SUMMER SCHOOL
JULY 2019

OVER 100 SIZZLING TASTER & SHORT COURSES

www.marywardcentre.ac.uk

Let Your Possibilities Flower
T: 020 7269 6000 T: 020 7928 9521
Great Teachers, Friendly Students & Subsidised Fees
Welcome to our Summer School 2019!

It's a great time to join our Summer of Learning. Want to try something new on one of our workshops or tasters, delve deeper into your favourite subject or immerse yourself with one of our more intensive courses? With three easy to reach venues across central London and courses during the day, evening and weekend we are sure you'll find something to inspire you.

### Contents

- **Art & Design:** .....................................................Page 1
- **Printmaking:** .....................................................Page 1
- **Drawing And Painting:** ..................................Page 2 & 3
- **Sculpture:** ..........................................................Page 4
- **Fashion & Textiles:** ........................................Page 4, 5, 6 & 7
- **Crafts:** ...............................................................Page 7
- **Glass Art:** ............................................................Page 8 & 9
- **Art Appreciation:** ............................................Page 9
- **Music:** .................................................................Page 10 & 11
- **Health & Exercise:** ..........................................Page 11, 12, 13 & 14
- **Dance:** ...............................................................Page 14 & 15
- **Kitchen Courses:** .............................................Page 15
- **Food & Nutrition:** .............................................Page 16
- **Herbalism:** ..........................................................Page 16 & 17
- **Massage & Complimentary Therapies:** ..........Page 17
- **Social Care:** ........................................................Page 17
- **Wellbeing:** ..........................................................Page 18 & 19
- **Psychology:** .......................................................Page 19, 20 & 21
- **History Of Ideas:** ................................................Page 21 & 22
- **Careers & Personal Development:** .................Page 22 & 23
- **Creative Writing:** .............................................Page 23
- **ESOL:** .................................................................Page 23 & 24
- **Literacy & Maths:** .............................................Page 25 & 26
- **IT & Computing:** ..............................................Page 26 & 27
- **Digital Media:** ..................................................Page 27 & 28
- **Business Management:** ................................Page 28

### Art and Design

#### Arts Open Day

Are you interested in studying art in more depth or do you want to work towards an Arts Qualification? This Open Day will help you find out more about each course and guide you through the application process. The day will include an introduction to all the courses and the tutors, creative workshops and advice and guidance about funding your place.

**CODE: 167SS**
- **Tutors:** Harriet Hedden, Abigail Downer & Lara Hailey
- **Date:** Sat 27th July
- **Time:** 10AM-5PM
- **Fee:** £50

### Self Promotion for Artists

Are you an artist or designer maker who wants to be able to make money from your work? Discover the range of social networks available and make links with others working in your field. On this intensive day course you will learn from an artist how (and why) to use social media including Facebook and Instagram to promote your work as well as how and what to blog.

**CODE: 155SS**
- **Tutor:** Anna Campbell
- **Date:** Wed 31st July
- **Time:** 10AM-5PM
- **Fee:** FULL £70 CONC £35

### Printmaking

#### Printmaking

Come and get creative with exploratory printmaking in this intensive short course. We will cover the most well-known techniques of lino printing and combine them with the creative possibilities of monoprinting using fun methods, materials and techniques.

**CODE: 125SS**
- **Tutor:** Linda Newcombe
- **Date:** Wed 24th & Wed 31st July
- **Time:** 6-9PM
- **Fee:** FULL £70 CONC £35
DRAWING AND PAINTING

WATERCOLOUR AND ILLUSTRATION
This contemporary mixed media class is ideal for beginners as well as improvers. Working with both watercolour paints and a range of drawing media, you will have the opportunity to explore useful techniques to combine watercolour paints with other media such as collage, charcoal, biro and marker pens. You will be taught ideas for illustrations through combinations of image and text.

CODE: 124SS
Tutor: Cleo Harrington
Date: Mon 22nd - Tue 23rd July
Time: 10.30 AM - 4.30 PM
Fee: FULL £120 CONC £60

BEGINNERS LIFE DRAWING
This life drawing class is ideal for beginners as well as improvers. Working directly from the model, you will be given a series of ‘quickfire’ drawing exercises which lead to longer studies. You will be taught by an experienced drawing tutor who will guide you through a series of exercises to gain an understanding of volume, values, proportions, texture and developing mark making.

CODE: 123SS
Tutor: Cleo Harrington
Date: Wed 24th & Wed 31st July
Time: 6–9PM
Fee: FULL £70 CONC £35

FIGURATIVE ABSTRACT PAINTING
This day course is a practical introduction to figurative abstract art, suitable for beginners and more experienced artists. It will look at the relationship between abstraction and the figure. Using a life model it will explore how artists in the early 20th century abstracted the human form from life.

CODE: 116SS
Tutor: Theo Papadopoulos
Date: Tues 23rd July
Time: 10AM-5PM
Fee: FULL £70 CONC £35

COLOUR
A workshop to learn practical colour theory and a range of skills, techniques and approaches associated with colour and colour mixing. Suitable for beginners and artists wanting to apply more colour theory to their work.

CODE: 117SS
Tutor: Abigail Downer
Date: Wed 24th - Thur 25th July
Time: 10AM-5PM
Fee: FULL £140 CONC £70

STILL LIFE
This painting and drawing workshop will develop your skills and celebrate the subject of still life. Whether you are interested in realism or abstraction, beginner or experienced, this workshop will enable you to explore new ideas.

CODE: 118SS
Tutor: Vincent Milne
Date: Tue 30th July – Wed 31st July
Time: 10AM-5PM
Fee: FULL £140 CONC £70

LANDSCAPE COLLAGE
For anyone who enjoys working in mixed media & making their own collage material. The first day will be spent at the Tate Modern and in the surrounding area, exploring artworks, sketching & collecting textures. Tuesday and Wednesday will be spent in the studio working on either landscape or cityscape collaged compositions.

CODE: 126SS
Tutor: Sophie Aston
Date: Mon 22nd – Wed 24th July
Time: 10AM-5PM
Fee: FULL £200 CONC £100

LANDSCAPE PAINTING: OUT AND ABOUT EAST
Develop an exciting and original sketchbook by drawing in a variety of outside and inside locations in a friendly, fun & supportive environment. The course is for people who want to explore drawing from observation in London. No previous knowledge or experience is necessary for this course. The teaching methods will often be on a one to one basis within the focus of a particular theme. The nature of the class lends itself to successful mixed ability teaching.

CODE: 120SS
Tutor: Kitty Reford
Date: Mon 22nd – Wed 24th July
Time: 10.30-4.30 PM
Fee: FULL £170 CONC £85

LANDSCAPE DRAWING AND PAINTING
A landscape painting and drawing course where students of any level have the opportunity to work in the studio on the first day and off-site on the second.

CODE: 119SS
Tutor: Vincent Milne
Date: Fri 26th - Sat 27th July
Time: 10AM-5PM
Fee: FULL £140 CONC £70

42 QUEEN SQUARE, WC1N 3AQ
SCULPTURE

INTRODUCTION TO SCULPTURE
Come and try our sculpture studio and find out about working in 3D using a variety of materials and processes. Suitable for beginners and students wanting to find out more about sculpture.

CODE: 103SS
Tutor: Justine Hounam
Date: Wed 24th & Wed 31st July
Time: 6-9PM
Fee: FULL £70 CONC £35
42 QUEEN SQUARE, WC1N 3AQ

EXPERIMENTAL SCULPTURE
This is a fun, welcoming and explorative class in which you will have the freedom to investigate and develop ideas. This course encourages you to enjoy using materials and the process of 'making', so ideal for beginners or someone with more experience.

CODE: 100SS
Tutor: Justine Hounam
Date: Tue 23rd – Wed 24th July
Time: 10AM-5PM
Fee: FULL £140 CONC £70
42 QUEEN SQUARE, WC1N 3AQ

CLAY MODELLING FROM LIFE
This workshop is designed for students interested in clay modelling from life. Suitable for students experienced in clay, especially those wanting to spend more time on detailed anatomy, and to improve their ability to model faces, hands and feet.

