

Adult learning  
and skills service

A decorative graphic consisting of several overlapping circles in various colors: blue, orange, pink, green, and yellow. A white curved line passes through the circles.

**NEW**  
learning centre  
opening in  
Uxbridge Road



Summertime  
LEARNING

**GRAND OPENING**  
2pm  
**WEDS 18 MARCH**

Adult Learning and Skills Service launches a new centre at

**239A  
Uxbridge Road**

Come along to see the classrooms, meet the tutors and discuss any courses that you might like to do.

Current day-time courses on offer include:

**Health and social care**

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**Childcare**

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**ESOL**

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**English**

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**Maths**

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**Introduction to computers**

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**French for your holiday  
(summer term)**

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**Italian for your holiday  
(summer term)**

Our Macbeth Centre in Hammersmith has loads of courses planned for the summer term starting in April:

## *Thinking of starting a new business?*

Look for 'Startup Saturdays' launching in April, for the low down on how to get yourself started, how to plan and how to promote a new business

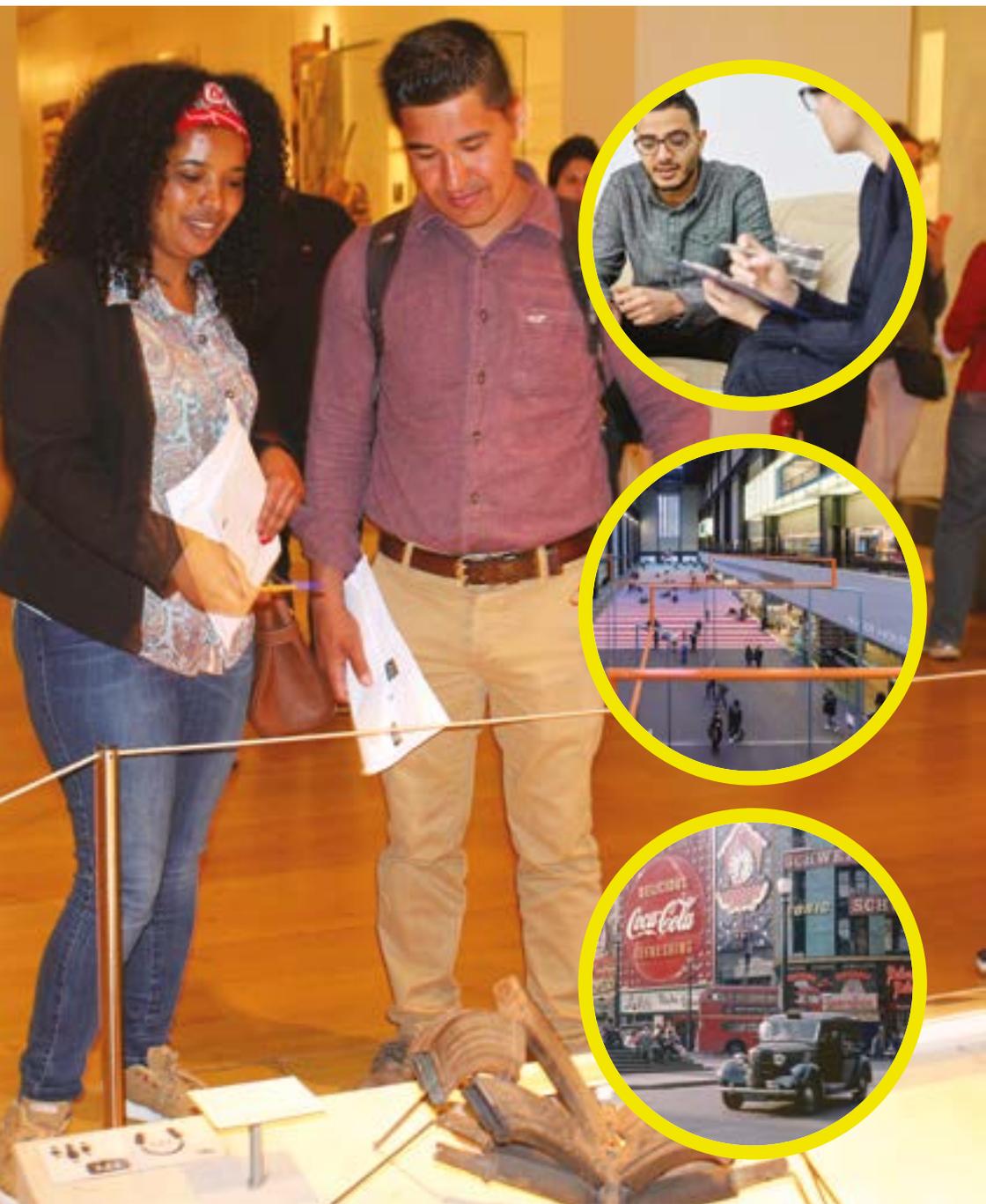
## *Already in business or working with book-keeping?*

Gain qualifications at level 1 and 2 with City & Guilds Book-keeping courses or Sage Computerised Accounts.

