

**Lifelong Learning
Programme 2018-19**

10 YEARS

LOVE

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Welcome

by Dr Anne Heaslett, BA MA DPhil MSc FRSA
Principal



COURSES FOR PERSONAL ENRICHMENT

Welcome to the special 10th anniversary edition of the Lifelong Learning programme. Lifelong learning is about becoming part of a wider community of '*Learning Lovers*'. People enrol on courses for a whole host of reasons: to expand their interests, learn a new skill, gain confidence in learning or improve their employment prospects.

The community of Lifelong Learners includes people from all walks of life and age groups and has, therefore, the capacity to promote intergenerational learning. Intergenerational learning takes place when generations begin to share learning activities. Very often this involves connecting young and old through volunteering activities. Studies have shown that intergenerational learning - older volunteers working with young people to support them in their learning - can have a significant impact. It contributes to social inclusion and a sense of wellbeing.

Potentially Lifelong Learners can support the delivery of the College's compelling Mission:

Changing the lives of children, young people and communities through excellence in teaching, scholarship and research.

Lifelong Learning is not only a wonderful way to connect with new people and establish friendships but also a chance to enjoy our beautiful College campus and facilities. Hopefully the College's 2018-19 Lifelong Learning Programme offers the opportunity to expand our community of '***Learning Lovers***'.



Our portfolio of art, hobbies and creative design courses give you the opportunity to express your personality and unleash your inner creativity.

**ART,
HOBBIES
AND
CREATIVE
DESIGN**

Fabric Painting



Leave behind the paper and canvas and discover the joy of painting and drawing on different fabrics with their unique qualities. Learn the art of painting on silk, drawing with wax and dyes, and using fabric crayons and pens to create your own original designs. Embellish your final piece with beading and threads. Finished work can be incorporated into clothing, bags, cushions, jewellery pieces or a fabric painting.

CODE	TIME	START	DAY	PRICE	WKS
AHC001	10:00 – 12:00	26.9.18	WED	£77.00	8
AHC002	13:00 – 15:00	13.2.19	WED	£77.00	8

NO CLASS: 31st October 2018

You will need

White cotton material and Cream silk
Fabric crayons
Small bottles of coloured silk paints of your own choice

Acrylic and Oil Painting



This is a class for all abilities - from beginners to those wishing to extend their knowledge and skills. During the course we will look at composition, perspective, painting techniques, colour mixing and the work of various artists. Bring your own photographs, pictures, illustrations or still life objects for ideas. Alternatively, get support and help with an unfinished piece of art you are struggling with.

CODE	TIME	START	DAY	PRICE	WKS
AHC003	11:00 – 13:30	24.1.19	THURS	£88.00	10
AHC004	11:00 – 13:30	04.4.19	THURS	£88.00	10

NO CLASSES: 18th and 25th April 2019

You will need

Paint brushes
Acrylic and oil paints
Mixing palette
Canvas or sketchbook
Palette knife

Festive Felting Workshop



Capture 'Festive Fun' during a one day workshop, making your own unique Christmas designs. Learn the process of needle felting; experiment with colour and textures using merino wool and silk fibre to create original felted Christmas cards for friends and family; and use wet felting processes to create your own Christmas baubles, decorations or Christmas table centrepiece.

CODE	TIME	START	DAY	PRICE	WKS
AHC005	10:00 – 15:30	17.11.18	SAT	£48.00	1

You will need

Merino wool tops
Foam
Old detergent spray bottle
Washing up liquid

A felting needle
Bubble wrap, netting
and an apron

Spring Sketching



Learn to draw and sketch in the inspirational grounds of the College; observing and studying natural forms and still-life; capturing form, texture and line; and exploring tone and colour. Learn how to mix colours, lay down washes to bring depth to your drawings; discover new techniques to add texture and interest to your work; and improve your observational skills and accuracy of drawing. Beginners welcome.

CODE	TIME	START	DAY	PRICE	WKS
AHC007	10:00 – 12:30	13.2.19	WED	£79.00	8
AHC008	18:30 – 21:00	01.5.19	WED	£79.00	8

You will need

Folding seat
A3 sketch pad and pencils
Colouring pencils

Outdoor clothing
Small tin of watercolour
tablet paints

Introduction to Hand-painted Furniture



Breathe new life back into that tired piece of furniture by creating your own up-cycled masterpiece ready for reintroduction into your home. On the course, you will learn how to use appropriate tools and equipment and the basic techniques to prepare and paint furniture, using brushes and rollers to create the look and effect you're after.

CODE	TIME	START	DAY	PRICE	WKS
AHC009	10:00 – 13:00	04.2.19	MON	£68.00	3
AHC010	18:00 – 21:00	07.3.19	THURS	£68.00	3

Paint brush is provided.

You will need

A small piece of furniture
Painting shirt (or similar)
Paints (eggshell or satinwood)

Intermediate Furniture Decoration



During this progression class, participants will learn additional techniques such as distressing, decoupage, applying wallpaper and fabrics, stencilling and feature paint techniques. You can use the completed furniture piece from the 'introduction' course or start afresh with a new restoration project.

CODE	TIME	START	DAY	PRICE	WKS
AHC012	10:00 – 13:00	25.2.19	MON	£68.00	3
AHC013	18:00 – 21:00	28.3.19	THURS	£68.00	3

Paint brush is provided.

You will need

A small piece of furniture
Painting shirt (or similar)
Paints (eggshell or satinwood)

Interior Design for Beginners



Have you ever wanted to create that interior designer look in your home? Get inspired as you learn how to collate items to create a room scheme – colours, flooring, lighting, soft furnishings etc. – and create a ‘mood’ board for that room that needs a new lease of life. There is a digital element of the course that will help you make the most of online buying sites and resources.