CODE: 102SS
Tutor: Ben Swift
Date: Mon 29th – Wed 31st July
Time: 10.30AM- 4.30PM
Fee: FULL £190 CONC £95
42 QUEEN SQUARE, WC1N 3AQ

FASHION AND TEXTILES

INTRODUCTION TO EMBROIDERY
Learn some simple stitches and the techniques you need to complete your own embroidery project. You will look at both traditional skills and contemporary ideas. All levels of experience are welcome.

CODE: 112SS
Tutor: Beatrice Githendu
Date: Mon 29th July
Time: 10.30AM-4.30PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

EMBROIDERY: MEMORIES ON CLOTH
This two day embroidery workshop is open to anyone who has a passion for textiles and would like to develop their creative ability through the art of stitch.

CODE: 107SS
Tutor: Lara Hailey
Date: Tue 23rd July – Wed 24th July
Time: 10AM-5PM
Fee: FULL £140 CONC £70
42 QUEEN SQUARE, WC1N 3AQ

PATCHWORK AND QUILTING - LAP QUILT
This is a beginner’s course to learn basic Patchwork and Quilting techniques to make a lap sized quilt, approximately 120cmx150cm (50"x60").

CODE: 106SS
Tutor: Zoe Hewett-Dutton
Date: Mon 29th – Wed 31st July
Time: 10AM-4.30 PM
Fee: FULL £190 CONC £95
42 QUEEN SQUARE, WC1N 3AQ

MAKE A SIMPLE SHIFT DRESS FOR THE SUMMER
Want to learn how to make your own dress? Can you use a sewing machine? Then this is the perfect course for you. Extremely versatile, the Shift Dress is an everyday dress with or without sleeves. You can also make it in tunic length. Simple to wear and easy to style, it’s a beautiful wardrobe basic that will be the first of many as you learn a new set skills that you can use time after time.

CODE: 104SS
Tutor: Annette Bugansky
Date: Tue 23rd/Thu 25th/Fri 26th July
Time: 10AM-5PM
Fee: FULL £240 CONC £120

MAKE A PATTERN FROM YOUR FAVOURITE TOP OR SKIRT
Re-create a pattern from your favourite top or skirt without taking the original apart. We all own a favourite top or skirt that fit us just right. We wear it until it is almost worn out and then search the shops to find a replacement without success. This three day course will introduce you to the essentials of pattern cutting. Learn how to make your own pattern that you can use time and time again. You may then choose to add your own personal design features to the original pattern.

CODE: 105SS
Tutor: Annette Bugansky
Date: Mon 29th – Wed 31ST July
Time: 10AM-5PM
Fee: FULL £200 CONC £100
42 QUEEN SQUARE, WC1N 3AQ

PATTERN CUTTING TASTER WORKSHOP
Are you interested in studying Pattern Cutting in more depth and working towards a Level 1 Qualification? This taster workshop will help students find out more about our Level 1 Pattern Cutting Qualification and guide you through the process. The day will include an introduction to the course and the tutor, a creative workshop and advice and guidance.

CODE: 168SS
Tutor: Annette Bugansky
Date: Sat 27th July
Time: 10AM-4:30PM
Fee: FULL £50 CONC £25
42 QUEEN SQUARE, WC1N 3AQ
KNITTING FROM A PATTERN
Do knitting patterns leave you feeling frustrated? Have you struggled with reading and following a pattern? Then this course is for you. During the course students will learn how to translate the written or visual language of knitted patterns and practice the art of pattern management by knitting a practical project.

Code: 111SS
Tutor: Kim Couling
Date: Mon 29th – Tue 30th July
Time: 10.30AM-4.30PM
Fee: FULL £120 CONC £60
42 QUEEN SQUARE, WC1N 3AQ

KNITTING AND CROCHET HANDMADE GIFTS
On this fun and friendly course you will be learning basic knitting and crochet skills which will enable you to knit a scarf or make a granny square. All resources will be provided but if you have any yarn you want to use (not bouclé, please), bring it in. The cost of the course includes needles, a crochet hook and yarn to take home.

CODE: 114SS
Tutor: Sue Collard
Date: Tues 23rd July
Time: 10.30AM-4.30PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

INTRODUCTION TO FELT MAKING
In this fun workshop you will learn and explore several felt making techniques to produce samples and finished pieces of felted work. We will look at making 2D felt, adding threads, small pieces of fabrics and pattern to give texture and interest to the surface. We will also use simple moulds to make three dimensional pieces as well as using a resist to make pockets for purses.

CODE: 108SS
Tutor: Zoe Hewett-Dutton
Date: Thu 25rd July - Fri 26th July
Time: 10AM-4.30 PM
Fee: FULL £120 CONC £60
42 QUEEN SQUARE, WC1N 3AQ

INTRODUCTION TO SILK PAINTING
This short course will introduce you to the art of silk painting and hand painting with dyes on natural fabrics. Ideal for colour wash effects, wet on wet colour mixing and blending using a range of brush and sponges. The course will explore abstract mark making with an emphasis on colour, experimentation and layering of washes.

CODE: 110SS
Tutor: Linden Abbott
Date: Wed 24th & 31st July
Time: 6– 9PM
Fee: FULL £70 CONC £35
42 QUEEN SQUARE, WC1N 3AQ

SHIBORI AND RESIST FABRIC DYING
Learn about Dyes. Shibori, and Resist techniques on natural fabrics. Have fun learning textile techniques in a friendly and supportive group environment. If you enjoy using colour, this the course for you. We will explore a variety of ways to shape, bind, tie, and resist fabrics before dyeing it including tied, bound, folded, clamped, capped, pole wrapped, stitched, and wax resist techniques.

CODE: 109SS
Tutor: Linden Abbott
Date: Mon 29th – Wed 31st July
Time: 10AM-4.30 PM
Fee: FULL £190 CONC £95
42 QUEEN SQUARE, WC1N 3AQ

ARTISTIC FLORISTRY
This is a creative floristry course, for all levels. Students will use their imagination to create displays and arrangements inspired by the colours, textures and shapes of an artwork. You will explore learn basic floristry skills, as well as more unusual and advanced techniques. The second day will include a trip to New Covent Garden Flower Market to select flowers and foliage for your display.

CODE: 169SS
Tutor: Harriet Parry
Date: Wed 24th – Thur 25th July
Time: 10AM - 4PM
Fee: FULL £140 CONC £70
1 RUSHWORTH STREET, SE1 ORB

DECOPAGE HANDMADE GIFTS
This is a whole day course during which you will be learning the art of decoupage in a fun and friendly atmosphere. Projects will be provided but if you have any small items that you wish to decorate, please bring them with you.

CODE: 113SS
Tutor: Sue Collard
Date: Mon 22nd July
Time: 10.30AM-4.30PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

CRAFTS
SOAP MAKING: MELT AND POUR SOAPS
This course is designed for beginners and will give you the skills to make simple organic and chemical free soaps. We will use melt and pour bases and additional natural ingredients such as essential oils, base oils and natural colours e.g. dried beetroot powder to create skin-friendly soaps for everyday use. Please note that students will work in pairs and each pair will create unique blends.

CODE: 60SS
Tutor: Michaela Christmann
Date: Tue 30 July
Time: 10.30AM-4.30PM
Fee: FULL £65 CONC £33
1 RUSHWORTH STREET, SE1 ORB
**JEWELLERY**

**INTRODUCTION TO JEWELLERY CHAIN MAKING**
Learn how to shape and form metal to produce simple linked forms for chain making. Students will use wire to construct links and learn basic soldering techniques to join the chain together. This course is open to all students wanting to learn new skills and is suitable for all levels of ability including complete beginners in jewellery.

**CODE:** 136SS  
**Tutor:** Catherine White  
**Date:** Wed 24th & Wed 31st July  
**Time:** 6–9PM  
**Fee:** FULL £70 CONC £35

**SILVER CLAY CHARM BRACELET**
Create your own gorgeous, unique solid silver charms in a range of styles from this magical material - learn how to shape and form the silver clay into different shapes, as well as how to make and use your own moulds, to replicat natural or found objects. The silver clay will be shaped and modelled, then dried, refined, fired and finally polished ready to link up onto a bracelet to wear home.

