

2022 Winter/Spring Courses

Arts and Crafts

Crafting for Happiness and Wellbeing

On this course, we will be covering simple crafts that will help you gain confidence in your own ability enabling you to feel proud of what you create.

Fee: £40 / Reduced: £32

02 March 2022 (Ref: 10569) 10:00 - 12:00 (5 Weeks)

Jewellery Making

This is an exciting course that will introduce you to the specialist tools and techniques of basic jewellery making. By the end of the course, you will have had the opportunity to make pieces using copper, silver wire and beading. You will also be able to design and make your own individual piece of jewellery. Although you will be given tuition on this course and will be given help when needed, it is important that you can work independently as this is a more advanced course.

Fee: £40.00 / Reduced: £32.00

02 March 2022 (Ref: 10570) 13:00 - 15:00 (5 Weeks)

Handmade with Love

Become a Kirstie Allsopp and make beautiful gifts for friends and for the home. Learn how to make a beautiful bead and wire dragonfly. Make your own aromatherapy gifts to include soap, bath bombs and lip balm.

Fee: £40.00 / Reduced: £32.00

26 January 2022 (Ref: 10568) 13:00 - 15:00 (4 Weeks)

Computers and the internet

Computers for Absolute Beginners

Do you feel that you are being left behind in this computer age? Would you like to learn how to use a computer?

Fee: FREE

02 March 2022 (Ref: 10557) 13:00 - 15:00 (5 weeks)

Get Going on the Internet

Do you feel that there is so much to learn about the internet? Do you need help to make you become a confident 'surfer'?

Fee: FREE

01 March 2022 (Ref: 10545) 10:00 - 12:00 (5 weeks)

02 March 2022 (Ref: 10555) 10:00 - 12:00 (5 weeks)

Introduction to Spreadsheets using Microsoft Excel

Do you need to organise your finances electronically? Would you like to learn how to use Microsoft Excel to create spreadsheets?

Fee: FREE

03 March 2022 (Ref: 10560) 10:00 - 12:00 (5 weeks)

Smart Budgeting Workshop

This workshop will introduce you to using spreadsheets to help you keep on top of your bills. Come along and find out how you can use a spreadsheet to help manage your money. Don't worry, you don't need to be a digital expert!

Fee: FREE

15 February 2022 (Ref: 10549) 10:00 - 12:00

Cookery

Cooking on a Budget

Over the five sessions, you will learn how to make healthy hearty meals on a budget using fresh ingredients.

Fee: £40 / Reduced: £32

11 January 2022 (Ref: 10561) 10:00 - 12:00 (5 weeks)

Curries around the World

Learn the skills to produce a large variety of delicious curries. Discover the secrets and general principles of how to create authentic curries. You will also learn how to make delicious accompaniments that will complement the curry dishes. This will certainly change how you cook at home!

Fee: £40 / Reduced: £32

01 March 2022 (Ref: 10562) 10:00 - 12:00 (5 weeks)

Family Learning and Parenting

Parent Power

This course is recommended for parents / carers of children of any age. Each week you will learn new strategies, helpful hints, and tips to reduce stressful moments and manage difficult situations. The following week you will be invited to share the highs and lows of your experiences.

Fee: FREE

28 February 2022 (Ref: 10543) 10:00 - 12:00 (5 weeks)

Health and Happiness

Confidence Building

Learn how to de-stress and give your confidence a boost.

Fee: FREE

17 January 2022 (Ref: 10542) 10:00 - 12:00 (4 weeks)

Confidence to make Change Workshop

Feeling stuck? Confident for Change will help you gain insight and techniques to start your journey for change in a positive and supportive way.

Fee: FREE

19 January 2022 (Ref: 10564) 10:00 - 15:00

Relaxation and Wellbeing

Improve the quality of life by learning relaxation techniques.

Fee: FREE

01 March 2022 (Ref: 10567) 13:00 - 15:00 (5 weeks)

Improve your skills

CV Workshop

Want to know how to write your own CV and keep it up to date? Bring along your certificates and your work history and you will never have to ask someone else to write your CV for you again.

Fee: FREE

13 January 2022 (Ref: 10550) 10:00 - 15:00

18 January 2022 (Ref: 10551) 10:00 - 15:00

15 February 2022 (Ref: 10553) 10:00 - 15:00

05 April 2022 (Ref: 10552) 10:00 - 15:00

Accredited Courses to improve your skills

RSPH Level 2 Award in Food Safety and Hygiene

The objective of the Level 2 Award in Food Safety and Hygiene is to cover the principles of food hygiene for food handlers working in either a catering or retail environment. It is a valuable freestanding qualification that is also suitable for learners and employees engaged in other food based vocational training and employment. Fee remission may be available subject to individual circumstances.

Fee: £30.00 / Reduced*: FREE

14 February (Ref: 10413) 09:00 - 16:30

11 April (Ref: 10414) 09:00 - 16:30

06 June (Ref: 10415) 09:00 - 16:30

25 July (Ref: 10416) 09:00 - 16:30

Apprenticeships

We are proud to be delivering Portsmouth City Council's apprenticeships for Business Administration and Customer Service. Available jobs are listed on the Portsmouth City Council website.

Visit www.portsmouth.gov.uk and search for jobs.