CODE	TIME	START	DAY	PRICE	WKS
AHC015	19:00 – 21:00	17.9.18	MON	£48.00	3
AHC017	19:00 – 21:00	14.2.19	THU	£48.00	3

You will need

Inspiration materials
Magazines, catalogues and images
Approximate room dimensions/layout and photos of existing furniture e.g. sofa and armchair

Hexi Patchwork



Discover the traditional patchwork technique of English paper piercing using shaped papers. During the course you will learn to cut the papers and fabric, attach the fabric and stitch the shapes together. The final piece will be a hand crafted pot holder or oven mat of your own design. This class is suitable for beginners and those with some needlework experience.

CODE	TIME	START	DAY	PRICE	WKS
AHC036	19:00 – 21:00	28.1.19	MON	£69.00	7
AHC035	10:00 – 12:00	08.2.19	FRI	£69.00	7

NO CLASSES: 15th and 18th March 2019

You will need

A selection of cotton fabric and matching threads
All other materials provided by the course tutor

Woodcarving for Beginners



Do you appreciate the beauty and flowing lines of a woodcarving? Is woodcarving something you would like to try? If so, this beginner's woodcarving class is for you. The aim of the class is to develop the basic skills to produce a relief carving of a leaf. The class is ideal for people who want to learn a new skill and introduce themselves to woodcarving.

CODE	TIME	START	DAY	PRICE	WKS
AHC019	18:30 – 20:30	10.9.18	MON	£96.00	6
AHC020	18:30 – 20:30	05.2.19	TUE	£96.00	6

You will need

All tools and materials are supplied. Also available as one day workshops. See Stran eShop for further details.

Woodcarving: The Next Step



The Next Step is for those who have completed the Woodcarving for Beginners course and would like to improve their skills further, producing a relief woodcarving of their own design. Alternatively, the tutor will supply a choice of design ideas to choose from.

CODE	TIME	START	DAY	PRICE	WKS
AHC021	18:30 – 20:30	11.9.18	TUE	£121.00	10
AHC022	18:30 – 20:30	28.1.19	MON	£121.00	10

NO CLASSES: 29th October 2018 and 18th March 2019

Please Note

All tools and materials are supplied.

Sharpening your woodcarving tools



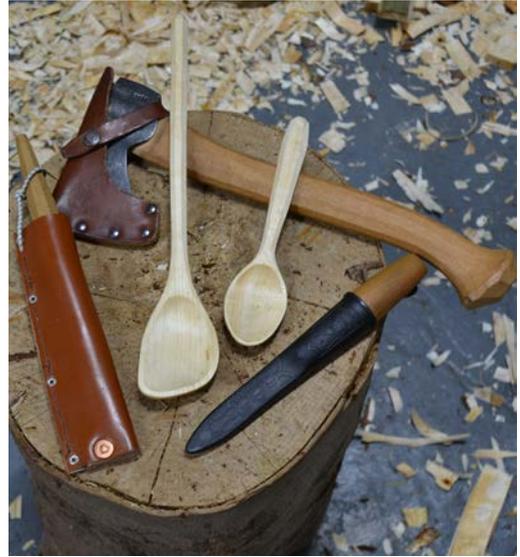
No matter which form of woodcraft you enjoy, if your tools aren't sharp, the task at hand can be close to impossible, causing a great deal of frustration and disappointment. If your tools have a keen edge, you'll have greater control and cutting will be effortless, making everything easier, safer and more enjoyable.

CODE	TIME	START	DAY	PRICE	WKS
AHC025	18:30 – 20:30	05.11.18	MON	£99.00	4
AHC026	18:30 – 20:30	03.6.19	MON	£99.00	4

Please Note

Tools and equipment are supplied, but you are welcome to bring your own tools

Spoon-carving workshop



This one-day workshop will teach you the axe and knife carving skills needed to become a traditional spoon-carver and allow you to branch out and produce other small items of treen using simple hand-tools. No previous experience is needed to join the class.

CODE	TIME	START	DAY	PRICE	WKS
AHC027	09:30 – 5:00	24.10.18	WED	£102.00	1
AHC028	09:30 – 5:00	05.4.19	FRI	£102.00	1

Please Note

All tools and materials are supplied.

Traditional Basket Weaving



Discover the ancient craft of basket weaving as the tutor guides you through the basics to produce your own traditional willow skib, using locally grown, harvested and seasoned willow. With this workshop, you are guaranteed to embark on a stimulating and invigorating experience.

CODE	TIME	START	DAY	PRICE	WKS
AHC029	10:00 – 17:00	08.9.18	SAT	£115.00	1
AHC032	10:00 – 17:00	10.5.19	FRI	£115.00	1

Please Note

All tools and materials are supplied.
Additional workshops may be added, please check the Stran eShop.

Floral Oragami: Kusudama Flowers



The ancient art of floral origami has been used for thousands of years to create beautiful gifts and decorations. Suitable for beginners, you will learn how to make beautiful flowers, butterfly bunting and create your own personalised gifts.

CODE	TIME	START	DAY	PRICE	WKS
AHC033	19:00 – 21:00	10.9.18	MON	£71.00	7
AHC034	10:00 – 12:00	28.1.19	MON	£71.00	7

NO CLASS: 18th March 2019

Please Note

ALL materials required will be provided.

Learn to Crochet



People have been crocheting since the early nineteenth century and it's become a bit of a craze again. Learn the techniques needed to create fun and colourful garments and blankets using just a crochet hook and a ball of yarn. Get started on your creative journey.

CODE	TIME	START	DAY	PRICE	WKS
AHC037	19:00 – 21:00	04.9.18	TUE	£74.00	12
AHC038	19:00 – 21:00	22.1.19	TUE	£74.00	12

NO CLASS: 30th October 2018

You will need

Please bring 100g double knitting yarn and a 4mm crochet hook.

