

- ★ **Free study** if you earn less than the London Living Wage or claim JSA, ESA (Work/Support), Universal Credit, Council Tax Reduction, Working Tax Credit, Income Support, Housing Benefit, Pension Guarantee Credit, Asylum for 6 months, unwaged and dependent on somebody receiving benefits
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Arts

Course	Course no.	Start	End	Description	Pin?
Belly dance for fitness	C2421792	18/09/2020, Fri 9.15-10.15am	11/12/2020	Belly dancing is a fun way to get fit, so give it a whirl with this fun course for beginners. As well as the physical benefits, the combination of music and exercise can help lift your mood.	
Art Online	C2421790	25/09/2020, Fri 10-12	23/10/20	Drawing and water colour course; explore ways of looking; drawing with a range of materials including pastels; and developing a watercolour painting technique. Develop your own sketchbooks. Look at different styles and techniques. Improve or learn new art skills.	
Art Online	C2421791	25/09/2020, Fri 1.30pm-3.30pm	23/10/2020		
Basic Sewing for Beginners	C2421824	28/09/2020, Mon 1-3pm	19/10/2020	Our tutor has worked locally in Bow for many years and will show you step-by-step the techniques you need to master sewing. Start using a sewing machine, use all its functions, learn about fabrics, tools, and techniques such as seams, darts, facing and neck lines, hand stitching.	
Basic sewing for soft furnishing	C2421825	29/09/2020, Tues 1-3pm	20/10/2020	Soft furnishing in the last few years has become the way to dress your home as you want. There is demand for curtain-makers and soft furnishers. To become a professional, learn all the basics on this course, from threading the machine to making lined curtains and scatter cushions.	
Get new tips on sewing skills	C2421826	30/09/2020, Wed 1-3pm	21/10/2020	This course is for those who are already sewing but need help with their projects: oiling, machine upkeep, tension adjustment, needles, bobbins, tools, cleaning irons and sewing techniques such as zips, piping, binding, and applique. Step by step instruction.	

Confidence, well-being and employability

Course	Course no	Start	End	Description	Pin?
Confidence Building	C2421750	29/09/2020, Tues 10-12	20/10/2020	Learn to identify reasons for low confidence and the factors which influence self-esteem; learn about positive affirmations and changing negative language; learn about different styles of communication and assertive behaviour; present yourself positively in a safe environment.	
Counselling & Mentoring Skills	C2421751	30/09/2020, Wed 10-12	21/10/2020	For anyone wanting to volunteer in a mentoring or counselling role; learn the skills for each role and what the roles consist of; learn to set ground rules and expectations, to plan sessions and manage pitfalls. Use real case studies, discuss boundaries, confidentiality and next steps for work.	

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Course	Course no	Start	End	Description	Pin?
Assertiveness	C2421752	01/10/2020, Thurs 10-12	22/10/2020	Examine the reasons for low confidence and factors which influence it; learn about behaviours such as passive, aggressive and passive-aggressive. Practice assertive behaviour, including saying no and asking for what you want. Discuss negative thinking styles and positive language.	
Anger Management	C2421798	03/11/2020, Tues 10-12	08/12/2020	Learn to identify the causes of anger, its symptoms and impact on the body. Develop a way to manage anger when it arises. Explore the 5 steps to mental well-being which help manage strong emotions. Learn other strategies such as positive thinking and assertiveness.	
Dealing with Low Mood, Stress & Anxiety	C2421799	04/11/2020, Wed 10-12	09/12/2020	Aimed at those who have low mood, stress and anxiety, the course will examine the causes as well as the symptoms. Learn a range of strategies to help manage low mood, stress and anxiety, including assertive behaviour, positive thinking and mindfulness.	
Difficult Conversations	C2421800	05/11/2020, Thurs 10-12	10/12/2020	Understand why some conversations and situations are difficult; examine different styles of behaviour including assertiveness; discuss the benefits of assertive behaviour, asking for what you want and saying no without guilt; identify negative thinking styles and replace them with positive language.	
Employability Skills taster	C2421903	21/10/2020 Wed 1-3pm	21/10/20	On this taster, understand more about the 'Moving Forward for London' employability programme, and discuss barriers you may face to getting work.	
Employability: Job search, applications and interviews	C2421796	04/11/2020 Wed 12.45-2.45pm	16/12/20	For anyone lacking confidence in their abilities and the skills they can offer in the workplace. The course covers transferable skills, finding and applying for jobs, tips on writing a CV and cover letter, and giving a good impression at interview.	

