



COURSES FOR ADULTS WITH LEARNING DIFFICULTIES/DISABILITIES

BROMLEY ADULT EDUCATION COLLEGE

ACADEMIC YEAR 2023-2024

SEPTEMBER TO JULY |



Academic Calendar 2023/24 - LLDD BAEC

September 2023						
wk	Mo	Tu	We	Th	Fr	Sa Su
					1	2 3
1	4	5	6	7	8	9 10
2	11	12	13	14	15	16 17
3	18	19	20	21	22	23 24
4	25	26	27	28	29	30

October 2023						
wk	Mo	Tu	We	Th	Fr	Sa Su
						1
5	2	3	4	5	6	7 8
6	9	10	11	12	13	14 15
	16	17	18	19	20	21 22
7	23	24	25	26	27	28 29
	30	31				

November 2023						
wk	Mo	Tu	We	Th	Fr	Sa Su
7			1	2	3	4 5
8	6	7	8	9	10	11 12
9	13	14	15	16	17	18 19
10	20	21	22	23	24	25 26
11	27	28	29	30		

December 2023						
wk	Mo	Tu	We	Th	Fr	Sa Su
11					1	2 3
12	4	5	6	7	8	9 10
13	11	12	13	14	15	16 17
	18	19	20	21	22	23 24
	25	26	27	28	29	30 31

January 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
	1	2	3	4	5	6 7
1	8	9	10	11	12	13 14
2	15	16	17	18	19	20 21
3	22	23	24	25	26	27 28
4	29	30	31			

February 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
4				1	2	3 4
5	5	6	7	8	9	10 11
	12	13	14	15	16	17 18
6	19	20	21	22	23	24 25
7	26	27	28	29		

March 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
7					1	2 3
8	4	5	6	7	8	9 10
9	11	12	13	14	15	16 17
	18	19	20	21	22	23 24
	25	26	27	28	29	30 31

April 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
	1	2	3	4	5	6 7
1	8	9	10	11	12	13 14
2	15	16	17	18	19	20 21
3	22	23	24	25	26	27 28
4	29	30				

May 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
4			1	2	3	4 5
5	6	7	8	9	10	11 12
6	13	14	15	16	17	18 19
7	20	21	22	23	24	25 26
	27	28	29	30	31	

June 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
						1 2
8	3	4	5	6	7	8 9
9	10	11	12	13	14	15 16
10	17	18	19	20	21	22 23
11	24	25	26	27	28	29 30

July 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
12	1	2	3	4	5	6 7
	8	9	10	11	12	13 14
	15	16	17	18	19	20 21
	22	23	24	25	26	27 28
	29	30	31			

August 2024						
wk	Mo	Tu	We	Th	Fr	Sa Su
				1	2	3 4
	5	6	7	8	9	10 11
	12	13	14	15	16	17 18
	19	20	21	22	23	24 25
	26	27	28	29	30	31

Bank Holidays 2023-24

- 25th December 23 Christmas Day
- 26th December 23 Boxing Day
- 1 January 24 New Year's Day

- 29th March 24 Good Friday
- 1st April 24 Easter Monday
- 6th May 24 Early May Bank Holiday

- 27th May 24 Spring Bank Holiday
- 26th August 24 Summer Bank Holiday

Bank Holidays
 Hols & End of Term Break
 Half Term

Registering your interest in courses for Academic Year 2023-2024

- Enclosed in this brochure is the timetable and enrolment form for next year's courses.
- Please complete the front and back pages of the enrolment form with all your details.
- Register your interest in courses you would like to attend next year by ticking your preferences on the timetable in the middle pages and returning the completed form to Reception at Poverest or Kentwood.

Please note that due to Greater London Authority (GLA) Funding Flexibilities, you may be able to receive your course(s) for free this year. It is therefore very important that you complete the form in full.

- Forms must be completed and returned by Wednesday 10th May 2023.
- You must also include one copy of your residency ID with your form – this can be your passport, birth certificate, home office papers etc.
- This brochure is also available on our website, <https://lidd.bromleyglobal.net/> where you can view all the courses online.
- Your preferences will be reviewed and offers of places on courses will be issued w/c 12th June 2023. Your offer will include instructions on how to proceed with the final enrolments.
- Enrolments must then be completed by Friday 30th June 2023.