Modern Macramé



Macramé, the craft of knotting, has seen a recent revival. Create hanging planters, jewellery, string bags and wall hangings. The finished items don't have to be perfect as the craft is very much about laid-back, bohemian styles. Once you have mastered the basics, you can incorporate beads and accent materials to match your creative vision.

CODE	TIME	START	DAY	PRICE	WKS
AHC039	19:00 – 21:00	04.9.18	TUE	£78.00	12
AHC040	10:00 – 12:00	22.1.19	TUE	£78.00	12

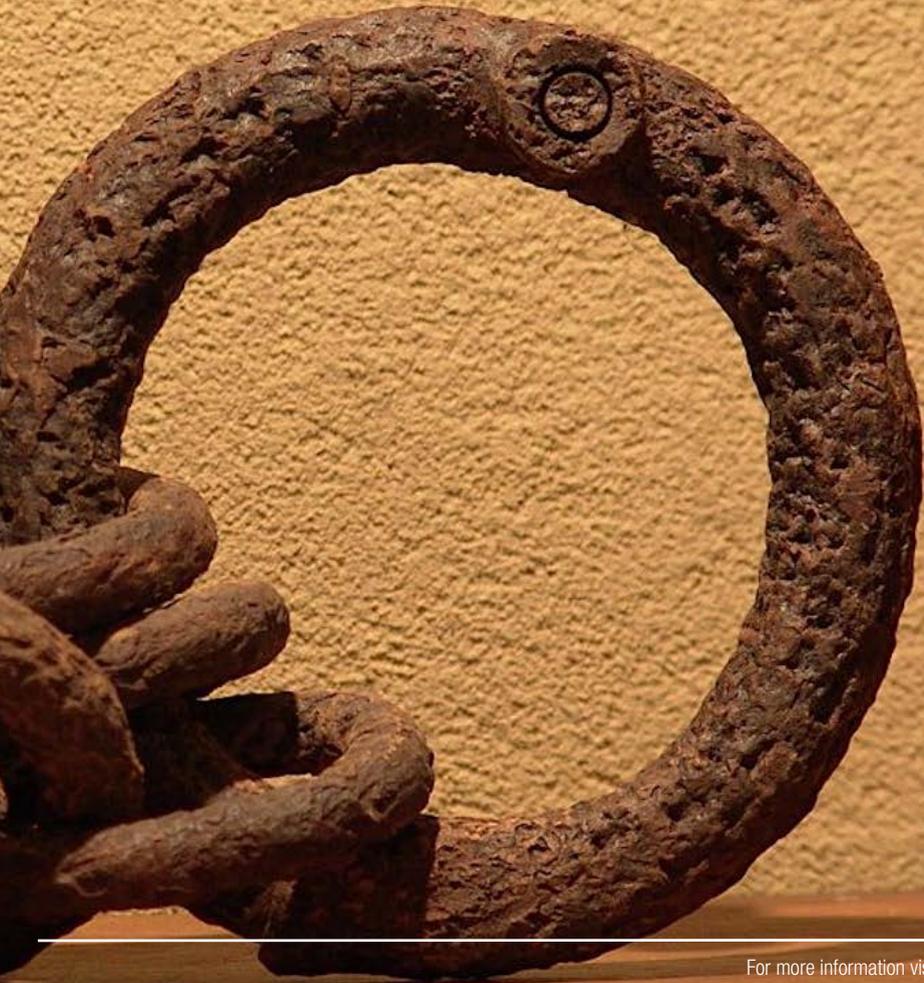
The tutor will provide tape, scissors, beads, rail for anchoring work in progress.

You will need

Macramé cord and wooden dowel for wall hangings.

To make sense of current affairs we need to understand and appreciate the past. By looking at different cultures we can build up a better understanding of why certain peoples act the way they do. “Those who cannot remember the past are condemned to repeat it.”

**CULTURE
HISTORY
AND
ARCHAEOLOGY**



Living History 1968 -1 974: Those were the days, those were



“Those who cannot remember the past are condemned to repeat it”.

George Santayana

A unique 10-week course featuring live, in-depth interviews with key people from this tumultuous era in Northern Ireland’s political history. One of the biggest challenges our society faces is how best to tackle legacy issues. Unlike South Africa, we have not had a Truth and Reconciliation Commission. In its absence, we hope that this series of weekly seminars will contribute to helping us address the issues of the past. Participants will, with the help of first-hand testimony, review and discuss the events between the civil rights march and the collapse of the Stormont government in 1972.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA107	18:30 – 21:00	06.9.18	THU	£85.00	10

CONTRIBUTORS*

- Baroness Blood
- Ken Bloomfield
- Dennis Bradley
- Gordon Burns
- Austin Currie
- Noel Dorr
- Robina Ellis
- Brian Garrett
- Harold Good
- Jackie Hamilton
- Billy Hutchinson
- Lord Kilclooney
- Chris MacCabe
- Martin Mansergh
- Alan MacQuillan
- Bernadette McAliskey
- Tim McGarry
- Stratton Mills
- Danny Morrison
- Olivia Nash
- Baroness Paisley
- Brid Rodgers
- David Smyth
- Denis Tuohy
- Robin Walsh
- Shirley Williams

* **Please note that contributors are subject to change**



This programme of events will be co-ordinated and facilitated by former TV producer Peter Weil, whose extensive credits include Newsnight, Panorama, The Wogan Show, and many more of the BBC's flagship programmes. Peter will also be joined by veteran broadcaster and 'Scene Around Six' newsreader Walter Love.

NO CLASS: 1st November 2018

Please Note

The location is the Drama Theatre, Central Building and a full programme will be available from Week 1.

