

Arts, Crafts and Lifestyle

Baby massage

Saturday

21 Feb 10:00-11:00

£5

A wonderful, relaxed way to enhance your bond with your baby. Learn easy techniques to help relieve colic and constipation and to improve sleep patterns.

Baby massage for dads

Saturday

21 Feb 11:30-12:30

£5

A wonderful, relaxed way to enhance your bond with your baby. Learn easy baby massage techniques and meet other new dads.

Bead jewellery

Mondays

9, 16 Mar 19:00-21:00

£30

An introduction for those interested in making their own necklaces, bracelets and earrings using a variety of materials, beads and fastenings.

Calligraphy: Taster

Wednesday

4 Feb 18:30-21:30

£20

Interested in calligraphy but don't know where to start? Learn how to illuminate a capital letter, perfect for a special birthday, anniversary, or personalised gift. Have a look at our other calligraphy courses if you want to take your skills further.



Calligraphy: First steps

Saturdays

7, 14, 21, 28 Feb

13:30-15:30

£48

Learn basic calligraphy techniques and the foundational style of writing, and complete a simple project of your own.

Calligraphy:

Illumination

Saturdays

9, 16 May 13:30-15:30

£30

Learn calligraphy illumination techniques based on traditional methods used in ancient manuscripts, including the use of gold leaf, and complete a simple project of your own.

Cooking: Chocolate truffles

Wednesday

25 Mar 10:00-13:00

£20

Make, pipe and decorate chocolate truffles. Create and take home a selection in hand-tied gift bags. Perfect for Easter, a birthday gift, or just to enjoy all on your own!



Arts, Crafts and Lifestyle

Cooking: Cupcakes for summer parties

Wednesday

6 May 13:00-15:00

£15

Make and decorate cupcakes for summer parties, weddings, or just to enjoy as a treat. This session is suitable for beginners and includes a mixture of demonstration, practical and tasting.

Cooking: Greek style

Friday

15 May 10:00-14:00

£25

Simple and quick savoury ideas for a Greek buffet-style meal, including dips and salads.

Cooking: Indian style

Wednesday

11 Mar 10:00-14:00

£25

Simple and quick ideas for an Indian buffet-style meal, including savoury mathiya biscuits, Bombay potatoes and vegetable pakoras.

Cooking: Italian picnic food

Friday

24 Apr 10:00-14:00

£25

Simple and quick Italian recipes for a picnic or buffet-style meal, including rice-stuffed tomatoes, pesto and pasta salad, and frittata di zucchini. A mixture of demonstration and practical work.

Cooking: Nepalese style

Tuesday

2 Jun 10:00-14:00

£25

Simple and quick ideas for a Nepalese buffet-style meal; demonstration with some practical work.

Crochet: First steps

Fridays

1, 8, 15, 22 May

10:00-12:00

£48

Get started with the basics of crochet and work on small projects along the way.

Crochet: Next steps

Fridays

5, 12, 19, 26 Jun

10:00-12:00

£48

More projects and simple patterns for those who have mastered the basics of crochet (must be able to use double stitch, treble stitch and increasing).



Découpage: Mini photo albums

Wednesday

4 Mar 13:00-15:00

£12

Make and decorate a butterfly-themed découpage mini folding photo album out of card. Ideal to give as a hand-made gift for Easter or Mother's Day.

Arts, Crafts and Lifestyle

Drawing and painting: Learn to draw - Part 1

Wednesdays

25 Feb, 4, 11, 18, 25
Mar, 1 Apr 19:00-21:00
£75

Have you always wanted to learn how to draw? This course is an essential introduction. Develop a variety of techniques and skills, enabling you to draw with accuracy and confidence.

Drawing and painting: Learn to draw - Part 2

Wednesdays

22, 29 Apr, 6, 13, 20
May, 7 Jun 19:00- 21:00
£60 (£75 for those who do not already have the book that accompanies Part 1).

For those who have completed Learn to Draw-Part 1 or who just want to take their drawing to the next level. Continue your journey by focusing on picture creation and finished artwork, as well as the 'drawing on the right side of the brain' approach.

Drawing and painting: Abstract

Fridays

24 Apr, 1, 8, 15, 22,
29 May 13:30-15:30
£65

If you have ever wanted to be more self-expressive, this course will develop your ability to produce exciting artworks. Experiment with various media and explore non-traditional, contemporary methods of drawing and painting. No previous experience, skills or natural talent required.

Drawing and painting: Experimental

Saturday

30 May 10:00-16:00
£35

Explore a variety of drawing techniques, adopting an experimental approach using materials such as charcoal, graphite, pen and ink.

Drawing and painting: Portraiture

Mondays

23, 30 Mar, 13, 20,
27 Apr, 11 May
13:30-15:30
£60

Improve your ability to draw portraits; you will be introduced to the structure of rendering the human head as well as exploring the geometry of the face and definition to capture a likeness.

Drawing and painting: Watercolour - taster

Thursday

19 Feb 18:30-21:30
£20

Interested in watercolour painting but not sure where to start? This workshop will allow you to try this medium and gain an understanding of the techniques and methods used.



