

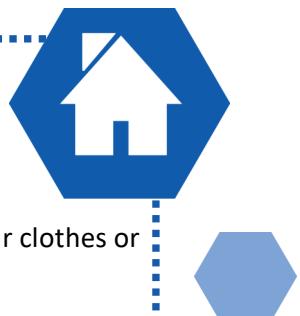
COURSE DETAILS

Skills for Independent Living

These hands-on courses are for people who are either living independently or are preparing to move into independent living.

Skills for Living and Independence: from cooking your tea to cleaning a floor, washing your clothes or fixing a door. Learn all the skills you need to live more independently in your own home.

Take Away Cooking: learn the skills needed to cook simple meals independently in your own home. The course will include topics such as making healthy food choices, writing shopping lists, choosing fresh fruit and vegetables and buying food on a budget. You will choose what meals you want to make then learn how to follow a recipe card, prepare and cook a variety of ingredients and make a meal that you can take away then make again in your own home.



Skills for Employment: Enterprise

Join our **Money Enterprise: Baking Group** where you will learn to make a range of sweet treats such as buns, cakes, biscuits and tray bakes as well as savoury snacks like muffins and cheese scones. All participants will receive a share of the profits at the end of the course.



Skills for Healthy Living

Healthy Soups and Seasonal Lunches is about discovering a healthy approach to diet, food and nutrition. You will learn how to prepare and cook seasonal vegetables to create healthy soups and lite lunches whilst exploring the link between your mood and the food you eat.

Mindfulness and Relaxation: in this course you will learn mindfulness and relaxation techniques to help deal with anxiety and understand signals from your body to improve wellbeing. You will take part in gentle exercises, hand massage and creative sensory wellbeing activities to help you unwind and relax.

Dance Fit / Stress Less: dance is a great way to get fit, become more flexible, and boost your mental health and wellbeing. You will learn simple dance techniques and fun dance routines to improve your fitness, balance and co-ordination. The course will explore different genres of dance, including the origins and history of World Dance.



Animal Earth

Animal Earth: in this group you will look at nature, explore our planet and learn about the many different animals and insects that live on the earth.



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COURSE DETAILS

Creative Crafts!

Adventures in Art—The World: take a journey into creativity! The course will explore different countries, cultures, artists, costumes and festivals. We will use a variety of creative techniques and materials to create artworks inspired by our travels.

Adventures in Art - History: take a journey into the past. The course will explore different historical events as well as looking at objects, museum collections, archaeology and art history. We will use a variety of techniques and materials to create artworks inspired by history.

Relaxed Crafts: enjoy a relaxing session of crafting and conversation in which you will try a wide variety of crafts and work together on creative ideas and fun group projects.

Stitch Club: take the time to explore textile techniques such as sewing, cross stitching, weaving, felt making and quilting to make beautiful and useful things for you to keep or to give as a gift to someone special.

New for 2021/22

Pick and Mix: this group will have a variety of changing themes and topics, e.g. seasonal projects, crafts, videos, music, discussions and the opportunity to suggest and choose new activities.

News, Views and Favourites Things: in this discussion group you will discover what's going on in the world around you locally and nationally. We'll explore the issues that matter to you as well as opportunities to discuss and develop your favourite interests and activities.

Out and About

Out and About – Staying Safe with COVID: This course is for people who need to rebuild their confidence to get out and about again following the coronavirus pandemic lockdown. You will learn about accessing public transport, wearing a mask, entering shops, eating out, going for a coffee - all done in a way to build your confidence whilst keeping yourself and other people safe as you get used to the 'new normal'.

Knaresborough Market Day: Did you know that there has been a market in Knaresborough for over 780 years? It's great for fruit and veg, sweets, clothes, music and household goods, lots of places for a cup of tea and a bite to eat So brush up your travel training, money handling and social skills and join us for a bit of shopping and some local history in the historic market town of Knaresborough.



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Music

Music, Movies and Broadway: get your jazz-hands ready—we're going to explore music from films and theatre. From the golden age of cinema and classic musicals to modern films and shows, there is music for everyone in this course.

In **Dancing Hands and Musical Favourites** you will have an opportunity to talk about music, sing songs, play instruments and learn basic sign language/actions which you will perform in time to music.

Marvellous Music Monday! Play along to songs, sing all of your favourites, take part in Skills Radio and develop your skills as a DJ. Not able to attend in person? Join in remotely via Zoom to ask for requests or show us your skills with your music selection.

In **Rock and Pop** you will explore musical themes (such as music from different decades and countries, or famous bands and singers), sing songs, use percussion instruments, learn actions to music and listen to your favourite songs in this loud and lively music group.