**CODE:** 132SS  
**Tutor:** Penny Akester  
**Date:** Mon 29th July  
**Time:** 10AM-5PM  
**Fee:** FULL £70 CONC £35

**BEADING BONANZA**
Make a fun set of summer jewellery in a day in an introduction to stitched beadwork (off loom bead needle weaving). This beadwork uses a needle and thread to stitch tiny seed beads together to create intricate looking patterns. On this two day course students will be introduced to working with seed beads in this way to try out both peyote stitch and right angle weave in two introductory projects.

**CODE:** 131SS  
**Tutor:** Penny Akester  
**Date:** Thu 25th July – Fri 26th July  
**Time:** 10AM-5PM  
**Fee:** FULL £140 CONC £70

**SHEET METAL JEWELLERY**
Learn how to turn sheet metal into fabulous 3D forms just by folding and/or hammering it! Create dynamic surface patterns and dimensional forms with copper sheet - for example beautiful hammered cuffs, domes, leaf shapes and much more. Students will learn how to cut, file and polish metal sheet, as well as to use hammers and the rolling mill to create decorative and structural folded shapes.

**CODE:** 133SS  
**Tutor:** Penny Akester  
**Date:** Tue 30th July  
**Time:** 10AM-5PM  
**Fee:** FULL £70 CONC £35

**JEWELLERY: TUBE SETTING GEMSTONES**
This one day course is for students confident with piercing, soldering and creating simple jewellery forms who are looking to branch out into stone setting. During the day each student will make a ring or pendant that will include one or more stone settings. Students will learn how to use small faceted stones to add some colour and sparkle to their designs, creating decorative mounts for the stones using sections of tube.

**CODE:** 134SS  
**Tutor:** Penny Akester  
**Date:** Wed 31st July  
**Time:** 10AM-5PM  
**Fee:** FULL £70 CONC £35

**JEWELLERY: ETCHING ONTO METAL**
A short Jewellery course to learn surface decoration techniques of etching to create patterns and texture on metal. Using black and white images students will create designs for the ‘photographic’ etching process. This course is suitable for all levels of ability and complete beginners in jewellery. Experienced students can learn useful techniques as the etching process is a valuable technique for small batch production within the jewellery sector.

**CODE:** 135SS  
**Tutor:** Catherine White  
**Date:** Thu 25rd July – Fri 26th July  
**Time:** 10AM-5PM  
**Fee:** FULL £140 CONC £70

**GLASS ART**

**SUMMER HEAT : INTERMEDIATE GLASS FUSION**
This will be a fun two-day summer workshop to explore glass fusing techniques that require a bit more heat than usual! We will be making a 3d night-light holder, multi-coloured glass pebbles and experimenting with a pot-melt. This class is suitable for those with fused glass experience.

**CODE:** 137SS  
**Tutor:** Helen Maurer  
**Date:** Tue 23rd July – Wed 24th July  
**Time:** 10AM-5PM  
**Fee:** FULL £140 CONC £70

**GLASS PAINTING**
Design a small panel for a glass painting project in a day. This course will give those who are new to kiln fired glass painting an opportunity to explore this ancient craft and produce small painted glass pieces that can be displayed using light. Students who have some experience of glass painting can explore more ambitious projects.

**CODE:** 138SS  
**Tutor:** Tim Cunliffe  
**Date:** Sat 27th July  
**Time:** 10AM-5PM  
**Fee:** FULL £70 CONC £35
**ART APPRECIATION**

**FROM GOTHIC TO PRE-RAPHAELITES**
This course will look at the Gothic style and Pre-Raphaelites, especially on British artists and at the development of Arts and Crafts movement inspired by the Medieval Gothic style. How from the Gothic aesthetic did we go to the development of the Pre-Raphaelites movement? What was the role of John Ruskin regarding to the development of Impressionism and Post Impressionism in France? What happened to the Victorian Britain at this time?

**Code:** 129SS  
Tutor: Theo Papadopoulos  
Date: Tue 23rd July  
Time: 6–9PM  
Fee: FULL £35 CONC £17

**MODERNISM AND THE “PRIMITIVE”**
This course will look at the development of Modernism especially at the influence of primitive and archaic art. How from the African masks and the Venus figurines did we go to the development of Modernism? What was the role of the industrial revolution and colonialism in the development of movements such as Cubism, Surrealism, Brut art and New Expressionism? What is the connection between Primitivism, children’s art work and mental illness?

**Code:** 128SS  
Tutor: Theo Papadopoulos  
Date: Wed 24th – Thur 25th July  
Time: 10AM-5PM  
Fee: FULL £140 CONC £70

**MUSIC**

**BEGINNERS UKULELE WORKSHOP**
This taster workshop is ideal for complete beginners. You will need your own instrument but no other experience is necessary, just a desire to try out a fun and simple, yet versatile musical instrument and to learn to how to strum a tune.

**Code:** 162SS  
Tutor: Tricity Vogue  
Date: Wed 31st July  
Time: 10AM-5PM  
Fee: FULL £30 CONC £15

**IMPROVERS UKULELE WORKSHOP**
Ideal for those who have previously taken the beginners course, or have some experience. Learn more advanced techniques (e.g. finger-picking), as well as trickier chords and melody playing. The ability to read chord charts and tablature is recommended, but not essential.

**Code:** 164SS  
Tutor: Tricity Vogue  
Date: Wed 31st July  
Time: 2-5PM  
Fee: FULL £30 CONC £15

**STRING DAY**
Work in a group on at least one work of chamber music. The choice of repertoire is made by the tutor in negotiation with the individual groups. As this year is the 50th anniversary of the first Moon landing, the theme will be music which has been inspired by the night. The day is open to players of violin, viola and cello, who have been playing for at least 2 years. No previous chamber music experience is necessary, but students must be able to read music. The students will be assessed into form playing groups.

**Code:** 165SS  
Tutor: Susanna Wilson / Sinan Kadifachi  
Date: Wed 31st July  
Time: 10AM-5PM  
Fee: FULL £30 CONC £15

**HEALTH & EXERCISE**

**INTRODUCTION TO BETTER BALANCE**
Is your balance as good as it used to be? Can you still stand on one leg without swaying? What happens when you close your eyes? The gradual loss of our sense of balance can catch us unawares. The ageing process, injury and inactivity can all contribute. This one-off session gives a taster of an exercise course starting in the Autumn designed to aid better balance.

**Code:** 1SS  
Tutor: Eleanor Shearn  
Date: Thu 25July  
Time: 3-4.30PM  
Fee: £15

**10 GREAT TURNSTILE STREET, WC1V 7JU**
BETTER BALANCE – CONTINUERS
A one-off Summer School class for anyone who has attended a term of the Better Balance course this year. During this extended class we will consolidate knowledge of exercises covered during the year.

CODE: 2SS
Tutor: Eleanor Shearn
Date: Wed 24 July
Time: 1.45-3.15PM
Fee: £15
10 GREAT TURNSTILE STREET, WC1V 7JU

EXTRA GENTLE PILATES
A series of gentle Pilates exercises and stretches to strengthen the body, improve balance and increase flexibility. A gentler class, suitable for beginners, and anyone with limited mobility through injury, illness, age or inactivity. Please note, some exercises are mat-based, & carried out on the floor.

CODE: 4SS
Tutor: Eleanor Shearn
Date: Thu 25 July
Time: 1.30-2.45PM
Fee: FULL £12
10 GREAT TURNSTILE STREET, WC1V 7JU

GENTLE PILATES
In the two session gentle Pilates Summer School course we cover a series of gentle exercises and stretches to strengthen the body, improve balance and increase flexibility. Please note, some exercises are mat-based, and therefore carried out on the floor.

CODE: 9SS
Tutor: Eleanor Shearn
Date: Tue 23 & Tue 30 July
Time: 12.15-1.45PM
Fee: FULL £30 CONC £15
10 GREAT TURNSTILE STREET, WC1V 7JU

PILATES
This Summer School Pilates class is suitable for those who have attended the Pilates Lunchtime and the Pilates and Stretch classes this year. A final Pilates class to set you up for the Summer holidays.