Please contact us if you are aged between 19 and 25 and have an EHCP, as different funding rules apply.

PLEASE NOTE:

- All enrolments are for the whole academic year from September 2023 through to July 2024.
- Payments can be made in instalments, 50% when you are enrolled and 50% in November 2023.
- Failure to pay in a timely manner may result in you being removed from the course(s) that you are enrolled on.
- It is vital that we have all your information for enrolment.

If you have any queries, please contact either of our Centres on:

Tel: Poverest 01689 822886

Tel: Kentwood 020 8659 7976

email: supportedlearning@baec.ac.uk

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Starting on Monday 04/09/2023

Green Skills: Seasonal Upcycling

Reduce, reuse and recycle - you will gain knowledge in how to be more sustainable to protect the environment. By repurposing items before throwing them away, you will learn that making new items from recycled ones takes less energy and fewer resources than making products from brand new materials.

Course number: P03419

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 10:00 to 12:00

Tutor: Caroline Potter

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Monday 04/09/2023

Rotten Romans and Vicious Vikings

You will read about your ancestors from long ago. We will read some of the Horrible Histories and find out how much is true - did the Romans teach us all about government roads and central heating? Were the Vikings from the North as violent as the Netflix series? Be prepared to research the facts and write some information sheets for the other students.

Course number: P03420

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 10:00 to 12:00

Tutor: Sandra Shanahan

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Monday 04/09/2023

English: My Opinion Matters

Build your conversation skills in a relaxed atmosphere whilst also developing your speaking and listening skills. In this discussion style course we will use the Internet, read, write and find out about topics of interest and encourage you to express your thoughts and opinions.

Course number: P03421

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 10:00 to 12:00

Tutor: Donna Fitzpatrick

Fee: Free Course - English

Location: Poverest Centre

Starting on Monday 04/09/2023

Healthy Eating

Learn how to cook a variety of healthy, simple meals and create a recipe book of your menus. You will develop skills in food hygiene, kitchen safety, food preparation and use of various equipment. No packed lunch required as you will eat what you cook on the day! Please bring an apron.

Course number: P03422

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 10:00 to 15:00

Tutor: Julie Walker

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Monday 04/09/2023

Look Good, Feel Better

You will learn how to look after your mind and body with group conversations, self awareness, motivational discussions and respect for each other, and how to incorporate and embed daily exercise for a healthier lifestyle by practicing Zumba, Chair yoga, meditation and relaxation, skin, hair, & nail care and personal hygiene and needs.

Course number: P03423

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 13:00 to 15:00

Tutor: Caroline Potter

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Monday 04/09/2023

Digital Skills: Using the Computer - Beginners Digital Skills

Develop your digital computer skills while learning about different subjects. You will learn how to log into the computer, use the Internet and search for websites, images and videos, and how to send an e-mail. You will create a folder of your work to take home at the end of the course.

Course number: P03424

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 13:00 to 15:00

Tutor: Donna Fitzpatrick

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Monday 04/09/2023

English: Our Community

This is the course for you if you want to discuss events, people and places over the last 100 years. You will read about different places that are important to you or write about your local community now or in the past. Get ready to give your opinion on famous people too.

Course number: P03425

Course dates: 04/09/2023 until 08/07/2024

Course day & times: Monday 13:00 to 15:00

Tutor: Sandra Shanahan

Fee: Free Course - English

Location: Poverest Centre

Starting on Tuesday 05/09/2023

Art & Crafts: Mosaic and More

You will create your own personal mosaic projects - and have the opportunity to develop these ideas further into other art projects using different media - collage, textiles, paintings. Be inspired by different artists and use your own imagination to create unique and personal artworks in this workshop environment.