Slavery – the issue that changed America



Explore one of the great questions that divided nineteenth-century America (slavery) and the unique role played by Abraham Lincoln in freeing slaves and preserving the United States. Both came at a high price - the loss of human life, including that of the President himself. The course will look at the struggle between North and South, and why the forces of the Union ultimately prevailed.

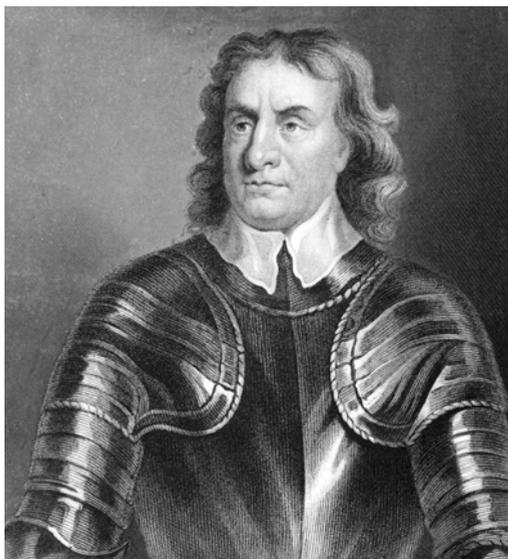
CODE	TIME	START	DAY	COST PP	SESSIONS
CHA101	14:00 – 16:00	11.9.18	TUE	£66.00	12

NO CLASS: 30th October 2018

Please Note

NEW LOCATION: Main Building

Civil War and Revolution: Britain 1640-1660



A series of earth-shattering political and military events touched all parts of the British Isles in the mid-17th century. This course examines some of the dramatic events that shaped British history, including: the Civil War; the rise of Cromwell; the establishment of a republic and the restoration of the monarchy; the rebellions in Scotland and Ireland; and some of the biggest battles in British history, such as Marston Moor and Naseby.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA102	19:00 – 21:00	21.1.19	MON	£66.00	12

NO CLASS: 18th March, 2019

Please Note

NEW LOCATION: Main Building

Ireland's turbulent 19th century



Despite the disastrous 1798 Rebellion, the Great Famine and a number of abortive risings, much progress was made in Ireland during the 19th century with, for example, Catholic emancipation and the emergence of the Land League. The course examines those momentous events and the revitalised decades at the end of this turbulent century in Irish history.

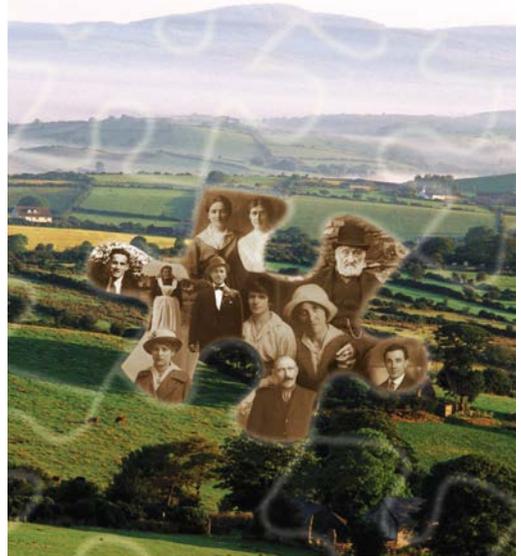
CODE	TIME	START	DAY	COST PP	SESSIONS
CHA105	11:00 – 13:00	3.10.18	WED	£53.00	8

NO CLASS: 31st October 2018

Please Note

NEW LOCATION: Main Building

Genealogy: Trace Your Family Tree



This is the perfect course for those who have always wanted to trace their family tree but didn't know where to start. Taught by an expert genealogist and historian from the Ulster Historical Foundation, the course guides you through the myriad sources of information. The course will include a hands-on session on how to use Irish census records online.

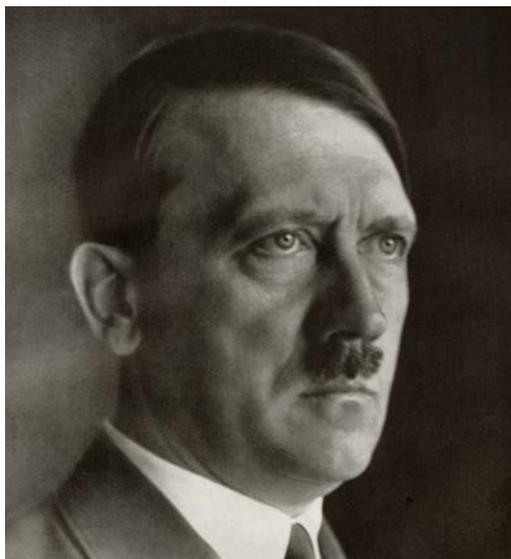
CODE	TIME	START	DAY	COST PP	SESSIONS
CHA120	19:00 – 21:00	18.9.18	TUE	£59.00	10

NO CLASS: 30th October 2018

Please Note

Week 2 will be held in IT2, Central Building.

Hitler – the Rise of a Tyrant



This course explores and traces life in Germany in the years after World War 1, looking at key developments such as the Weimar Republic, the rise of Hitler and the Nazi Party. The class will consider life in Nazi Germany up to the outbreak of World War Two.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA103	14:00 – 16:00	30.7.18	MON	£66.00	12
CHA104	18:30 – 20:30	04.2.19	MON	£66.00	12

NO CLASSES: 18th March 2018, 15th and 22nd April 2019

Please Note

Recommended Reading: Mastering Modern European History, Stuart T. Miller, Palgrave Master Series

Russia in Reform and Revolution



The early 20th century saw changes of epic proportions take place in Russia. This course explores life under the Tsars and the failure of reform under Alexander I, through to the origins, nature and tragedy of the Russian Revolution, leading to the rising of Stalin.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA106	14:00 – 16:00	04.2.19	MON	£66.00	12

NO CLASSES: 18th March 2018, 15th and 22nd April 2019

Please Note

Recommended Reading: Mastering Modern European History, Stuart T. Miller, Palgrave Master Series

The Big Ideas: Introducing Political Philosophy



Baffled by the 'isms'? Liberalism, Socialism, Marxism? Confused by Mill and Marx or want to know what is really meant by Liberty or Equality? Political philosophy is concerned with the Big Ideas. What does a good society really look like? Is a strong state a help (Hobbes), a hindrance (Locke) or a conspiracy against working people (Marx)? Come along and find out!