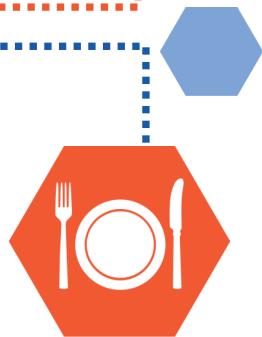
Recording and Creating Music: this is your chance to learn your favourite songs with a view to singing/performing and recording them to a multitrack. You will learn how to edit and export your recording before burning your very own CD or saving in a downloadable format.

We are also providing people with an opportunity to receive 1:1 tuition to **Learn a Musical Instrument**. Call us on 01423 593719 to find out more.



Food

Are you tired of eating the same food all the time? Then join us for a food adventure in **Ready Steady Cook Around the World!** In this group you will learn to make and eat a variety of traditional dishes from countries in Europe, Asia, Africa, North America, South America and Australia. No passport required, just an enthusiasm to try new ingredients and get involved with all aspects of the preparation and cooking of the food.



Sensory

Multi-Sensory: This course is aimed at people with higher support needs who want to explore the 5 senses through sound—music; smell – essential oils, herbs, flowers, spices; touch-massage, texture; taste—exploring flavours (healthy) sweet, salty, sour spicy, etc; sight – nature, moving images.

Super Sensory Session: experiment and explore sensory experiences through a variety of activities including crafts, music, food making, baking and tasting.



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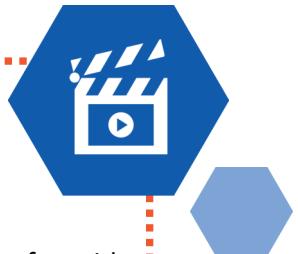
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Friday Fun and Friendship

Watch DVDs with your friends and share your views, rate the movies and enjoy a cinema experience in HS4LC's **Film Club**.

End the week with interactive, friendly competitions in our popular **Games Group**. Join in the fun with traditional board games, team games or test your knowledge in our Friday quiz of the week.



Computer Skills

— these groups will run in our first floor IT suite

Computers: Films and Animation is a creative computer course in which you will take part in filming activities, create animations and place yourself at the heart of your own computer generated world.



Computers and Photography: become more confident at using a computer by learning to take photographs and manipulate images to create stunning pictures which you can use to create your own cards and calendars.

New for 2021/22 **Digital and Tabletop Hobby Gaming:** this group is for people who enjoy or would like to try alternative games such as Pokémon and other trading card games, wargames (e.g. Warhammer etc), board games (e.g. Space Hulk, chess, Shogi, Risk), pen and paper RPG (e.g. dungeons and dragons), Playstation and online gaming.



HS4LC Newsletter Group Calling all news hounds and roving reporters! The HS4LC Newsletter Group needs you! In this group you will learn how to take photos, type stories, interview people and develop all the skills needed to publish HS4LC's term-time newsletter "Believe and Achieve".



Digital Drop-In Are you struggling with computer/tablet / IT issues, but don't know who to turn to for help? Are you having trouble getting connected ? Let us show you way by accessing HS4LC's first digital drop-in either remotely via zoom or in person.



Performing Arts

If you like acting and dancing then join our all-day **Performing Arts** group in which you will have the opportunity to practice and improve your performance skills whilst working with others on a group project.



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Horticulture

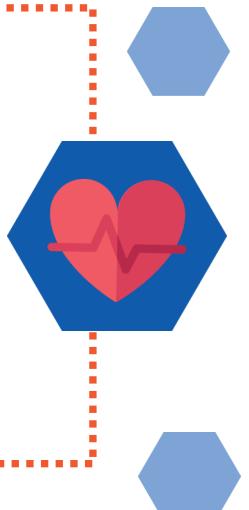
For those with 'green fingers' or just an interest in gardening, the **Allotment: Plot to Plate** group needs you! You will learn how to plant, grow and harvest fruit and vegetables in our allotment and make delicious recipes from the produce throughout the course.



Gym and Fitness

Unfortunately we are not able to reopen HS4LC's gym this academic year. However we will be offering individual bespoke fitness sessions at Brimhams Fitness Centre which can be booked 1:1 with HS4LC's staff. You will have an opportunity to use a treadmill, cross trainer, exercise bike, wheelchair accessible hand bike and resistance machines as well as booking a timeslot in the swimming pool.

At the moment we will offer this Wednesday-Friday, but will consider other sessions if there is demand.



New for 2021/22— HS4LC Zoom Social

Since the start of the COVID-19 pandemic a lot of people have been isolated from their friends and people's opportunities for socialising are currently very limited. If that is you, come and join HS4LC's Zoom Social. Bring your own drink and have a chat, a quiz, share music with your friends via Zoom.



HS4LC Advisory Group to the Board of Trustees

Would you like to shape the future of HS4LC? In 2021/22 we will be setting up a HS4LC Advisory Group to the Board of Trustees. Please contact Hadyn 01423 593719 for more details.



HS4LC has the flexibility to run additional courses and activities.

If there is something that you would like us to run that isn't in our current prospectus, please contact us to see how we can best meet your needs.



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