CODE: 10SS
Tutor: Eleanor Shearn
Date: Wed 31 July
Time: 1.45-3.15PM
Fee: £15
10 GREAT TURNSTILE STREET, WC1V 7JU

PILATES AND STRETCH
An introduction to the fundamental principles of Pilates, incorporating breath, whole body movement and stretch. We will learn fundamental Pilates exercises and how to use them to improve posture, balance, body alignment and better movement patterns.

CODE: 3SS
Tutor: Eleanor Shearn
Date: Thu 25 July
Time: 2-3.30PM
Fee: FULL £30 CONC £15
10 GREAT TURNSTILE STREET, WC1V 7JU

PILATES THEORY & PRACTICE WORKSHOP
Enjoy a morning of Pilates theory and practice to energise mind and body. Consolidate your understanding of the main principles of Pilates to refine your practice, lengthening and strengthening your body.

CODE: 12SS
Tutor: Eleanor Shearn
Date: Thu 25 July
Time: 10AM-1.15PM
Fee: FULL £32 CONC £16
10 GREAT TURNSTILE STREET, WC1V 7JU

GENTLE YOGA AND MEDITATION
A gentle class to help calm the mind, improve posture, balance, strength and flexibility. The course includes gentle asanas (postures), breath awareness, concentration/meditation techniques and guided relaxation.

CODE: 5SS
Tutor: Eleanor Shearn
Date: Wed 24 & Wed 31 July
Time: 10AM-12PM
Fee: FULL £40 CONC £20
10 GREAT TURNSTILE STREET, WC1V 7JU

GENTLE YOGA
This two session Summer School course is for those who wish to relax and improve mobility and flexibility. Yoga is generally safe, but students who have any health concerns should check with a medical advisor that yoga is suitable before enrolling.

CODE: 7SS
Tutor: Eleanor Shearn
Date: Tue 23 & Tue 30 July
Time: 10.30AM-12.00PM
Fee: FULL £30 CONC £15
10 GREAT TURNSTILE STREET, WC1V 7JU

PILATES & YOGA- START THE WEEK STRETCHED & STRENGTHENED
An introduction to improving body strength and flexibility by introducing techniques from both Pilates and Yoga. We will cover improving standing posture, strengthening the abdominals and other muscles, flexibility, balance and relaxation.

CODE: 8SS
Tutor: Eleanor Shearn
Date: Mon 29 July
Time: 10AM-12.30PM
Fee: £25 CONC £13
10 GREAT TURNSTILE STREET, WC1V 7JU

GENTLE YOGA AND MEDITATION
This will energise your body as well as calm and centre your mind. After a busy morning you can try an hour of yoga to revitalise you for the rest of the day. You will be introduced to a variety of asanas (postures) to stretch and strengthen your body, as well as a short relaxation and breathing meditation.

CODE: 6SS
Tutor: Eleanor Shearn
Date: Wed 24th & Wed 31st July
Time: 12.15-1.30PM
Fee: FULL £25 CONC £13
10 GREAT TURNSTILE STREET, WC1V 7JU

YOGA BACK TO BASICS CONSOLIDATION WORKSHOP
This is suitable for beginners and those who want to go back to basics. Experience for yourself how yoga can help improve balance, strength and flexibility as well as calm your mind. Enjoy a mixture of basic yoga postures (asanas) to stretch and strengthen the body as well as guided relaxation to further quieten the mind.

CODE: 11SS
Tutor: Eleanor Shearn
Date: Fri 26th July
Time: 10.00AM-1.15PM
Fee: FULL £32 CONC £16
10 GREAT TURNSTILE STREET, WC1V 7JU

LUNCHTIME YOGA
This will energise your body as well as calm and centre your mind. After a busy morning you can try an hour of yoga to revitalise you for the rest of the day. You will be introduced to a variety of asanas (postures) to stretch and strengthen your body, as well as a short relaxation and breathing meditation.

CODE: 6SS
Tutor: Eleanor Shearn
Date: Wed 24th & Wed 31st July
Time: 12.15-1.30PM
Fee: FULL £25 CONC £13
10 GREAT TURNSTILE STREET, WC1V 7JU
STRENGTH AND BODY CONDITIONING TASTER
Come along and start to find out how, through a series of bodyweight exercises you will be introduced to how you can gain the functional benefits and overall improvements in health, fitness and wellbeing that strength training can provide. All levels welcome! This course is both for complete beginners and for those looking to advance their knowledge of health and fitness. You do not need any prior experience as our qualified Personal Trainer will be able to help set your goals and guide you to complete a safe and effective workout. Start to gain an insight on how daily activities can become easier as you move your body in a dynamic way.

**CODE: 13SS**
Tutor: Mark Wyatt
Date: Wed 24th & Wed 31st July
Time: 4.30-5.30PM
Fee: £20

**10 GREAT TURNSTILE STREET, WC1V 7JU**

1980’s DANCE MOVIES
Dust off your leg warmers to learn simple dance routines based on the moves and music from iconic dance films Fame, Flashdance, Footloose and Dirty Dancing - don’t worry, we won’t be doing THAT lift! Open to all fitness / experience levels.

**CODE: 38SS**
Tutor: Emma Weir
Date: Fri 26 July
Time: 2-4.30PM
Fee: FULL £25 CONC £13

**1 RUSHWORTH STREET, SE1 ORB**

SIMPLY BALLROOM BASICS
If you’ve always wanted to try ballroom dancing then this ballroom taster will give you a good introduction to some basic steps, styling and musicality. No experience or partner necessary.

**CODE: 35SS**
Tutor: Emma Weir
Date: Wed 24th July
Time: 6.30-8PM
Fee £15

**42 QUEEN SQUARE, WC1N 3AQ**

GENTLE SWING DANCE
An introduction to swing dance for those who would like to try the basics. Covering some basic Lindy Hop and other lower impact swing movements, this course is ideal for those who would love to try the style in a simple one off class.

**CODE: 39SS**
Tutor: Emma Weir
Date: Tue 23rd July
Time: 6:45-8:15PM
Fee: £15

**1 RUSHWORTH STREET, SE1 ORB**

SIMPLY WALTZ
This elegant ballroom dance never goes out of style. Learn or recap the basics along with some turns and variations plus tips to improve your presentation. Suitable for beginners but also would suit improvers wanting to recap technique.

**CODE: 36SS**
Tutor: Emma Weir
Date: Wed 31st July
Time: 6:30-8PM
Fee: £15

**42 QUEEN SQUARE, WC1N 3AQ**

JIVE – KICKS AND FLICKS
Love Jive and / or Rock ‘n’ Roll dancing? Take it to the next level with some kick and flick combinations to give your dancing extra bounce. Some experience of Jive / Rock ‘n’ Roll would be an advantage.

**CODE: 40SS**
Tutor: Emma Weir
Date: Tue 30th July
Time: 6:45-8:15PM
Fee: £15

**1 RUSHWORTH STREET, SE1 ORB**

KITCHEN COURSES

**KITCHEN COURSES**

**SUGAR WORK AND BISCUIT DECORATING**
A short course introducing basic sugar craft skills. Learn how to use modelling paste and paint with edible food colours to create simple beautiful edible sugar flowers and other shapes to decorate cakes and biscuits.

**CODE: 127CC**
Tutor: Natasha Collins
Date: Mon 22nd – Tue 23rd July
Time: 10.30AM-4.30 PM
Fee: FULL £120 CONC £60

**1 RUSHWORTH STREET, SE1 ORB**

**SIMPLY WALTZ**
This elegant ballroom dance never goes out of style. Learn or recap the basics along with some turns and variations plus tips to improve your presentation. Suitable for beginners but also would suit improvers wanting to recap technique.