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA108	18:30 – 20:30	30.7.18	MON	£66.00	12

Hidden History: Friar's Bush to Knockbreda Graveyards



Explore Belfast's most historic graveyards, visiting the ancient burial-ground of Friar's Bush; Knockbreda, with its 18th century parish church and Georgian Mausolea; Balmoral with its graves of 'the Black Man' and a leading Protestant Nationalist; Clifton Street, with its historic United Irishmen's corner; and the fascinating City Cemetery, where industrial magnates like Pirrie and Gallaher lie side by side with politicians, soldiers and artists.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA138	10:00 – 12:30	26.3.19	TUE	£56.00	8

NO CLASSES: 16th and 23rd April 2019

Please Note

Recommended Reading: Political Ideas and Concepts, Andrew Heywood, Palgrave

Please Note

Moderate walking involved in central Belfast.
Week 1 Meeting point is Main Building.

Hidden History: All Points West



Discover more about our local history, walking in the steps of history. You will be guided through the Victorian 'No Man's Land' between 'Sandy Row' and 'The Pound', including Belfast's former 'Harley Street'; visit the iconic Conway Mill; experience the splendour of St Peter's Cathedral; explore the ancient Shankill Graveyard with its eerie Watch Tower; and visit the unique 'Shamrock Church' of St Matthew.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA162	10:00 – 12:30	05.9.18	WED	£56.00	8

Hidden History: Between the Mountains and the Gantries



Venture out and about on a series of guided walks that will focus on the big houses, factories, cemeteries and churches of the Lagan Valley - tracing the industrial revolution from Belfast to Dunmurry, from Lambeg to Lisburn and examining the changes that linen production made to Derriaghy. A comparison will be made between the development of linen production in Dunmurry and the linen mills of Belfast.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA163	10:00 – 12:30	20.3.19	WED	£56.00	8

NO CLASSES: 17th and 24th April 2019

Please Note

Some moderate walking involved and access to private transport is essential. Meet first week in Main Building, Stranmillis University College for historical overview.

Please Note

Entry charges may apply at various locations. Moderate walking involved and private transport arrangements are required. Week 1 Meeting point is Main Building.

The Big House: Montalto House



One of the finest Georgian mansions in Ireland, the house was built by the Rawdon family, Earls of Moira, during the 'Golden Age' of the Anglo-Irish gentry. It has witnessed some stirring events in history including the Battle of Ballynahinch in 1798, fought in the demesne around Montalto. The programme includes a fascinating talk by a local historian, a tour of the house and grounds and a superlative afternoon tea.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA117	14:00 – 17:00	12.2.19	TUE	£45.00	1

Please Note

Numbers strictly limited with free parking available on-site. Own transport is essential. Participants should arrive at Montalto at 1.45pm. Moderate walking with some stairs.

The Big House: Sentry Hill



Home to the McKinney family, who came to Ireland from Scotland in the early 1700s, the contents of the Victorian farmhouse have survived almost intact. Family furniture, books, paintings, personal diaries, letters, photographs and souvenirs from trips abroad tell the story of the McKinneys and provide a rare insight into life in 19th century rural Ulster. The visit includes a tour of the house, afternoon cream tea and a chance to explore the beautiful gardens.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA118	14:00 – 17:00	26.9.18	WED	£40.00	1

Please Note

Participants should make their own way to Sentry Hill for 2.00pm. Tea will be served around 3.30pm. Moderate walking with some stairs.

The Big House: Killyleagh Castle



The fairytale-like Killyleagh Castle is believed to be the oldest inhabited castle in the country, with parts dating back to 1180. The castle has been owned by the Hamilton family since the early 1600s; and the tour will be hosted by the present owner, Gawn Rowan Hamilton. After the tour, Laura will lead a short walk around the picturesque village of Killyleagh, including a visit to Mary's Stile.

The Big House: Greyabbey House



In 1606, a Scottish laird, Sir Hugh Montgomery, made his home on the Ards Peninsula. Built in 1762, the architecture, history and setting of the current house make it one of the most important privately-owned houses in Ulster. The visit includes a tour, exploring the history of the house and the impact of the Montgomery family - followed by afternoon tea and time to explore the magnificent gardens.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA121	14:00 – 17:00	25.10.18	THU	£29.00	1

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA122	14:00 – 17:00	05.3.19	TUE	£40.00	1

Please Note

Participants should make their own way to Killyleagh Castle for 2.00pm. Moderate walking with some stairs.

Please Note

Participants should make their own way to Greyabbey House for 2.00pm. Tea will be served around 3.30pm. Moderate walking with some stairs.

The Big House: Drumalis House



Drumalis House dates from the 1870s and was the nerve centre of the Ulster Volunteers' gun-running of 24-25 April, 1914 which changed the course of Irish history. The building is now a Retreat Centre. The visit begins with an illustrated talk by Laura on Drumalis and the Antrim Coast Road, engineered in the 1830s by William Bald. The talk is followed by a tour of the grand house, afternoon tea and an opportunity to visit the beautiful rose gardens.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA123	14:00 – 17:00	23.1.19	WED	£40.00	1

Please Note

Participants should make their own way to Drumalis House for 2.00pm.
Tea will be served around 3.30pm.
Moderate walking with some stairs.