Careers: Helping in Schools

Course	Course no.	Start	End	Description	Pin?
Working as a teaching assistant (taster)	C2421785	15/09/2020 Tues 9.30-11.30	15/09/2020	Explore the skills needed to become a teaching assistant, including school requirements and professional conduct.	
Working as a teaching assistant (taster)	C2421908	29/09/2020 Tues 9.30-11.30	29/09/20		

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Course	Course no.	Start	End	Description	Pin?
Introduction to helping in a school	C2421808	06/10/2020 Tues 9.30-11.30	24/11/20	Develop your confidence to become an effective parent helper in schools and /or to help children's learning at home. Please complete a taster before enrolling for this course.	Yes
Working as a teaching assistant (taster)	C2421849	14/10/2020, Wed 7-9pm	14/10/2020	Explore the skills needed to become a teaching assistant, including school requirements and professional conduct.	
Helping in Schools: entering the virtual classroom	C2421850	21/10/2020 Wed 7-9pm	21/10/20	On this course develop the skills to study online using Zoom and Canvas and boost your technical confidence.	
Introduction to helping in a school	C2421851	04/11/2020, Wed 7-9pm	16/12/2020	On this short course, learn about the background and develop the confidence to become an effective parent helper in schools and /or to help children's learning at home. Please complete a taster before enrolling for this course.	Yes

Careers: Community Interpreting

Course	Course no.	Start	End	Description	Pin?
What is community interpreting? (taster)	C2421818	18/09/2020 Fri 10-12	18/09/20	This taster session will help students decide if they would like to work as a community interpreter. Students will reflect on existing skills and identify some skills that need developing.	
What is community interpreting? (taster)	C2421907	02/10/2020 Fri 10-12	02/10/20		
Community Interpreting Initial Assessment	C2421817	25/09/2020 Fri 10-12	25/09/20	Assess your skills for the L1 and L2 courses and discuss whether you need to take any additional modules to boost your readiness for the course.	
Understanding the Role of a Community Interpreter	C2421822	09/10/2020 Fri 10-12.15	18/12/20	Please complete an initial assessment first to make sure the course is right for you. The course is for those interested in a career in community interpreting. Speakers of other languages will learn about the role of a community interpreter, discuss the differences in public service provision between the UK and another country and learn about the dynamics of communities regarding access to public services.	Yes

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English & Maths

Course	Course no.	Start	End	Description	Pin?
English Initial Assessment	C2421831	21/09/2020, Mon & Thurs 1-3pm	24/09/2020	To join an English course, first complete an initial assessment to assess your skills and find the best course.	
Get Ready for English Entry 3	C2421830	28/09/2020, Mon & Thurs 1-3pm	17/12/2020	Before you join this course, complete an English initial assessment first. On this course, learn to give opinions about everyday issues; look at different features of texts and to understand the purpose or to find information; improve your spelling; extend your writing; write about events and actions in the past, present and future.	Yes
Get Ready for English L1	C2421832	30/09/2020, Wed & Fri 1-3pm	18/12/2020	Before you join this course, complete an English initial assessment first. On the course, practise your reading, writing, speaking and listening skills in English and get ready for a Level 1 accredited course in future.	Yes
Maths Initial Assessment	C2421835	16/09/2020, Wed 9.15-11.45am	16/09/2020	Please complete an initial assessment before you enrol on an accredited Maths course to assess your skills and find the best course to develop your skills.	
Maths Initial Assessment	C2421909	23/09/2020, Wed 9.15-11.45am	23/09/2020		
Functional Skills Qualification in Maths Level 1	C2421834	30/09/2020, Wed 9.15-11.45	24/03/2021	Before you join this course, complete a Maths initial assessment to make sure the course is right for you. On this Level 1 course, use common situations like shopping, travel, house and home, DIY and health to develop your ability to perform calculations using decimals, percentages, time and units of measurement. You will also explore ratio and proportion, as well as perimeter, area and volume.	Yes

ESOL

Course	Course no.	Start	End	Description	Pin?
ESOL Initial Assessment	C2421802	14/09/2020, Mon 10-12	14/09/2020	To join ESOL courses, please complete an initial assessment first to find the best level and course to develop your skills.	

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ESOL Initial Assessment	C2421814	16/09/2020, Wed 12.45-2.45pm	16/09/2020		
ESOL Initial Assessment	C2421815	18/09/2020, Fri 12.45-2.45pm	18/09/2020		
Helping your child with homework	C2421813	21/09/2020, Mon 12.45	19/10//2020	Aimed at ESOL students, you will learn about phonics and the relationship between sounds and spellings. The aim is to increase parents' confidence when helping their children with homework.	
ESOL Initial Assessment	C2421871	24/09/2020, Thurs 1-4pm	24/09/20	To join ESOL courses, please complete an initial assessment first to find the best level and course to develop your skills.	
Book Club	C2421847	29/09/2020, Tues & Thurs 1-3pm	10/11/2020	Please complete an initial assessment first. This course will introduce beginner ESOL (E1 & E2) students to reading, writing, speaking and listening skills in an informal way. Please complete this and the Community Access course.	Yes
Community Access	C2421848	12/11/2020, Thurs & Tues 1-3pm	17/12/2020	Please complete an initial assessment first. This course will introduce beginner ESOL students to reading, writing, speaking and listening skills in an informal way. Please complete this and Book Club Innovation Fund.	Yes
Get Ready for ESOL Entry 3 Speaking and Listening	C2421801	21/09/2020, Mon & Wed 10-12	14/12/2020	Before you can join this course, you must complete an ESOL initial assessment. This course will introduce E3 speaking and listening; you will develop the accuracy and fluency of your spoken English by taking part in activities such as role play, pair work and discussion.	Yes
Get Ready for ESOL Level 1 Speaking and Listening	C2421805	23/09/2020, Wed & Fri 12.45-2.45pm	16/12/2020	Before you can join this course, you must complete an ESOL initial assessment. This course will develop Level 1 spoken language, focussing on grammar, explanations and presentations.	Yes