



Community Education Classes Autumn 2011

- **Photoshop Elements for Beginners** *Monday 10am-12pm.*
FREE 13 week course. Using the 'industry standard' software for digital imaging, learn to edit & use digital images. Starts 12th September.
- **ESOL English for Speakers of Other Languages & ICT:** *Monday 1pm-3pm.**
Learn English: Speaking and Listening, Reading, Writing, Grammar, Spelling, etc. **Westminster Kingsway College (WKC)** course leading to a recognised qualification. Starts 26th September.
- **ITQ Word Processing.** *Tuesday 10am-12pm.*
Suitable for beginners. Accredited course on basic Microsoft Word 2007. Useful for those seeking employment. Starts 13th September.
- **Language for Employability:** *Tuesday 1pm-3pm.**
Suitable for those getting back into work or applying for the first time. Improve your language skills, CV & taking part in interviews. Starts Tuesday 13th Sept.
- **Individual ICT Learning Sessions:** *Tue 7pm-9pm, Thurs 10am-12pm (with a focus on over 50's) & Thurs 1-3pm, Fri 10-12pm/1pm-3pm.*
Computer skills, Internet & application training, practice & research. Learn at your own speed. Starts from 13th September.
- **Create Your First Website:** *Wednesday 1pm-3pm.**
12 Week Course. Learn to create a simple website or blog using free web-based software. Suitable for those who have basic computer skills and some experience of the internet and email. Starts 14th September.

* Crèche facilities for these classes are offered.

Continue Overleaf

For any of the opportunities in this leaflet contact:
Geoff Stilwell (UK Online) 020 7372 0242
Sue Measures or Gio Sanchez (Office) 020 7625 6260
✉: ukonline@sidings.org.uk or info@sidings.org.uk

Health, Fitness & Recreational Classes

- **Sewing and Clothes making for Women: Monday 9:30-11.30am.**
East/West Traditional and contemporary design. Making clothes and house accessories. Tutor Nabila Anwar .
- **Red & Green Choir: Monday 7:30pm - 9:30pm**
Small friendly international choir for anyone who enjoys singing. As the name suggests, the choir draws upon songs from workers and environmental movements from around the world.
- **Body Control Pilates Class: Tuesday evenings from 12th Sept.**
Fluid Motion Pilates with Tutor: Sarah Pfitzner
Beginners: 7:15pm-8:15pm or Intermediate: 8:30pm-9:30pm
- **Chantraine Movement and Dance:**
Explore the basics of many styles - contemporary, jazz, classical, other cultures and discover a new approach to dance and a wide range of choreographies. Develop your creativity and the dance skills you already have.
1. Older people. Wednesdays 11am-12:30pm (starts 28th Sept)
2. Level 2 (mixed age group). Wednesdays 1:30-3pm (starts 28th Sept)
3. For 11-15 years. Fridays 4:45-5.45pm
- **Healthy Eating Cookery course: Thursday 10am-1pm**
with qualified chef, Paola Revello. Learn how to cook good food simply & cheaply & eat it for lunch! **Starts 29th Sept.**
- **Literature & Creative Writing Group: Friday 11am-1pm**
Explore different literature styles and develop your own creative writing. Find out more about literature. Informal Friendly approach. **Starts 30th Sept.**



**Open day Thurs 8th Sept,
11am - 4pm.**
**Find out information on all
activities and enrol for classes.**

Sidings is located at...
150 Brassey Road
(Off Maygrove Road)
Kilburn London NW6 2BA

The centre has a small car park.
**Sidings Community Centre is
wheelchair accessible.**