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Drawing and painting: Watercolour - first steps

Saturdays

7, 14, 21, 28 Mar

13:30 - 16:30

£75

An introduction to the basic concepts of watercolour painting, providing an opportunity to experiment with watercolour techniques.



Drawing and painting: Watercolour - next steps

Saturdays

6, 13, 20, 27 Jun

13:30-16:30

£75

If you have completed Watercolour-first steps or would like to improve your basic watercolour skills, this course will allow you to experiment with, and practise, new concepts in order to complete a simple project.

Explore your potential in 2015

Fridays 23, 30 Jan, 6,

13 Feb 10:00-12:00

£25

Looking for a new direction in your work or personal life in 2015? Using life-coaching tools and techniques, this course will help you to work out your personal goals, identify barriers to achieving them, and form an action plan to support you in reaching your potential.

Flower arranging: Flowers for Spring

Saturday

14 Mar 13:00-15:00

£25

Celebrate the arrival of Spring by learning how to make the most of seasonal flowers. Create a beautiful arrangement to take home.



Flower arranging: Wedding table centrepiece

Saturday

28 Mar 13:00-15:00

£25

Are you planning a wedding and getting stuck for ideas for decoration at the reception? Learn how to create a beautiful table centrepiece that you can take home.



Gardening: Growing for the new season

Monday

9 Mar 10:00-12:00

£10

Help your garden to grow in 2015! This course will cover planting over the spring/summer calendar and will teach you basic techniques for growing flowers and vegetables successfully.

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Gardening: Growing without a garden

Monday

16 Mar 10:00-12:00

£10

Ideas for growing plants in pots and other containers. Perfect for green-fingered people who love to garden but whose space is limited to a flat, balcony or small garden.



Knitting: First steps

Mondays

16, 23 Feb, 2, 9 Mar

19:00-21:00

£48

This course will teach you how to knit from the very beginning. Learn about the different stitches and skills required, and knit your own project—a hat, simple baby jumper or gauntlets.

Knitting: Next steps

Mondays

20, 27 Apr, 11, 18 May

19:00-21:00

£48

Can you cast on and off, knit and purl, but want to know where to go next? This course will teach you three different styles—cable, lace and Fair Isle—to enable you to design and make your own knitted cushion cover.

Knitting: With four needles

Mondays

16, 23, 30 Mar

19:00-20:30

£32

For those who have mastered basic knitting and fancy a challenge, this course will teach you how to knit your own pair of socks using four needles. Some work at home will be required between sessions to complete each step.



Nail art

Tuesday

21 Apr 13:00-15:00

£15

Learn how to create interesting and unique designs for your nails; all varnishes and materials provided.



Paediatric first aid

Thursdays

12, 19 Mar 9:30-12:30

£20

Mondays

1, 8 Jun 18:30-21:30

£20

Learn basic paediatric first aid skills for the management of a sick or injured child (up to about 8 years old), including care of the unconscious child, resuscitation, choking, control of bleeding and head injuries. Includes a 6-hour first aid certificate.

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Plan a healthy, balanced diet for 2015

Wednesdays

4, 11 Feb 10:00-12:00
£15

Would you like some tips and advice about food and health and some tools to help you to plan a healthy, balanced diet for the new year? Come along to a friendly, informal course to help you to change your eating habits. Certificates of attendance will be provided at the end of the course.

Sewing: Celebration wall hanging

Wednesdays

4, 11, 18, 25 Mar
13:00-15:00
£48

Create a hand-stitched wall hanging using a variety of techniques and materials in order to decorate a child's room or celebrate a special occasion. Make this a treasured textile artwork by stitching personal details on homespun fabric.

Sewing: Make your own fur teddy bear

Tuesdays

9, 16, 23, 30 Jun, 7 Jul
13:00-15:00
£60

From drawing your own pattern to cutting fur and adding facial features, you will learn a number of skills and techniques in order to make your very own hand-stitched fur teddy.

Sewing: Make your own iPad cover

Saturday

28 Feb 13:00-16:00
£20

Design and create a hand-made individual fabric iPad cover using appliqué embroidery techniques. The cost of material is included but if you want to use any special fabric of your own, please bring it along. Basic hand-sewing skills required.

Sewing: Memory patchwork picture

Tuesdays

21, 28 Apr, 5, 12, 19 May 13:00-15:00
£60

Design and create a quilted, hand-stitched picture inspired by a favourite photo, place or special memory that you would like to celebrate. Experiment with embroidery and echo stitching to give definition and originality.

Sewing: Soft toy making

Wednesdays

4, 11, 18, 25 Mar
10:00-12:00
£48

Learn how to make a template pattern and sew with toy fabric to create a professionally finished hand-stitched toy ready to give as an Easter gift. All materials are chosen with safety in mind.



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Sewing: Wedding bunting

Saturday

25 Apr 13:00-17:00

£25

Create your own personalised bunting for a wedding, summer party or special event using appliqué embroidery techniques. The cost of material is included but if you want to use any particular fabric of your own, please bring it along. Basic hand-sewing skills required.

Summer pedicured toes

Thursday

21 May

13:00-15:00

£15

Get your feet ready for the summer holidays! Learn how to pedicure your toes perfectly; all materials provided.