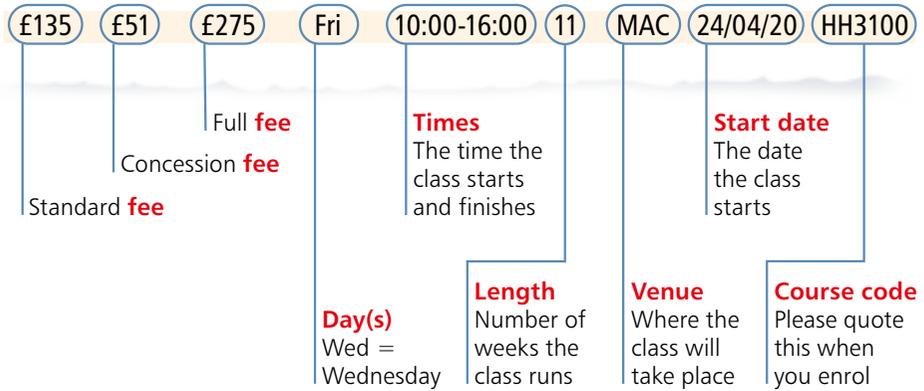
## *Want to build a website?*

Come and join our accredited HTML course to find out the secrets of building a website from scratch.

Check out our website: **[www.hfals.co.uk](http://www.hfals.co.uk)** for the up-to-date information and course details



# Guide to course references



## Courses in counselling, creative writing, history

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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### Is counselling training for me?

Learn the basic skills of counselling to increase your effectiveness at work or with friends and family. Ideal course for anyone who wants to explore basic counselling skills to help them decide whether they wish to go further with counselling training; and for those who want to use counselling skills informally with family or at work.

£39	£14	£71	Sat	10:00-13:00	1	MAC	16/05/20	HC3025
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### Games People Play - An Introduction to Transactional Analysis

This course is an introduction to the key aspects of Transactional Analysis and is based on the work of Eric Berne. It includes a range of skills including how to understand transactions and "games" and how to manage difficult interactions and understand power dynamics.

£39	£14	£71	Sat	10:00-14:30	1	MAC	20/06/20	HC3072
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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### Art, meditation and mindfulness

Learn meditation, mindfulness and how to awaken the senses by looking at art.

£63	£24	£123	Mon	18:30-20:30	5	MAC	01/06/20	HA325
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### History, story and perception of art

Art continues to fascinate and draw crowds, fetch staggering sums at auction and inspire travel from all over the world to marvel at it. But what do you see when you look at art and how does it make you feel?

£63	£24	£123	Wed	10:00-12:00	5	MAC	22/04/20	HA300
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### London History: 20th Century London

£135	£51	£275	Fri	10:00-16:00	11	MAC	24/04/20	HH3100
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### Monarchs of England: Plantagenets & Lancastrians

£135	£51	£275	Thu	14:00-16:00	11	MAC	23/04/20	HH3175
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### Writing a children's book and getting it published

Your first stepping stone into the wonderful world of children books. Have you ever wanted to write or illustrate children's book? In this course we will look at writing for different ages from earliest concept books to teenage fiction.

£120	£45	£160	Thu	18:30-20:30	10	MAC	30/04/20	HW3025
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### Reading and Writing Short Stories

A supportive programme that enables students to develop short story craft and technique through reading a range of published forms and focused writing exercises. Sessions will include workshopping of student writing. Taught by an award-winning short story writer.

£90	£35	£170	Tues	18:30-20:30	5	MAC	21/04/20	HW3030
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## Writing Workshop

A supportive workshop-style programme that enables students to develop work-in-progress. Students must have attended at least one creative writing programme already to attend this workshop, or already be writing more independently. The focus is on fiction and non-fiction of all kinds: short stories, autobiography, life stories and creative non-fiction. The programme will include one-to-one personal writing tutorials.

£90	£35	£170	Tues	18:30-20:30	5	MAC	02/06/20	HW3045
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## Writing For Cinema

We will explore the key features of a screenplay and ways that cinema tells stories through image and sound, drawing on some of these techniques to help create original cinematic ideas and writing of our own. The programme includes a range of Hollywood, European, international and independent classic and contemporary film extract screenings.

£39	£13	£71	Sat	10:30-15:30	1	MAC	04/04/20	HW1083
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## Writing Autobiography And Life Stories:

### Writing From Museum Collections NEW

We will explore various ways of generating ideas for autobiographical writing and life stories that draw on museum collections - both artefacts (objects) and artworks. We will also look at writing techniques in published text models across different forms of autobiographical and life writing - and use these to help develop original student work. Part of the day will be spent in a London-based specialist museum.

£39	£13	£71	Sat	10:30-15:30	1	MAC	20/06/20	HW3060
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# Fancy learning a new language?

Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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## Spanish Beginners Stage 1 Saturday Intensive

Improve your Spanish quickly with this intensive Saturday course!

£130	£49	£260	Sat	10:30-13:00	10	MAC	25/04/20	LS3026
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## French: the basics for beginners

A short, intensive course to learn the basics before a holiday to a French-speaking country.