Course number: P03426

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 10:00 to 12:00

Tutor: Alison Coe

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Tuesday 05/09/2023

Digital Skills: Computer Cards and Craft

You will develop and practise computer and creative skills by following instructions to make different greetings cards. You will use different materials to make cards and craft, and will also use Microsoft Publisher to create cards and a calendar using the computer. In addition you will spend one term learning how to use a digital camera to take your own photos to use in some of your cards.

Course number: P03427

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 10:00 to 12:00

Tutor: Donna Fitzpatrick

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Tuesday 05/09/2023

Digital Skills: Digital and Mixed Media

On this course you will learn how: to create artworks using different materials and methods from drawing and painting applications to digital art media. To combine different media in order to express creative ideas as well as to develop understanding in art and design. To focus and develop ideas towards creative outcomes affording a sense of fulfilment and improved wellbeing as well as developing visual communication skills.

Course number: K03417

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 10:00 to 15:00

Tutor: Peter Blundell

Fee: Free Course - Digital Skills

Location: Kentwood Centre

Starting on Tuesday 05/09/2023

Green Skills: From the Garden

Have a positive impact on your mood and enhance your wellbeing by learning new and improved skills in a calm, practical environment. This course provides an opportunity to follow instructions, take responsibility and learn how to work with others as a team. You will maintain and develop our College garden areas and take home various garden crafts, plants and produce. Lunch break will be between 12:00-13:00.

Course number: P03428

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 10:00 to 15:00

Tutor: Julie Walker

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Tuesday 05/09/2023

Dance and Drama

Dance and Drama will help you to explore your emotions, expand your imagination and help you develop your own unique voice. This course will support growth in creativity and acting skills. All those that attend will build their self confidence and self esteem in a supported setting. We will create and perform regular public shows and plays that will aspire to challenge and inspire the performers and audience. You will need to wear comfortable clothes and soft shoes for this course. Lunch break will be between 12:00-13:00.

Course number: P03429

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 10:00 to 15:00

Tutor: Caroline Potter

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Tuesday 05/09/2023

Green Skills: Fashion Recycling

Have you got an old favourite top, jeans or denim jacket? Don't throw it out, revamp it! Let your imagination lead you to create your own individual style, adding lace, beads, even drawing your own design. Creating a style unique only to you, save money and be the envy of your friends! (All items of clothing must be freshly washed, clean and ready to work on).

Course number: P03430

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 13:00 to 15:00

Tutor: Susan Roake

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Tuesday 05/09/2023

Art & Crafts: Adventures in Art

On this course you will use a wide range of techniques including painting, drawing, collage, printmaking and artworks on paper and fabric. Experiment with, and explore, a variety of materials to make artworks from observation and your imagination. You will create individual personal projects and sometimes work as part of a group to create larger artworks.

Course number: P03431

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 13:00 to 15:00

Tutor: Alison Coe

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Tuesday 05/09/2023

English: The World - In Pictures & Words

Learn about what is happening in the world through pictures and words. You will learn about local and international news and events, by using magazines, newspapers and the Internet. You will develop your reading, speaking, writing and computer skills by exploring different topics of interest and create your own mini newsletter.

Course number: P03432

Course dates: 05/09/2023 until 02/07/2024

Course day & times: Tuesday 13:00 to 15:00

Tutor: Donna Fitzpatrick

Fee: Free Course - English

Location: Poverest Centre

Starting on Wednesday 06/09/2023

English: Everyday Living

This course aims to build your confidence in written and spoken communication skills. You will read and understand about how to become more independent and write emails to get more information to help you make informed choices. You will learn about money management and the cost of living and how to become more organised.

Course number: P03433

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 10:00 to 12:00

Tutor: Sandra Shanahan

Fee: Free Course - English

Location: Poverest Centre

Starting on Wednesday 06/09/2023

Digital Skills: Digital and Mixed Media

On this course you will learn how: to create artworks using different materials and methods from drawing and painting applications to digital art media. To combine different media in order to express creative ideas as well as to develop understanding in art and design. To focus and develop ideas towards creative outcomes affording a sense of fulfilment and improved wellbeing as well as developing visual communication skills.