**CODE: 36SS**
Tutor: Emma Weir
Date: Wed 31st July
Time: 6:30-8PM
Fee: £15

**42 QUEEN SQUARE, WC1N 3AQ**

**TREATS TO MAKE & DECORATE WITH YOUR CHILDREN**
Wondering how to fill your children’s summer holidays? Why not come along and learn how to make and pipe some simple cakes and biscuits which you can recreate with your children at home. Have a go at unicorn cupcakes, rainbow biscuits, cake pops and gingerbread people – oh, you can eat the results!

**CODE: 61SS**
Tutor: Boshra Benhamama
Date: Wed 24th July
Time: 10AM-1PM
Fee: FULL £39 CONC £19

**1 RUSHWORTH STREET, SE1 ORB**

**SIMPLY WALTZ**
This elegant ballroom dance never goes out of style. Learn or recap the basics along with some turns and variations plus tips to improve your presentation. Suitable for beginners but also would suit improvers wanting to recap technique.

**CODE: 36SS**
Tutor: Emma Weir
Date: Wed 31st July
Time: 6:30-8PM
Fee: £15

**42 QUEEN SQUARE, WC1N 3AQ**

**TREATS TO MAKE & DECORATE WITH YOUR CHILDREN**
Looking for ideas for interesting breakfast treats? Come along and learn some new recipes and how to decorate them to appeal to your children. Learn how to make fudgy banana muffins, blueberry cupcakes and corn muffins. Suitable for making at home with little fingers who will enjoy licking the bowl!

**CODE: 62SS**
Tutor: Boshra Benhamama
Date: Wed 31st July
Time: 10AM-1PM
Fee: FULL £39 CONC £19

**1 RUSHWORTH STREET, SE1 ORB**

**BREAKFAST TREATS TO MAKE WITH YOUR CHILDREN**
Looking for ideas for interesting breakfast treats? Come along and learn some new recipes and how to decorate them to appeal to your children. Learn how to make fudgy banana muffins, blueberry cupcakes and corn muffins. Suitable for making at home with little fingers who will enjoy licking the bowl!
FOOD & NUTRITION

DIET & NUTRITION; BOOST YOUR IMMUNITY
A one day workshop gives you a working insight into theoretical aspects of the digestive and immune systems and how diet and nutrition can help to improve or maintain well-being. The course will look at food groups, specific foods and includes practical activities.

CODE: 50SS
Tutor: Michaela Christmann
Date: Fri 26th July
Time: 10:30AM-4.30PM
Fee: FULL £50 CONC £25
1 RUSHWORTH STREET, SE1 ORB

HOME-MADE HEALTHY EATING ENERGY
BOOSTING SNACKS – EATING MADE EASY FOR WHEN YOU ARE ON THE GO-GO
In this workshop we will look at healthy-eating habits, the importance of good diet and nutrition in general and the practical aspects will include the preparation of quick, easy and nutritious snack. Students will prepare a variety of recipes including bread, dips and protein snacks.

CODE: 51SS
Tutor: Michaela Christmann
Date: Mon 29th July
Time: 10:30AM-4.30PM
Fee: FULL £60 CONC £30
1 RUSHWORTH STREET, SE1 ORB

HERBALISM

INTRODUCTION TO BASIC HERBALISM
This one day taster course serves as an introduction to Herbalism, medicinal plants and herbal preparations. You will be guided to use your senses to help you identify a plant’s properties & make one or two simple herbal preparations that you will be able to repeat at home.

CODE: 47SS
Tutor: Siobhan O’Leary
Date: Wed 24th July
Time: 10:30AM-5PM
Fee: FULL £59 CONC £30
1 RUSHWORTH STREET, SE1 ORB

HERBAL MEDICINE FOR DIGESTIVE & IMMUNE HEALTH
An introduction to the digestive system and immune health. For each system we will look at the anatomy - form and function - and how we can work with medicinal plants, diet and lifestyle that can be useful to support these systems and our general well-being. Topics will include herbal, dietary and lifestyle strategies for supporting digestive & immune health.

CODE: 48SS
Tutor: Siobhan O’Leary
Date: Tue 23rd July
Time: 10:30AM-5PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

HERBAL MEDICINE FOR MUSCULOSKELETAL SYSTEM & URINARY SYSTEM
An introduction to the musculoskeletal and urinary systems. For each system we will look at the anatomy - form and function - and how we can work with medicinal plants, diet and lifestyle that can be useful to support these systems and our general well-being. Topics will include strategies for supporting joint health & how herbal medicine can help in the management of cystitis and prostatitis.

CODE: 49SS
Tutor: Siobhan O’Leary
Date: Fri 26th July
Time: 10:30AM-5PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

MASSAGE & COMPLIMENTARY THERAPIES

DEMYSTIFYING AROMATHERAPY
Confused about essential oils? This workshop is ideal for anyone wanting to understand what they are, how they work and how to use them safely. This workshop also aims to give you the skills to make your own health and beauty products and to teach you certain self-help massage techniques to enhance your well-being.

CODE: 55SS
Tutor: Michaela Christmann
Date: Wed 24th July
Time: 10AM-4.30PM
Fee: FULL £55 CONC £28
42 QUEEN SQUARE, WC1N 3AQ

SOCIAL CARE

INCLUDING & SUPPORTING PEOPLE WITH AN AUTISM SPECTRUM DISORDER & THEIR FAMILIES
This non-clinical course is designed for participants who might be a friend or relative of a person with Autism, have an interest in working with people with autism either as a part of an occupational pathway, or as a charitable volunteer, advocate etc. or perhaps contribute to the continuing professional development of those already working in the caring professions. It can be used to provide some essential background, or even a ‘springboard’ to further study or specialised occupational training.

CODE: 19SS
Tutor: Penny Hyams
Date: Tue 23rd July
Time: 10.00AM-4.00PM
Fee: FULL £50 CONC £18
42 QUEEN SQUARE, WCIN 3AQ

BEGINNERS
In this workshop you will be introduced to a range of essential oils and basic massage techniques and learn about their therapeutic benefits. This course is ideal for anyone who wants to learn a simple back massage to use on friends and family to help them to relax, de stress and chill out. Please note: in this workshop students need to be willing to give and receive a back massage.
WELLBEING

INTRODUCTION TO BREATHWORK
Learn to breathe fully and deeply to experience better physical, emotional and mental well-being. Transformational Breath® brings many benefits including increased energy, reduced feelings of stress and anxiety, better sleep, detoxification of the body, deep relaxation and calmness. This workshop will explain the background to the technique, and give you the opportunity to experience the benefits of breath-work for yourself. By the end of the session you will be able to practice the technique at home to experience the benefits at any time.

CODE: 53SS
Tutor: Allison Lindsay
Date: Wed 24th July
Time: 10AM-12.30PM
Fee: FULL £25 CONC £13

DAY RETREAT
A one day retreat for anyone wishing to deepen awareness of the mind/body connection through the medium of voice, sound, movement, artwork, relaxation and meditation techniques.

Code: 54SS
Tutor: Sue Healey & Linda Barrett
Date: Sat 27th July
Time: 10AM-4.30PM
Fee: FULL £55 CONC £28

NLP: MANAGING INTERNAL STRESS-
INTRODUCTION TO CBT/REBT
This course is for people seeking self-development and to understand their own anxiety. No previous knowledge is required. It is for anyone seeking to understanding anxiety and how it may affect them. Course is also useful for therapists, coaches, hospital workers, teachers, CAMS workers seeking to increase their therapy tools and techniques and bring more skills into their workplace.

CODE: 57SS
Tutor: Frances Coombes
Date: Wed 24th July
Time: 10:30AM-4.30PM
Fee: FULL £50 CONC £25

PSYCHOLOGY

POSITIVE PSYCHOLOGY – HOW DO WE FLOURISH?
We spend a lot of time talking about the problems of modern life, perhaps about crime, inequality, racism or Brexit, and perhaps less time reflecting on the sources of our core happiness. Mainstream Psychology has also traditionally been problem-focused - examining the causes of psychological dysfunction, emotional distress, cognitive deficits etc. Although these are valid concerns for human wellbeing, they tell us less about how well-adjusted people function, develop positive orientations to life, and work towards life goals.

