

Skills for Employment: Enterprise

HS4LC will be running two enterprise groups in 2019/20 in which all participants will make things to sell and receive a share of the profits at the end of the course.

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.

Chocolate Heaven – the name of this group speaks for itself! This group is for anyone who wants to learn all the stages needed to make, package and market chocolates. You will have an opportunity to try different chocolate recipes and experiment with ingredients and flavours to make HS4LC's very own delicious chocolates.



Skills for Healthy Living

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

Healthier Life, Healthier Me will take a multi-sensory approach to improving your health and wellbeing through nutrition, exercise, massage and relaxation.



Creative Crafts!

HS4LC is introducing three new themed arts and crafts courses in 2019/20.

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 sell in HS4LC's Gift Shop.

Crazy Crafts: experiment with a wide variety of crafts with a focus on the environment, our planet and recycling. This course is for people who enjoy making weird and wonderful creations!

Adventures in Art through Time and Places: take a journey into creativity! Make art works and take part in big art projects inspired by the past and by our world today. The course will look at history, art history, a bit of geography and science to explore aboriginal art, mosaics and other art works.



Skills for Independent Living

These courses are for people who are either living independently or are preparing to move into independent living and want to learn skills to live confidently in their own home.

House to Home will concentrate on the day-to-day skills you will need to look after your own home. The course will cover topics such as safety in the home, laundry, cleaning, household chores and buying home furnishings on a budget.

All About Me will cover a range of daily living skills that are important for successful independent living. You will learn about taking care of yourself, personal hygiene, budgeting, money management and travel skills. Living independently doesn't mean doing everything alone, it is important to feel part of a community. You will have a chance to look at activities you can do in your leisure time, learn how to improve the way you communicate and interact with other people, the importance of self-advocacy and who to approach if you have a problem.

Take Away Cooking will be a hands-on course in which you will 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.



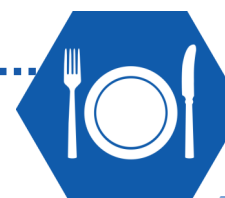
Telling Tales

Do you like a good story? Stories can be fun, exciting and magical; true or fiction, old or new. In **Telling Tales** you will explore stories told through books, films, television soap operas, myths, poems and audio books. As well as listening and discussing activities, your favourite stories will be brought to life through crafts, DVDs, CDs and creative writing activities.



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.



Music

Magic of the Musicals is a course for people who like listening, discussing and exploring the stories behind some of the world's most famous musicals. You will watch DVDs, sing along to the songs and take part in activities inspired by the musicals.

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.

New for 2019/20 **Disney Day!** In this course you will explore the brilliant music from Disney films old and new. You will discover the stories behind the music, learn songs, play along with percussion instruments and learn simple dance routines in this fun and active music group.

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.

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.



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.

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".



Chill Out – Relax!

HS4LC understands that some people struggle in big noisy groups. **Chill Out – Relax!** is HS4LC's quiet group. You will have an opportunity to learn relaxation and mindfulness techniques, gentle exercises, hand massage and take part in creative sensory wellbeing activities to help you unwind and relax.



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.



Dance and Drama

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



Out and About

Explorers Club is an all-day group in which you will discover what to do in Harrogate and the surrounding area whilst exploring our local history, legends and famous people.

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.



The 1 in 100 Club (1.00-3.00pm)

This group is for young people on the Autism Spectrum aged 18-25 who are looking for an alternative learning and social experience to college life.

The group aims to extend people's social circles and help them to identify their strengths and support needs moving forward.

The group will cover four main areas:

- Understanding autism and overcoming hurdles
- Developing social and leisure opportunities
- Life Skills (e.g. money management, time management, etc.)
- Future planning for employment



01423 593719



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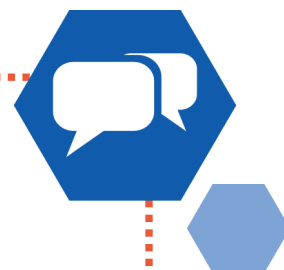


www.hs4lc.org.uk

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HS4LC Advocacy and Feedback Group

This monthly group is for everyone who attends HS4LC and is your chance to tell us what we are doing right, what we could be doing better and what we should be doing in the future. We want to hear your feedback so join us once a month to tell us what you think.



Gym Sessions

Healthy Hearts: these are free drop-in sessions overseen by HS4LC's trainers.

Wheelchair fitness: learn wheelchair workouts to keep your heart healthy and muscle-strengthening exercises to help self-propel your chair.

General Gym: a personalised workout using the exercise equipment in HS4LC's gym.

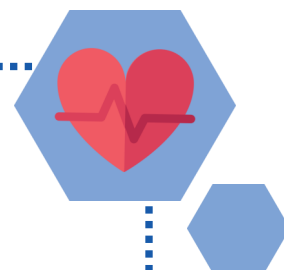
Dance Champion: a fun way to exercise and get fit through dancing.

Wednesday Wanderers: this all-weather walking group will undertake an easy, medium or challenging walk every week.

HS4LC Swimmers: this swimming session will take place at The Hydro on Thursday mornings.

Wii Fitness: combine gaming and exercise in fun activities using the Wii console.

Going for Gold: set your own targets and push yourself to be the best you can be.



Coming soon in 2019/20

During the 2019/20 academic year we will be setting up a café and chocolatier enterprise. These groups will run 5 days a week and will have a work-based focus. If you are interested in knowing more about these two supported enterprises please call us on 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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