An Illustrated Guide to the Archaeology of Ireland



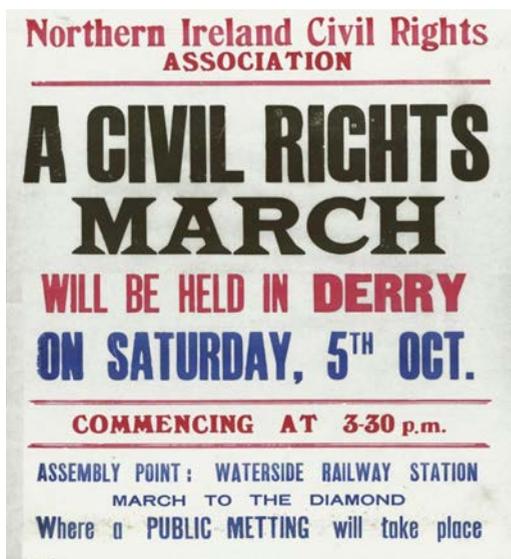
Ireland is covered with the remains of nine millennia of human occupation with thousands of archaeological sites and monuments, from stone tool-working sites to Plantation-era castles. These archaeological Mesolithic treasures provide a picture of the evolution of settlement in Ireland and the interaction between nature and man. This course will look at sites from different eras and their importance in unravelling the history of Ireland.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA166	10:00 – 12:30	18.9.18	TUE	£76.00	10

Please Note

Tutor: Dr Des O'Reilly

The Civil Rights Movement in Northern Ireland



The course examines in detail the Northern Ireland Civil Rights movement and discusses the historical details, as well as the lessons to be learned, from the movement. What were its inspirations and its goals? What methods did it employ, and why? What were its successes and failures? And, what lessons can it teach us today?

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA124	19:00 – 20:30	21.8.18	TUE	£48.00	10

Please Note

Recommended Reading: *Northern Ireland's 1968: Civil Rights, Global Revolt and the Origins of the Troubles*, Simon Prince, Irish Academic Press Ltd

A Women's History of Northern Ireland



The history of Northern Ireland, as written in history and in the public imagination, focuses on iconic men who loom large. In this course we ask, "where were the women"? Revealing an alternative view of the last century and the efforts of women - across communities, in public life and in everyday life - to hold society together in times of conflict, make peace and agitate for change.

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA125	19:00 – 20:30	05.2.19	TUE	£48.00	10

Please Note

Recommended Reading: *Against the Grain: Contemporary Women's Movement in Northern Ireland*, Eileen Evason, Attic Press

History of Art 1: Modernism, the revolution begins 1770-1860

History of Art 4: Modernism to Postmodernism 1945-1980



The course looks at art, architecture, craft and design from 1770–1860, the years that witnessed the emergence of Modernism, led by Jacques-Louis David, painter to France’s Louis XVI and Napoleon. The course, provides a working knowledge and understanding of: art history concepts and issues; the roles and achievements of artists who defined the period; and the relationship between society and art.

World War II left the UK spent and the USA a superpower. By 1949 both were at war again, with the USSR. The Cold War’s threat of nuclear annihilation made it a war like no other, fought mainly through technology, economics and mind games of various kinds. All this informed the visual arts of the time, in sometimes surprising ways. Why did the CIA secretly sponsor Abstract Expressionist painters? Or what did the arms race have in common with Pop design?

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA164	19:00 – 21:00	11.9.18	TUE	£74.00	12

CODE	TIME	START	DAY	COST PP	SESSIONS
CHA165	19:00 – 21:00	26.2.19	TUE	£74.00	12

NO CLASS: 30th October 2018

NO CLASSES: 30th October 2018, 16th and 23rd April 2019

Please Note

Please check Stran eShop regularly, as additional courses may become available.

Please Note

Please check Stran eShop regularly, as additional courses may become available.

Improved Sleep Quality

Expand Flexibility

Weight Loss

Mental Clarity

Improved Breathing Techniques



**HEALTH,
FITNESS AND
WELLBEING**

Co-ordination Skills

More Energy

Improved Body Tone

Greater Core Strength

Develop Brain Health and Memory

Meditation and the Chakra Experience



An introduction to meditation for relaxation, self-development and improving mental and physical wellbeing. The class explores different styles of meditation to promote healing, self-exploration and empowerment. The Chakra experience will introduce participants to the energy system within our body, how it influences each part of our lives and how to keep these systems healthy.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW016	10:30 – 12:00	02.11.18	FRI	£52.00	6
HFW033	17:30 – 19:00	21.2.19	THUR	£52.00	6
HFW021	12:30 – 14:00	01.5.19	WED	£52.00	6

Please Note

Recommended Reading: *The Little Book of Chakras*, Patricia Mercier, Gaia

Breath Works, Laughter Works



This class uses a combination of breathing exercises to help us focus, concentrate, relax and reduce anxiety in our lives. Teamed with laughter exercises to enhance our mental and physical wellbeing, the class will look at the benefits of controlled breathing and the history of laughter therapy.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW034	17:30 – 19:00	19.9.18	WED	£44.00	4
HFW035	13:00 – 14:30	04.2.19	MON	£44.00	4
HFW036	12:30 – 14:00	02.5.19	THU	£44.00	4

Please Note

Recommended Reading: *Power of Breath*, Saradanda

21st Century Skills for Lifelong Learning



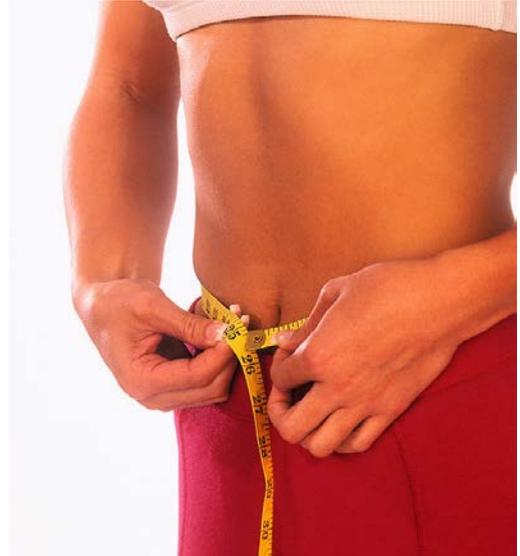
Suitable for all, the classes are aimed at mature students who want to thrive and further developing existing skills. The course covers self-care, enhancing memory, muscle co-ordination, developing thinking skills, effective communication and improved enterprise skills.

