

# How to book a course

Booking a Community Learning course couldn't be easier. Simply pick a course and book with Jenny at the Healthy Living Centre. Places are allocated on a 'first come, first served' basis. Payment is taken at the time of booking. We accept cash or cheque. Cheques should be made payable to 'Sheppey Matters'. Places are not confirmed until payment has been received. For information on parking at course venues, disabled access and directions to venues, please call 01795 583547

## Terms and Conditions

1. Community Learning courses are open to anyone aged 19 or over.
2. A minimum number of people must sign up for a course in order for it to run.
3. Payment for all courses should be made at time of booking..
4. The cost of each course is heavily subsidized by the provider. Therefore no concessions will be granted.
5. If your course is cancelled, for any reason, you will receive 7 days notice and a full refund.
6. Should you wish to cancel your place on a course, you should give at least 7 days notice to obtain a refund.
7. If you do not give the required notice or if you do not turn up to your course, no refund will be given.
8. We reserve the right to remove anyone from their course if they are under the influences of alcohol or drugs.
9. We also reserve the right to remove anyone from their course if they demonstrate threatening or abusive behaviour.
10. All our venues operate strict no smoking policies.

**Sheppey Matters**  
**Tel: 01795 583547**

**[www.sheppeyhlc.org.uk](http://www.sheppeyhlc.org.uk)**  
**[www.communitylearning.org.uk](http://www.communitylearning.org.uk)**

Registered charity number: 1102847. Company limited by guarantee number: 3946296. Registered in England and Wales

Registered office: Sheppey Leisure Complex, off Broadway, Sheerness, Kent, ME12 1HH.

This project is one of the 62 projects within Chances 4 Change portfolio in the SE region, funded by the Big Lottery Fund Well Being Programme. Our overall aim is to readdress hidden health inequalities in the SE by encouraging people to eat more healthily, be more physically active and have better well being.

**chances4change**  
Improving health and well-being  
for people in South East England

chances4change is funded by the Big Lottery Fund and co-ordinated by NHS South East Coast in partnership with NHS South Central, The South East Regional Public Health Group, Care Services Improvement Partnership, South East England Development Agency, Arts Council South East and Sport England South East

**NHS**



**BIG LOTTERY FUND**

LOTTERY FUNDED



**September 2009 – March 2010**

Have fun & socialise from as little as £3.00 a week



## Art– 10 week course - £35

Sheppey HLC, 6.30pm –8.30pm

25<sup>th</sup> September – 27<sup>th</sup> November 2009

8<sup>th</sup> January – 12<sup>th</sup> March 2010



An art course based around plants, woodlands and animals throughout the seasons. Our fully qualified tutor will be on hand to guide you through the course and offer tips and inspiration. All materials will be provided, you are advised to wear old clothes as things may get a bit messy.

## Crystal Jewellery Making– 8 weeks £35

Sheppey HLC, 10.00am – 11.30am

4<sup>th</sup> January – 22<sup>nd</sup> February 2010

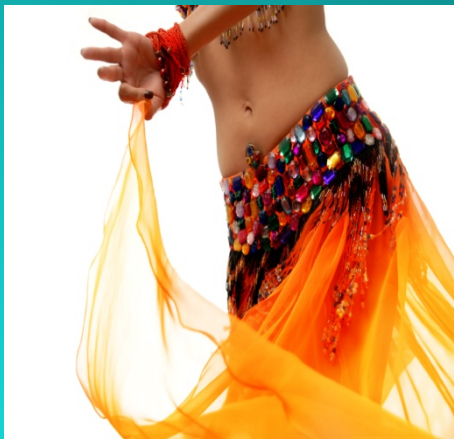
Make your own unique jewellery using crystals with healing properties. You will be taught how to use your intuition to select the crystals and arrange them in the most beneficial layout. Create your own necklace, bracelet, or earrings or maybe a combination of pieces. All materials will be provided for this course just bring along a notepad and pen.

## Belly Dancing – 10 week course - £30

Sheppey HLC, 10am – 11.30am

23<sup>rd</sup> September – 25<sup>th</sup> November 2009

Belly dancing is about beauty, grace, muscle control, skill and most importantly, having fun! Your qualified tutor, Catherine, will take you through all the moves and techniques you need. Women of all shapes, sizes and ages can take part and enjoy exercising creatively through the spirit of dance.



## Singing – 10 week course - £30

Sheppey HLC, 6.30pm-8.30pm

17<sup>th</sup> September – 19<sup>th</sup> November 2009



Come and learn to sing with our professional voice coach Sue Kemp. Learn to breathe correctly, pitch and place your voice. This course combines socialising with vocal coaching. It caters for all levels of singers. If you have lyrics or backing tracks, feel free to bring them along

## Relaxation– 10 week course - £30

Sheppey HLC, 2.30pm – 3.30pm

4<sup>th</sup> January – 8<sup>th</sup> March 2010

This course is a ten week relaxation therapy course taken by our fully qualified tutor. So why not take some time out for yourself and learn how to fully relax both mind and body. Participants need to bring a pillow or cushion to rest their head on. This course also includes a day trip to Aylesford priory; a very peaceful and tranquil 13<sup>th</sup> century priory in the heart of the Kent countryside.

## Textiles – 10 week course - £35

Sheppey HLC, 10am – 12pm

14<sup>th</sup> September – 16<sup>th</sup> November 2009

This 10 week course will introduce you to basic sewing techniques and will provide you with all the materials you need to complete several projects to take home and a group project that will be displayed at the Sheppey Healthy Living Centre.

