



**WOKINGHAM
BOROUGH COUNCIL**

CARERS TAKE A BREAK – Autumn Term FREE Courses

These courses, developed by Bracknell & Wokingham College in partnership with Wokingham Borough Council, provide a programme of bespoke learning opportunities for carers. Obstacles and barriers are removed to encourage a positive and rewarding learning experience. Carers develop the confidence to move forward and progress to learn new skills knowing that support and guidance is available when needed. This helps to enrich their lives and to develop the tools and skills for planning future learning and/or preparing for work when their caring responsibilities end.

All courses are held in a relaxed and friendly environment in small supportive groups.

Carers are entitled to access **one** free course in the Autumn term as featured in this flyer. For further information and to receive an application form please telephone us on 0118 9847600.

Carers will need to arrange their own transport and sitting service.

Please respond as soon as possible to avoid disappointment.

More Digital Photography

This short 3 week course will show you how to use the main settings for your digital camera, upload and edit images taken, and build on your existing knowledge. Basic IT skills would be beneficial.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1101	19/09/11 – 03/10/11	Monday	3 weeks	10:00-12:00

Introduction to Word 2010

During this 4 week course you will learn how to up-date your existing skills to the latest software package Microsoft Word 2010.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1102	19/09/11 – 10/10/11	Monday	4 weeks	12.45 – 14.45

The Alexander Technique

Join this 3 week course and explore the principles of the Alexander Technique and how it can give you more energy and improve your wellbeing in everyday life. Particularly beneficial if you suffer from backache, strain injury or migraine. Please wear comfortable clothing.

Venue	Course Code	Dates	Day	Duration	Times
The Bradbury Centre	BC1103	01/11/11 – 15/11/11	Tuesday	3 weeks	10:00-13:00

Container Gardening

Come along for 3 weeks and learn how to produce planted pots and containers suitable for the winter season. Please bring your own gardening gloves and a container with a maximum diameter of 22cms. All other materials and equipment are provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1104	28/09/11 – 12/10/11	Wednesday	3 weeks	12:45 – 14:45

Container Gardening

Come along for 3 weeks and learn how to produce planted pots and containers suitable for the winter season. Please bring your own gardening gloves and a container with a maximum diameter of 22cms. All other materials and equipment are provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1105	16/11/11 – 30/11/11	Wednesday	3 weeks	12:45 – 14:45

Festive Crafts

During this 4 week course you will learn how to make a variety of crafts and cards for the festive season. All materials will be provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1106	21/09/11 – 12/10/11	Wednesday	4 weeks	10:00-12:00

Festive Crafts

During this 4 week course you will learn how to make a variety of crafts and cards for the festive season. All materials will be provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1107	09/11/11 – 30/11/11	Wednesday	4 weeks	10:00-12:00

Festive Crafts

During this 4 week course you will learn how to make a variety of crafts and cards for the festive season. All materials will be provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1108	09/11/11 – 30/11/11	Wednesday	4 weeks	13:00-15:00

More Digital Photography

This 3 week course will show you how to use the main settings for your digital camera, upload and edit images taken. Basic IT skills would be beneficial.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1109	03/11/11 – 17/11/11	Thursday	3 weeks	12:45 – 14:45

Introduction to Word 2010

During this 4 week course you will learn how to up-date your existing skills to the latest software package Microsoft Word 2010.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1110	24/11/11 – 15/12/11	Thursday	4 weeks	10:00-12:00

Working in partnership for Wokingham Borough residents