CODE: 16SS
Tutor: Anna Campbell
Date: Thu 25th July
Time: 10.30AM-4.30PM
Fee: FULL £50 CONC £25

AN INTRODUCTION TO EVOLUTIONARY PSYCHOLOGY
The human body evolved over eons, slowly calibrating to the African savanna on which 98 percent of human ancestry lived and died. So, too, did human brains. According to evolutionary psychologists, the mind is shaped by the pressure to survive and reproduce: emotions, communication skills, and language ability are adaptations that enabled ancestors to thrive. Come along and get a taste of this fascinating subject.

CODE: 22SS
Tutor: Daljinder Chalmers
Date: Wed 31st July
Time: 6-8.30PM
Fee: £25

NLP: MAKING FRIENDS – BUILDING RAPPORT WITH OTHERS
If you would like to understand people better and build friendships – then this course is for you. Successful communication with others depends largely on our ability to establish and maintain rapport. NLP rapport is the ability to understand how other people view their world. When we are in rapport with others and can join them in their view world we can build communication with them.

CODE: 59SS
Tutor: Frances Coombes
Date: Wed 17th July
Time: 10:30AM-4.30PM
Fee: FULL £50 CONC £25

NLP: THINKING, LISTENING AND CONNECTING TO OTHERS
This course is for people who may feel they could have listened better or would like to connect more fully with others in a helpful and compassionate way. Everything we do depends for its quality on the thinking we do first. The quality of attention one person gives to another when listening can be catalytic, because it determines the quality of other people’s thinking. The aim is to connect with each other in ways that makes people feel listened to and positively empowers their thinking to flow.

CODE: 58SS
Tutor: Frances Coombes
Date: Wed 31st July
Time: 10:30AM-4.30PM
Fee: FULL £50 CONC £25

AN INTRODUCTION TO NLP
What is NLP? How does NLP help us to understand the mind and behaviour? In this one day introductory course we will be exploring what NLP is and various psychological approaches to understanding the mind and behaviour. This course is a good introduction for those interested in finding out more about behaviour and whether they would like to study psychology further.

CODE: 16SS
Tutor: Anna Campbell
Date: Thu 25th July
Time: 10.30AM-4.30PM
Fee: FULL £50 CONC £25

AN INTRODUCTION TO NLP
The human body evolved over eons, slowly calibrating to the African savanna on which 98 percent of human ancestry lived and died. So, too, did human brains. According to evolutionary psychologists, the mind is shaped by the pressure to survive and reproduce: emotions, communication skills, and language ability are adaptations that enabled ancestors to thrive. Come along and get a taste of this fascinating subject.

CODE: 22SS
Tutor: Daljinder Chalmers
Date: Wed 31st July
Time: 6-8.30PM
Fee: £25
AN INTRODUCTION TO NEUROPSYCHOLOGY

Neuropsychology is a bridging discipline that draws on material from neurology, cognitive psychology, and even psychiatry. However, its principal aim is to try to understand the operation of psychological processes in relation to brain structures and systems. It is the oldest branch of scientific psychology and it retains a degree of distinctiveness that distinguishes it from other related areas. Like cognitive neuroscience it embraces the concept of converging operations (in which research findings from different sources and even different levels of inquiry are "used"). This course will enable students to distinguish the difference between understanding the relationships between the brain, on the one hand, and the 'mind' and behavioural control, on the other. Although humankind has always been interested in this issue, the science of neuropsychology is relatively young.

CODE: 21SS
Tutor: Daljinder Chalmers
Date: Wed 24th July
Time: 10.30AM-4.30PM
Fee: FULL £50 CONC £25
42 QUEEN SQUARE, WC1N 3AQ

FEAR AT MARY WARD

From rollercoasters at a fun fair, to adrenalin fuelled 'extreme' sports, to those who delight in scary stories and films, we seem to have a certain kind of fascination with fear. This course will aim to explore this topic from a number of different angles and in the process will provide an ideal introduction to three different subjects in the humanities and social sciences. With three different specialist tutors, you will be able to explore the different ways that anthropologists, psychologists and philosophers investigate this question. You will be introduced to the kinds of questions they raise, the different methods that they use and the way that they assess evidence and argument in doing so. At the same time, you will learn more about this perennially fascinating topic and hopefully have fun doing so.

CODE: 15SS
Tutors: Austin Hill, Anna Campbell & Luciana Lang
Date: Tue 23rd July
Time: 10AM-4.30PM
Fee: FULL £55 CONC £28
42 QUEEN SQUARE, WC1N 3AQ

INSIDE THE CRIMINAL MIND: THE PSYCHOLOGY OF CRIME

Have you wondered why people commit crimes? This course provides a brief introduction to the main areas of study in Criminal Psychology. We will look an overview of the topic of Criminal/Forensic Psychology and look at what a Forensic Psychologist does. We will then focus on research and theories into criminal motivation and how an understanding of this can be used in offender profiling.

CODE: 17SS
Tutor: Anna Campbell
Date: Wed 24th July
Time: 10.30AM-4.30PM
Fee: FULL £50 CONC £25
42 QUEEN SQUARE, WC1N 3AQ

A PSYCHOLOGY OF INTERGROUP CONFLICT

The topical case of Shamima Begum and her three deceased children offers a sharp reminder that our world is still marred by ongoing regional conflicts. An alarming number of young Londoners are currently being injured or killed as a result of knife crime in our mature society, where diversity, equality, interfaith cooperation and mutual tolerance are 'officially' embraced. This course will take a critical look at some of these studies, exploring the underlying Psychological processes identified within them. It will consider the insights they might offer in addressing interpersonal violence, and reorienting would-be combatants towards more pro-social behaviour.

CODE: 20SS
Tutor: Penny Hyams
Date: Tue 30th July
Time: 10.30AM-4.30PM
Fee: FULL £50 CONC £25
42 QUEEN SQUARE, WC1N 3AQ

HISTORY OF IDEAS

BEOWULF – AN ANGLO-SAXON POEM IN CONTEXT

A two-day summer-school course focusing on Seamus Heaney’s adaptation of Beowulf. The course will explore the text itself in some detail, and elaborate on its historical, political, theological and art-historical context in Italy of the 14th Century AD.

CODE: 28SS
Tutor: Mark Patton
Date: Mon 29th & Tue 30th July
Time: 10.30AM-4.30PM
Fee: FULL £100 CONC £50
42 QUEEN SQUARE, WC1N 3AQ

UNDERWORLDS

Visions of the underworld have been shared for as long as humans have been telling stories. We will follow a selection of figures from myth, literature and psychology who visited the underworld and discover what – if anything – they had to tell us on their return. Ishtar, Orpheus, Aeneas, Dante – why did they go to the land of the dead? How did they do it? And were they changed by the experience?

CODE: 29SS
Tutor: Ben Pestell
Date: Thu 25th July
Time: 10AM-4.30PM
Fee: FULL £55 CONC £28
42 QUEEN SQUARE, WC1N 3AQ
ICELANDIC MYTH AND SAGA
Warriors or poets? Christians or Pagans? Who were the medieval Icelanders who gave us the tales of Viking sagas and such unruly gods as Odin, Thor, and Loki? In this course we will explore the literature of early Iceland and uncover a world of violence and tenderness, cunning and stupidity, capricious gods and formidable women, preposterous tales and rich poetry.

CODE: 30SS
Tutor: Ben Pestell
Date: Sat 27th July
Time: 10AM-4PM
Fee: FULL £50 CONC £25

CAREERS AND PERSONAL DEVELOPMENT

CAREER KICK STARTER
Aimed at both career changers and those just starting out on their career journey, this is an opportunity to kick-start your career in a direction that is both fulfilling and satisfying. This evening taster session will feature practical exercises to explore what is really important to you in creating a meaningful and rewarding career. Take the time to appreciate your strengths, the skills and experiences that have been important in your life. We will build the self-knowledge that will help you define and understand the elements that are important to you in building your career, and put in place a strong foundation that will help you to find the right career for you.