CODE	TIME	START	DAY	COST PP	SESSIONS
HF037	19:30 – 21:00	12.9.18	WED	£52.00	6
HF038	10:30 – 12:00	01.2.19	FRI	£52.00	6

Please Note

Recommended Reading: *Who Rules in Your Life*, Miriam Subirana, World of Books

Circuit Training for Beginners



Circuit training helps to tone and blast fat in half the time it might take in a traditional cardio or strength workout. The class involves squats, push ups, lunges and jumping jacks to music from the 70s and 80s to work, rest and rework various muscle groups.

CODE	TIME	START	DAY	COST PP	SESSIONS
HF025	11:00 – 12:00	31.7.18	TUE	£49.00	10
HF026	17:30 – 18:30	09.10.18	TUE	£45.00	8
HF027	11:00 – 12:00	22.1.19	TUE	£49.00	10
HF028	17:30 – 18:30	30.4.19	TUE	£45.00	8

Please Note

NO CLASS: 30th October 2018

Please inform instructor of any physical or medical issues.

Gentle Flow Yoga



This is a gentle meditative Yoga class, great for beginners and those who want a slower paced and relaxing Yoga practice. Gentle Flow Yoga guides you towards flexibility, strength and mental clarity. The Chakra system helps us identify areas of the mind and body which need awakened or balanced. Enjoy deep relaxation at the end of each class.

CODE	TIME	START	DAY	COST PP	SESSIONS
HF040	17:30 – 19:00	17.9.18	MON	£62.00	12
HF041	17:30 – 19:00	18.9.18	TUE	£62.00	12
HF042	17:30 – 19:00	28.1.19	MON	£55.00	10
HF043	17:30 – 19:00	29.1.19	TUE	£55.00	10
HF044	17:30 – 19:00	29.4.19	MON	£40.00	7
HF045	17:30 – 19:00	30.4.19	TUE	£40.00	7

Please Note

NO CLASSES: 29th and 30th October 2018
Please inform instructor of any physical or medical issues.

Chakra Flow Yoga



Chakra Flow Yoga guides you to better flexibility, strength and mental clarity. Each class begins with breath work and core strengthening. Sharpen your awareness as you move through challenging poses using the breath as your guide. Enjoy deep relaxation at the end of each class.

CODE	TIME	START	DAY	COST PP	SESSIONS
HF046	19:00 – 20:30	17.9.18	MON	£62.00	12
HF047	19:00 – 20:30	18.9.18	TUE	£62.00	12
HF048	19:00 – 20:30	28.1.19	MON	£55.00	10
HF049	19:00 – 20:30	29.1.19	TUE	£55.00	10
HF050	19:00 – 20:30	29.4.19	MON	£40.00	7
HF051	19:00 – 20:30	30.4.19	TUES	£40.00	7

Please Note

NO CLASSES: 29th and 30th October 2018
Please inform instructor of any physical or medical issues.

Tai Chi for Mind, Body and Energy



Through slow movement, with focused intent, Tai Chi is designed to promote all aspects of physical and mental health, creating a feeling of wellbeing. Derived from martial arts, it is practised for its health benefits. It is ideal for beginners, as well as seasoned practitioners. Classes include warm up, gentle stretching and focusing on form (sequences of movement) to develop coordination and confidence while promoting relaxation.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW052	7.00 – 8.00pm	05.9.18	WED	£54.00	12
HFW011	7.00 – 8.00pm	06.2.19	WED	£49.00	10
HFW012	7.00 – 8.00pm	01.5.19	WED	£45.00	8

Please Note

NO CLASS: 31st October 2018

Please inform instructor of any physical or medical issues.

The Phoenix Tai Chi Health Qi Gong Form



The class uses the Phoenix sequence of movements, developed by Master Joe Lok of Hong Kong. It embodies and refines centuries of knowledge passed down by Tai Chi, Qi Gong and Bagua Masters. The exercises are gentle on the body, while deeply improving health and tranquillity. This class can be done standing or sitting (with slight modifications). Suitable for all.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW053	8.00 – 9.00pm	05.9.18	WED	£54.00	12
HFW014	8.00 – 9.00pm	06.2.19	WED	£49.00	10
HFW015	8.00 – 9.00pm	01.5.19	WED	£45.00	8

Please Note

NO CLASS: 30th October 2018

Please inform instructor of any physical or medical issues.

Aerobics



Do you love music? Do you love dancing? Do you love ABBA? Do you love Madonna? Come and get fit with fun, straightforward and lively choreographed routines to the music of ABBA or Madonna.