Course number: P03434

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 10:00 to 15:00

Tutor: Peter Blundell

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Wednesday 06/09/2023

The Poverest Pop In

Come and learn in our unique pop up cafe. Gain an Entry Award in Skills for Independence and Employability. Develop and demonstrate your knowledge working as a team in hospitality. You will be supported to learn and understand about all the different tasks and roles needed. Lunch break will be between 12:00-13:00.

Course number: P03435

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 10:00 to 15:00

Tutor: Julie Walker

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Wednesday 06/09/2023

Music: Playing, Recording and Performing

You will sing, play musical instruments, drums, keyboards and guitars, use technology and even your own body and movement to make music. This is a practical music class (your tutor can play several instruments) and you will play as part of a happy, safe and supportive group and on your own. As playing music can be quite scary, you do not need to perform and will not be expected to, but will perform to the college if you would like to. You will also play, write (with help) and record music that is very personal to you. It is also a history and cultural class where you will learn about music (what music actually is) and listen to music culture from around the world. Lunch break will be between 12:00-13:00.

Course number: P03436

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 10:00 to 15:00

Tutor: James Mott

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Wednesday 06/09/2023

Digital Skills: Beginners Digital Photography

Develop basic photography skills to enable you to take a range of photos to take home in an album at the end of the academic year. Lunch break will be between 12:00-13:00.

Course number: P03437

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 10:00 to 15:00

Tutor: Donna Fitzpatrick

Fee: Free Course - Digital Skills

Location: Poverest Centre

Starting on Wednesday 06/09/2023

Art & Crafts: Seasonal Crafts and Sewing Bee

Together we will explore the seasons in the year and events that occur by reflecting those moments in paper craft, nature decorations, lantern or wreath making, home crafts and essentials and textile projects. This comes under the umbrella of a creative art wellbeing therapy. Lunch break will be between 12:00-13:00.

Course number: P03438

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 10:00 to 15:00

Tutor: Caroline Potter

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Wednesday 06/09/2023

Fun with Science

Explore how things work! On this course we will learn about some life processes and living things - about plants, animals and people as well as physical processes such as light and heat. We will carry out plenty of fun experiments in a safe manner. Prepare to be amazed!

Course number: P03439

Course dates: 06/09/2023 until 03/07/2024

Course day & times: Wednesday 13:00 to 15:00

Tutor: Sandra Shanahan

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Thursday 07/09/2023

Green Skills: Let's Work with Wool

Find out where wool comes from and how it gets from the animal to a ball of wool. Make a variety of projects using different types of wool and craft techniques, for example, needle felting, weaving, macrame and so much more.

Course number: P03440

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 10:00 to 12:00

Tutor: Beverley Hunt

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Thursday 07/09/2023

English: Writing for Fun

Discuss and read about different topics and develop skills to improve and practice your writing. In this course you will also use the computer to create and type your work.

Course number: P03441

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 10:00 to 12:00

Tutor: Donna Fitzpatrick

Fee: Free Course - English

Location: Poverest Centre

Starting on Thursday 07/09/2023

Maths: Practical Maths

Expand your maths skills to use in everyday situations. Study money, time, measurement and shapes. This course will have some practical activities to help with your development and retention of information.

Course number: P03442

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 10:00 to 12:00

Tutor: Julie Walker

Fee: Free Course - Maths

Location: Poverest Centre

Starting on Thursday 07/09/2023

Green Skills: Gardencraft Through the Seasons

Make seasonal garden themed items using a range of different crafting techniques. Develop your skills in designing and creating your own projects. Some projects will include growing plants from seeds. Learn how to care for your plants and learn how nature changes through the seasons.

Course number: P03443

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 13:00 to 15:00

Tutor: Beverley Hunt

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Thursday 07/09/2023

English: Reading for Pleasure

Develop and improve your reading skills through a variety of materials such as short stories, events, current topics, and following instructions. This course encourages discussion and the sharing of views and opinions. Time will be allocated at the end of the session for you to read your own chosen book. There will be an opportunity to visit Orpington Library.