CODE: 33SS
Tutor: Allison Lindsay
Date: Wed 24th July
Time: 6-8PM
Fee: FULL £20 CONC £10

CREATIVE THINKING: CULTIVATING YOUR CURIOSITY, IMAGINATION AND SENSE OF WONDER
This fun and interactive workshop on creative thinking enables you to cultivate your curiosity, ignite your imagination, and reawaken your sense of wonder about the world. These are useful skills not only to help you think more creatively, but also to get more enjoyment out of life and the possibilities it provides.

CODE: 31SS
Tutor: Gerard Darby
Date: Sat 27th July
Time: 10AM-1PM
Fee: FULL £30 CONC £15

MANAGING YOUR CREATIVE LIFE
A short course which explores the practical and emotional challenges faced by artists in all fields of creativity and explores strategies for establishing a productive and disciplined approach.

CODE: 32SS
Tutor: Ken Price
Date: Tue 23rd & Thu 25th July
Time: 3-5PM
Fee: FULL £40 CONC £20

ACADEMIC WRITING: PREPARE FOR ACADEMIC SUCCESS
On this five day course, you will learn how to think, read, write and communicate for academic purposes. Skills and knowledge that the course covers include analysis, critical thinking and interpretation as well as research skills. The course will also show how these skills apply to different genres of writing [e.g. reports, essays] and presentations within academia. The course will be taught on the basis of discussions, in-class activities & tasks.

Code: 34SS
Tutor: Garo Avakian
Date: Mon 22nd to Fri 26th July
Time: 10AM-12AM
Fee: FULL £100 CONC £50

CREATIVE WRITING
INTRODUCTION TO INKLINGS: WRITE YOURSELF
If you enjoy writing and are curious about yourself come and try this ‘Inklings’ taster. Lots of non-stop writing exercises to explore feelings and tease out forgotten memories. Fun sessions in a supportive setting will give you and your pen permission to play. No writing experience required.

CODE: 52SS
Tutor: Marion Lennon
Date: Tue 23, Wed 24 & Thu 25 July
Time: 10AM-12PM
Fee: FULL £60 CONC £30

ESOL
PRONUNCIATION STAGE 1
Learn how to make the individual sounds (phonemes) in English, hear the differences between them and those of your first language. Discover how to read and write the phonemic script, a special alphabet for sounds.

CODE: 41SS
Tutor: Maria Del Pino
Date: Tue 23rd - Wed 31st July
Time: 10AM-1PM
Fee: FULL £107 CONC £37

KNOW YOUR LONDON - ENTRY LEVEL
A welcome return to an interesting and fun course in the ESOL department. Open to new and continuing ESOL students to come and learn more about the history of London; visit museums and places of interest. Work on your English skills as you learn, talking to classmates, researching on the internet and following routes. There are limited places available for non-Southwark residents on this course.

CODE: 42SS
Tutor: Jane Daly
Date: Tue 23rd - Wed 31st July
Time: 1.30-4.30PM
Fee: FREE

23
KNOW YOUR LONDON - LEVEL 1 & 2
A welcome return to an interesting and fun course in the ESOL department. Open to new and continuing ESOL students to come and learn more about the history of London; visit museums and places of interest. Work on your English skills as you learn, talking to classmates, researching on the internet and giving short presentations about your days out. There are limited places available for non-Southwark residents on this course.

CODE: 43SS
Tutor: Maria Del Pino
Date: Tue 23rd - Wed 31st July
Time: 1.30-4.30PM
Fee: FREE

1 RUSHWORTH STREET, SE1 ORB

ESOL FOR CHILDCARE
English not your first language? Do you want to work with children? Do you want to find out about what you will study in a longer Childcare/Early Years course in a friendly and supportive environment? Build your confidence in working with children on this course where you will learn about managing behaviour, working in partnership with parents, having healthy and safe practices, safeguarding children, learning and play for young children and the specialist English terms you will need.

CODE: 45SS
Tutor: Miranda Graham
Date: Wed 24th - Wed 31st July
Time: 10AM-12.30PM
Fee: FULL £70 MW CONC £35 CONC 0

1 RUSHWORTH STREET, SE1 ORB

LIFE IN THE UK INTENSIVE
This is a non-accredited course for students preparing to take the Life in the UK Test. This course covers the Life in the UK curriculum and helps students to gain confidence in the exam skills needed. Topics include important events from British History, British society today as well as an introduction to the political and legal system in the UK.

CODE: 46SS
Tutor: Henry Wood & Anne Robinson
Date: Mon 22nd - Fri 26th July
Time: 10AM-1PM
Fee: £150

1 RUSHWORTH STREET, SE1 ORB

IT FOR ESOL
English not your first language? Do you want to improve your IT skills and knowledge of ICT words in a friendly and supportive environment? Build your confidence in using computers on this course where you will develop your skills in using the Internet, staying safe whilst working online, sending and receiving emails and word processing short texts. There are limited places available for non-Southwark residents on this course.

CODE: 44SS
Tutor: Miranda Graham
Date: Wed 24th - Wed 31st July
Time: 1.30-4PM
Fee: FREE

1 RUSHWORTH STREET, SE1 ORB

LITERACY AND MATHS

IT, LITERACY & MATHS TASTER/WORKSHOP
This is a taster/workshop session for anyone interested in improving their IT, English and Math skills. On the course, you will learn about online safety and use websites and applications to improve your math and English skills. The course is suitable for students who are working at Entry 1 up to Entry 3 and have little or no experience of working with PCs or laptops and who also need to brush up on their basic Math and English skills.

CODE: 181SS
Tutor: Garo Avakian
Date: Mon 29th July
Time: 10.30AM-1PM
Fee: FREE

1 RUSHWORTH STREET, SE1 ORB

LITERACY TASTER SESSIONS/WORKSHOP
This is a taster/workshop session for anyone interested in improving their literacy skills. On the course, you will learn about how to improve your reading and writing and gain confidence in your speaking. The course is suitable for students who are working at Entry 1 up to Entry 3 and literacy skills.

CODE: 182SS
Tutor: Garo Avakian
Date: Mon 29th July
Time: 2-4PM
Fee: FREE

1 RUSHWORTH STREET, SE1 ORB

CODE: 175SS
Tutor: Garo Avakian
Date: Tue 23rd July
Time: 1-3PM
Fee: FREE

42 QUEEN SQUARE, WC1N 3AQ

CODE: 176SS
Tutor: Garo Avakian
Date: Thu 25th July
Time: 1-3PM
Fee: FREE

42 QUEEN SQUARE, WC1N 3AQ

CODE: 177SS
Tutor: Garo Avakian
Date: Wed 24th July
Time: 1-3PM
Fee: FREE

42 QUEEN SQUARE, WC1N 3AQ

CODE: 178SS
Tutor: Garo Avakian
Date: Fri 26th July
Time: 1-3PM
Fee: FREE

42 QUEEN SQUARE, WC1N 3AQ
MATHS
This is a taster/workshop session for anyone interested in improving their Maths skills. On the course, you will learn about how to improve your skills in using mathematics for work or everyday life. The course is suitable for students who are working at Entry 1 up to Entry 3 and Maths skills.

CODE: 183SS
Tutor: TBC
Date: Mon 29th July
Time: 10.30 -1PM
Fee: FREE
1 RUSHWORTH STREET, SE1 ORB

CODE: 184SS
Tutor: Abdulgahni Leily
Date: Tue 23rd July
Time: 6-8.30PM
Fee: FREE
1 RUSHWORTH STREET, SE1 ORB

IT & COMPUTING

COMPUTERS FOR BEGINNERS
This fun workshop is a chance to demystify the computer in a friendly and supportive environment. Learn how to get started with a computer, with guided ‘hands-on’ experience on how to use computer, mouse, keyboard and printer. Aimed at students who have no experience of computing.

CODE: 148SS
Tutor: Shahzad Ahmad
Date: Wed 24th July
Time: 10.30-1PM
Fee: FULL £30 CONC £15
1 RUSHWORTH STREET, SE1 ORB

CODE: 149SS
Tutor: Shahzad Ahmad
Date: Fri 26th July
Time: 10.30-1PM
Fee: FULL £30 CONC £15
1 RUSHWORTH STREET, SE1 ORB

INTRODUCTION TO MS OFFICE
This course is ideal for those who are new to Microsoft Office applications and require an overview of key features. You will need to be comfortable with using a Windows PC, opening and closing applications, browsing the web and working with a keyboard and mouse.

