURSDAYS

### **POETRY**

2-4pm

#### **St Elisabeth's Church**

268 Victoria Drive, Eastbourne BN20 8QX

Free Parking

Buses: 1 or 1A

### **WEAVING AND TEXTILES**

1-3pm

#### **The Beacon**

Unit 60 opposite the Hut, Terminus Road

Parking charges

Town Centre Buses

Supported by The Barchester Foundation

## FRIDAYS

### **ART CLUB**

2-4pm

#### **Willingdon Trees Community Centre**

Holly Place, Eastbourne BN22 0UT

Free Parking

Buses: 51, 54 and 9

Supported by 3VA MiH Next Steps

## SUNDAYS

### **ARTIST GROUP for 16-24 year olds**

2-4pm

#### **The Beacon**

Unit 60 opposite the Hut, Terminus Road

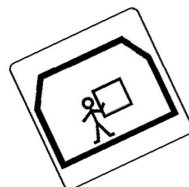
Parking charges

Town Centre Buses

Supported by Tesco Bags of Help

## All Hailsham Schools

# Uniform Donation Station



*Take what you need and donate when you can*



Find us on facebook (Hailsham Community Hub) or email  
[hailsham@sussexcommunity.org.uk](mailto:hailsham@sussexcommunity.org.uk)



## Welcome to The Shed!

At the Shed, you will find a friendly and light-hearted atmosphere, ideas for new projects to help with existing ones, or, just drop in for a coffee and a look around.

WEEKLY SHED SESSIONS 9.30AM to  
12.30PM

Mondays: DIY and general projects for men  
and women

Wednesdays: DIY, general projects and shed maintenance for men

Fridays: Introductory courses and workshops

First sessions will be a FREE taster!

Anyone who would like to share their skills or interests in a range of activities i.e. woodwork, making greetings cards, woodturning, needlework, pallet projects etc.

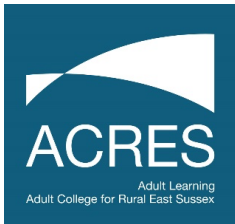
Contact information:

The Shed, Merriweathers Farm, East Street, Mayfield, TN20 6RJ

Email: [theshed@mayfacs.org.uk](mailto:theshed@mayfacs.org.uk)

Tel: 01435 873888

For information on other courses run in our area, please contact the following providers:



### ACRE

**Telephone number:** 01825 761820

[www.acreslearning.org.uk](http://www.acreslearning.org.uk)

Provide adult learning opportunities across Wealden, including Crowborough, Hailsham, Heathfield, Uckfield, Wadhurst and surrounding areas



### East Sussex College

**Telephone number:** 030 300 38212

[www.escq.ac.uk](http://www.escq.ac.uk)

Offers a wide range of opportunities for adults across the local area including apprenticeships, Access courses, English, Maths and many other general interest and leisure courses



### Sussex Community Development Association

**Telephone number:** 01323 440 548

[www.sussexcommunity.org.uk](http://www.sussexcommunity.org.uk)

Supports local residents to develop their neighbourhoods, improve their facilities and strengthen their communities.

**Universal Credit Hotline:** 0800 328 5644

**Care for the Carers:** 01323 440 548, [info@cftc.org.uk](mailto:info@cftc.org.uk), [www.cftc.org.uk](http://www.cftc.org.uk)



New courses being added all the time.

Find out more about Streetlearning and the courses available in your area:  
[www.wealden.gov.uk/streetlearning](http://www.wealden.gov.uk/streetlearning)

Remember to check!

Also:



**East Sussex Credit Union** - A local financial cooperative. which aims to combat poverty, promote community development and provide credit at reasonable rates in the East Sussex area. Offering loans and savings service to people living and working in East Sussex, with the aim of promoting financial prosperity and tackling financial exclusion in the community.

jobcentreplus

Job Centre plus - **0345 604 3719**



**The People Matter Trust** offers FREE services to both employed and unemployed individuals aged 19+ (regardless of benefit status) in Eastbourne, Wealden District and surrounding areas. As National Careers Service Advisers, we can assist with CV review and development, careers advice, education/training information, mock interviews etc. For more information and to book a telephone appointment, please call **07843 190738**.

**Introduction to  
Yarn Crafts:**

Thank you so very much for the skills and friendly encounters these courses provide. This yarn course will hopefully give me gift ideas to make as well :- ) really boost my confidence and mood :-D  
thank you

**Sugarcraft:**

Margaret was a patient, kind and clear teacher and I'm so happy I did this course and improved my cake decorating skills!