£129	£48	£261	Sat	10:00-14:00	5	MAC	25/04/20	LF3026
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## Italian: the basics for beginners

A short, intensive course to learn the basics before a holiday to Italy.

£129	£48	£261	Sat	10:00-14:00	5	MAC	5/04/20	LI3036
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## Spanish: the basics for beginners

A short, intensive course to learn the basics before a holiday to a Spanish-speaking country.

£129	£48	£261	Sat	10:00-14:00	5	MAC	06/06/20	LS3040
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## Talk Arabic: an introduction to modern standard Arabic **NEW**

An intensive introduction to Modern Standard Arabic for beginners and anyone planning a visit to an Arab-speaking country.

£120	£45	£260	Sat	10:00-14:00	5	MAC	06/06/20	LA3030
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Standard	Conc.	Full	Day(s)	Times	Week(s)	Venue	Start date	Code
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## Talk Greek: an introduction to modern Greek

An intensive introduction to Modern Greek for beginners and anyone planning a visit to Greece or Cyprus.

£120	£45	£260	Sat	10:00-14:00	5	MAC	25/04/20	LGR300
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## Sustainability

We have taken a new look at some of the subjects we offer and realise that we have been ahead of the curve. Many of the skills we teach on our courses enable you to become an ambassador for sustainability, often using recycled materials. We want to explore these subjects further and build awareness of how we can make additional adjustments to increase their sustainability further. Here are some of the subjects we offer:



## Beading

Our beading courses offer the opportunity to refashion old or broken necklaces that may be antique, vintage or even relatively new into new jewellery to suit your own tastes. Our learners often sell their work as it makes excellent presents for friends and loved ones.

## Bicycle maintenance

Keep your bicycle in good working order by learning how to do basic maintenance, or if this has whetted your appetite then consider our City & Guilds accredited courses and prepare yourself to go out into the world keeping many cyclist's bicycles in good working order keeping them safe as well as making yourself a living.

## Car maintenance

As well as bicycle maintenance we also teach you how to maintain cars which can greatly add to their life as well as helping you to discover how they function. We are well aware that cars are changing but the more you know the better equipped you will be to adapt to these changes.



## Clothes making and alteration

Making your own clothes not only makes us appreciate what goes into making garments but also gives the freedom to make clothing that is made to measure for you or whoever you are making it for. You can also learn the skills to reshape and alter a garment found in a charity shop for example to create a unique and special item that not only looks great but also keeps clothing out of landfill sites and reduces the need to buy new.



are so many things you can create by re-purposing objects that cost little or nothing.

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## Fabric decoration

Make a plain T-Shirt or other plain item of clothing into a personalised garment by decorating it with printed images or by sewing on beads, sequins etc.

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## Furniture Upcycling, restoration and conservation

It's all in the title! Learn many restoration skills whilst working on projects to give them extended life. This might be resurfacing and replacing hinges on a wooden box, re-gilding a frame,



## Découpage

This is a great way to be creative and make decorative items from for example old tins or jars. Or take an old piece of furniture and give it a new look by decorating with printed paper. There



replacing damaged parts of a chair or table or revamping an item by changing its appearance. There are many other possibilities to maintain an item's beauty and usefulness.

## Mosaic

One of the oldest crafts that essentially requires only an off-cut of wood, tiles or pottery and some grout. Wonderful designs can be made re-using broken crockery, china etc. These items may suggest a design to you or be a way to incorporate a sentimental plate or bowl that has been damaged into a brand-new artwork.



auction or even on the street! Use some recycled materials and even top fabrics that could be recycled or sustainable. You will then have an item to feel proud of and cherish for years to come.

## Upholstery

An opportunity to give new life to old furniture. Restore an old family favourite or heirloom, find a chair frame in a charity shop, at an



Look out for our new **Saturday Sustainable Christmas one-day courses** coming in October





## Macbeth Centre

Macbeth Street  
W6 9JJ

### Bus stop/routes



27, 190, 218, 267, 306,  
391 H91

(one-way, west from  
Hammersmith  
bus/tube station)

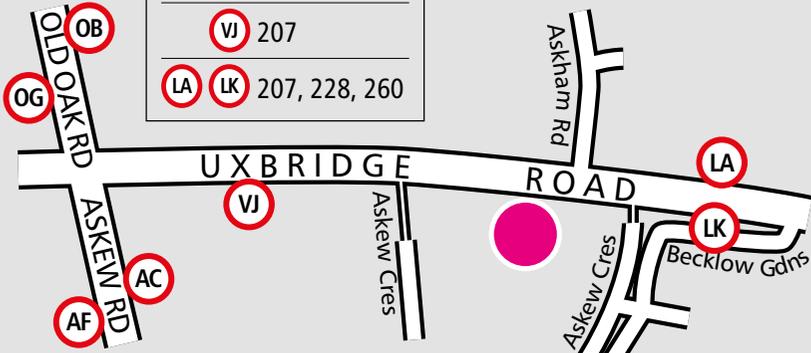
### Bus stop/routes

228, 260, 272

218, 306

207

207, 228, 260



## Uxbridge Road Centre

239A Uxbridge Road  
W12 9EL



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