Course number: P03444

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 13:00 to 15:00

Tutor: Julie Walker

Fee: Free Course - English

Location: Poverest Centre

Starting on Thursday 07/09/2023

Gentle Movement, Yoga & Relaxation

This course will increase your sense of wellbeing and nurture a sense of calm. Work within your own ability and have fun taking part in gentle movement and chair based yoga activities. Develop strength, balance, flexibility and awareness of your body. A range of props will be used to support the practice - blocks, chairs, blankets, eye masks, belts. Each lesson will finish with a relaxation or meditation.

Course number: P03445

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 13:00 to 15:00

Tutor: Alison Coe

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Thursday 07/09/2023

English: Life Stories

In this creative literacy class you will speak and write about your own life (your autobiography) from being born to where you are now, and all of the stories in it. What you choose to put into it is up to you (you don't need to write about anything that you might want to forget! Happy thoughts only). It will give you an opportunity to improve your writing, planning, express your voice and reflect upon the people and things that are important to you and share them with the class! You can choose to put it into a film, song, rap, collage or story. You will end up with a PowerPoint presentation to put it all together and/or book and some creative projects all about you. You will use objects and pictures that are personal to you and share these important things with your classmates and/or the rest of the college at the end of the year.

Course number: P03446

Course dates: 07/09/2023 until 04/07/2024

Course day & times: Thursday 13:00 to 15:00

Tutor: James Mott

Fee: Free Course - English

Location: Poverest Centre

Starting on Friday 08/09/2023

Green Skills: Creative Recycling

Come and join the fun whilst recycling discarded everyday household items! Don't throw it away, turn it around, make gifts for your friends, saving you money and reducing landfill. You will learn what you can and cannot recycle.

Course number: P03447

Course dates: 08/09/2023 until 05/07/2024

Course day & times: Friday 10:00 to 12:00

Tutor: Susan Roake

Fee: £270 (Concessions free)

Location: Poverest Centre

Starting on Friday 08/09/2023

Art & Crafts: World of Art

This all day course provides plenty of opportunity to create a wide variety of artworks using different materials and techniques - including printmaking, papermaking, papier-mache, painting, drawing etc. Explore, experiment, work from imagination and observation to create a range of personal projects. Lunch break will be between 12:00-13:00.

Course number: K03418

Course dates: 08/09/2023 until 05/07/2024

Course day & times: Friday 10:00 to 15:00

Tutor: Alison Coe

Fee: £533 (Concessions free)

Location: Kentwood Centre

Starting on Friday 08/09/2023

Dance and Drama

Dance and Drama will help you to explore your emotions, expand your imagination and help you develop your own unique voice. This course will support growth in creativity and acting skills. All those that attend will build their self confidence and self esteem in a supported setting. We will create and perform regular public shows and plays that will aspire to challenge and inspire the performers and audience. You will need to wear comfortable clothes and soft shoes for this course. Lunch break will be between 12:00-13:00.

Course number: P03448

Course dates: 08/09/2023 until 05/07/2024

Course day & times: Friday 10:00 to 15:00

Tutor: Caroline Potter

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Friday 08/09/2023

Plan and Bake

You will plan and make a detailed recipe folder with photos and easy to follow text. You will learn a range of baking skills and make tasty treats for all to enjoy. From cakes and biscuits, to pastry and breads, you'll be making a variety of savoury and sweet items, including jams and chutneys etc. Lunch break will be between 12:00-13:00.

Course number: P03449

Course dates: 08/09/2023 until 05/07/2024

Course day & times: Friday 10:00 to 15:00

Tutor: Julie Walker

Fee: £533 (Concessions free)

Location: Poverest Centre

Starting on Friday 08/09/2023

Patchwork Corner

Starting with learning to sew simple running stitch you will improve your fine motor skills, advancing to using a sewing machine under full supervision. You will create your own individual piece of work, producing your own unique finished masterpiece.

Course number: P03450

Course dates: 08/09/2023 until 05/07/2024

Course day & times: Friday 13:00 to 15:00

Tutor: Susan Roake

Fee: £270 (Concessions free)

Location: Poverest Centre