CODE: 147SS
Tutor: Mike Conner
Date: Wed 31st July
Time: 10.30-5PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

IT AND BUSINESS QUALIFICATION WORKSHOP
Thinking of studying a computing, Business or IT qualification? These workshop will introduce students to our tutors and the qualifications we have on offer. It will help you understand the level you can study at and enable you to enrol on to the right course.

CODE: 150SS
Tutor: Abdulgahni Leily
Date: Tue 23rd July
Time: 6-8.30PM
Fee: FREE
1 RUSHWORTH STREET, SE1 ORB

CODE: 151SS
Tutor: Abdulgahni Leily
Date: Tue 30th July
Time: 6-8.30PM
Fee: FREE
1 RUSHWORTH STREET, SE1 ORB

CODE: 152SS
Tutor: Christine Benvenuto
Date: Wed 24th July
Time: 10.30AM-1PM
Fee: FREE
42 QUEEN SQUARE, WC1N 3AQ

CODE: 153SS
Tutor: Christine Benvenuto
Date: Fri 26th July
Time: 10.30AM-1PM
Fee: FREE
42 QUEEN SQUARE, WC1N 3AQ

DIGITAL MEDIA

INTRODUCTION TO WORD PRESS
This short introduction course will teach you the basics of WordPress using the dashboard, with the aim to start creating content which you can then create websites with ease. Suitable for anyone who wants to use Wordpress and is comfortable with using a Windows PC, opening and closing applications, browsing the web and working with a keyboard and mouse.

CODE: 139SS
Tutor: Mike Connor
Date: Thu 25th July
Time: 10.30AM-5PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

CODE: 140SS
Tutor: Mike Connor
Date: Tue 30th July
Time: 10.30AM-5PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ
INTRODUCTION TO ADOBE PHOTOSHOP, INDESIGN & ILLUSTRATOR
This course is ideal for those who are new to Adobe Suite of applications and require an overview of key features. Suitable for students with computing experience who are comfortable with using a Windows PC, opening and closing applications, browsing the web and working with a keyboard and mouse.

CODE: 141SS
Tutor: Mike Connor
Date: Fri 26th July
Time: 10.30-5PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

INTERMEDIATE PHOTOSHOP
This short course is a chance to gain an understanding of the more advanced features of Photoshop. It will cover a range of tools and explore the potential of the programme. Suitable for students with some previous Photoshop knowledge.

CODE: 143SS
Tutor: Philip George
Date: Wed 24th & Wed 31st July
Time: 6-9PM
Fee: FULL £70 CONC £35
42 QUEEN SQUARE, WC1N 3AQ

BUILDING A CREATIVE PORTFOLIO IN INDESIGN
This intensive one day course will teach you everything you need to know to build a professional and great looking creative interactive PDF portfolio using Adobe InDesign. Suitable for students who are computer literate, previous knowledge of InDesign is not required. Please bring a selection of good images that you would like to use on a USB stick.

CODE: 144SS
Tutor: Charlotte Hailey-Watts
Date: Sat 27th July
Time: 10.30-4.30 PM
Fee: FULL £60 CONC £30
42 QUEEN SQUARE, WC1N 3AQ

PHOTOGRAPHY ON LOCATION
This is an intermediate DSLR Photography course to understand the challenges and subtleties of shooting on location and to improve students capabilities as a versatile photographer. Students will begin at The Mary Ward Centre as a base with some in-house tutorials, followed by visits to stimulating landscape and architectural locations.

CODE: 145SS
Tutor: Charlotte Hailey-Watts
Date: Tue 23rd July - Wed 24th July
Time: 10.30-5PM
Fee: FULL £130 CONC £65
42 QUEEN SQUARE, WC1N 3AQ

BUILD A WEBSITE IN TWO DAYS
Would you like to build a website for your business or project? This intensive course has been designed to help you build your website in two days with expert tutor guidance. This course is suitable for small business owners, artists, photographers, musicians and coaches or counsellors who would like to create a simple portfolio website.

CODE: 146SS
Tutor: Anna Campbell
Date: Mon 29th- Tue 30th July
Time: 10-5PM
Fee: FULL £140 CONC £70
42 QUEEN SQUARE, WC1N 3AQ

BUSINESS MANAGEMENT
COACHING AND MENTORING SUMMER TASTER
This short taster workshop aims to give students a clear idea and understanding of the dynamics that happen between people when they work one-to-one. It can also help to prepare students for our Award in Mentoring Skills qualification course.

Code: 156SS
Tutor: Simone Hensby
Date: Tue 23Rd July
Time: 10.30AM-12.30PM
Fee: FULL £25 CONC £15
42 QUEEN SQUARE, WC1N 3AQ

CODE: 157SS
Tutor: Simone Hensby
Date: Thu 25th July
Time: 10.30AM-12.30PM
Fee: FULL £25 CONC £15
42 QUEEN SQUARE, WC1N 3AQ

PROJECT MANAGEMENT SUMMER TASTER
This is a summer taster to familiarise you with the theories and practice of project management. It is ideal for those with limited practical experience of managing a project and can lead on to preparing for the APM Introductory Certificate.

CODE: 158SS
Tutor: Simone Hensby
Date: Tue 23Rd July
Time: 1.30-3.30PM
Fee: FULL £25 CONC £15
42 QUEEN SQUARE, WC1N 3AQ

CODE: 159SS
Tutor: Simone Hensby
Date: Thu 25th July
Time: 1.30-3.30PM
Fee: FULL £25 CONC £15
42 QUEEN SQUARE, WC1N 3AQ
The nearest underground stations are Russell Square, Holborn, Tottenham Court Road or Chancery Lane.

Buses that stop on Southwark Row
- 59, 68, 91, 168, 188

Buses that stop on Kingsway
- 1, 171, 243, 521

Buses that stop on Theobald’s Road
- 19, 38, 55, 243

Buses that stop on High Holborn
- 8, 25, 242, 521

Buses that stop on Red Lion Square
- 8, 25, 98, 242, 521

Buses that stop on Chancery Lane
- 8, 25, 242, 341

For enquiries:
mwenquiries@marywardcentre.ac.uk
If you cannot attend your class:
studentabsence@marywardcentre.ac.uk

GETTING THERE
The Mary Ward Centre, Queen Square, is off Southampton Row, via Cosmo Place. Vehicular access is via Great Ormond Street or Old Gloucester Street. Parking is difficult and expensive except after 18.30 weekdays and 13.30 Saturdays. 10 Great Turnstile is off High Holborn, via Great Turnstile or Lincoln’s Inn Fields. Vehicular access via Lincoln’s Inn Fields.

PUBLIC TRANSPORT

For general enquiries:
info@blackfriars-settlement.org.uk
www.blackfriars-settlement.org.uk

GETTING THERE

Travelling by Public Transport

Our closest underground station is Southwark (Jubilee line). We are also within walking distance of Waterloo Station (Bakerloo, Jubilee, Northern, Waterloo and City lines and overground trains), Borough (Northern line), London Bridge (Jubilee and Northern lines) and Elephant and Castle (Bakerloo and Northern lines).

The following buses stop close to Great Suffolk Street:
- 35 stop name Southwark Street
- 40 stop name Southwark Street
- 45 stop name Pocock Street
- 63 stop name Pocock Street
- 100 stop name Pocock Street
- 133 stop name Southwark Street
- 343 stop name Southwark Street
- 344 stop name Great Suffolk Street
- 381 stop name Lavington Street
- 310 stop name Southwark Street

Our legal advice service provides casework in housing, debt and welfare rights. The premises are accessible by wheelchair.

THE MARY WARD CENTRE
42 Queen Square, London WC1N 3AQ (Main site)
10 Great Turnstile, London WC1V 7JU
Tel: 020 7831 7079

BLACKFRIARS SETTLEMENT
1 Rushworth Street, SE1 0RB
Tel: 020 7928 9521
Fax: 020 7960 4628