ABBA	TIME	START	DAY	COST PP	SESSIONS
HFW013	11:00 – 12:00	28.7.18	SAT	£40.00	6
HFW017	11:00 – 12:00	08.9.18	SAT	£40.00	6
HFW018	17:30 – 18:30	31.1.19	THU	£49.00	10
HFW019	11:00 – 12:00	27.4.19	SAT	£45.00	8
M'DON	TIME	START	DAY	COST PP	SESSIONS
HFW020	17:30 – 18:30	26.7.18	THU	£40.00	6
HFW022	17:30 – 18:30	06.9.18	THU	£40.00	6
HFW023	11:00 – 12:00	26.1.19	SAT	£49.00	10
HFW024	17:30 – 18:30	02.5.19	THU	£45.00	8

Please Note

NO CLASS: 16th March 2019

Please inform instructor of any physical or medical issues.

Pilates for Beginners



Pilates is an exercise programme dating back to 1920. The course focuses on spinal, core and flexibility awareness. The exercises performed can be adapted for all levels of fitness and generally consist of gentle exercise done on a mat, sitting or lying down.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW029	11:00 – 12:00	30.7.18	MON	£49.00	10
HFW030	11:00 – 12:00	01.8.18	WED	£49.00	10
HFW004	13:00 – 14:00	14.8.18	TUE	£45.00	8
HFW005	13:00 – 14:00	08.1.19	TUE	£49.00	10
HFW031	11:00 – 12:00	28.1.19	MON	£49.00	10
HFW032	11:00 – 12:00	30.1.19	WED	£49.00	10
HFW006	13:00 – 14:00	19.3.19	TUE	£49.00	10

Please Note

NO CLASS: 23rd March 2019

Please inform instructor of any physical or medical issues. Delivered by Jacquleen Henderson (Tuesday) and David Ogborn.

Pilates for Improvers



The course focuses on spinal, core and flexibility awareness. The exercises performed aim to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. The programme is delivered to encourage progress in a series of repetitive exercises to suit an individual's needs.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW007	14:00 – 15:00	14.8.18	TUE	£45.00	8
HFW008	14:00 – 15:00	08.1.19	TUE	£49.00	10
HFW009	14:00 – 15:00	19.3.19	TUE	£49.00	10

Please Note

NO CLASS: 23rd March 2019

Please inform instructor of any physical or medical issues. Mats are provided, however you are most welcome to bring your own.

Standing Pilates



Standing Pilates uses all the principles of mat-based Pilates, and focuses on building strength and stability in the core and back muscles in a standing position. The use of a partner in some of the standing exercises increases the intensity of the exercise, taking it to an advanced level. This class is suitable for beginners who have a good fitness level and those who have completed a mat-based Pilates course.

CODE	TIME	START	DAY	COST PP	SESSIONS
HFW001	17:30 – 18:30	14.8.18	TUE	£45.00	8
HFW002	17:30 – 18:30	08.1.19	TUE	£49.00	10
HFW003	17:30 – 18:30	19.3.19	TUE	£49.00	10

Please Note

NO CLASS: 23rd March 2019

Please inform instructor of any physical or medical issues.

Speak a new language
so that the world
will be a new world.
A smile is the same in
any language.



LANGUAGES



Languages – Which level?



- Beginners Level 1:** You are a complete beginner, with no experience of the language.
- Beginners Level 2:** You will have attended Beginners Level 1 course or similar and can use everyday expressions and basic phrases.
- Beginners Level 3:** You will have 20+ weeks taught experience and be able to understand short sentences and frequently used expressions related to simple and routine tasks.
- Holiday:** Aimed at learners planning to travel, participants will have a basic knowledge of the language.
- Lower Intermediate:** You are more than a beginner and can deal with many common 'survival' situations confidently.
- Intermediate:** You have a reasonable foundation in the language (e.g. to 'O' Level/GCSE level or equivalent) and can deal with most common 'survival' situations confidently.
- Upper Intermediate:** You will have a good vocabulary and an advanced understanding of grammatical rules and your speaking and listening skills allow you to be relatively confident in most social or working settings.
- Conversational:** You are a confident speaker and can converse confidently in the language.

Holiday French



Ideal for business or leisure travellers, this course will start you off on the right foot. You will learn helpful phrases to use while travelling. By the end of the course you will be able to order food in restaurants, buy a bus or train ticket and converse with locals. You will need a basic knowledge of the language for this course.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG036	10:00 – 12:00	06.9.18	THU	£51.00	8
LNG037	13:00 – 15:00	01.5.19	WED	£51.00	8

Please Note

Introducing new tutor, Marianne Casal.

Lower Intermediate French Conversation



Classes are designed to offer participants the opportunity to speak and improve their written and verbal French. Using fun role play, each person will have the opportunity to develop grammar, spelling and pronunciation. By the end of the course participants should feel more at ease in communicating with native speakers.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG027	12:30 – 14:30	06.9.18	THU	£66.00	12
LNG028	19:00 – 21:00	22.1.19	TUE	£66.00	12

NO CLASS: 1st November 2018

Please Note

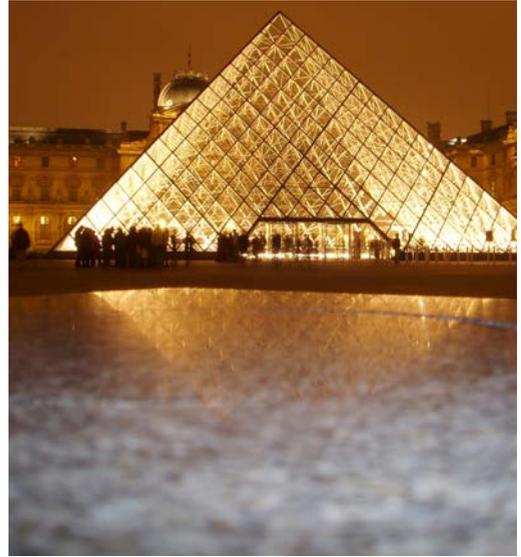
Introducing new tutor, Marianne Casal.

French Conversation Intermediate Level



The course will help students develop a better understanding of the language, allowing them to explore cultural aspects of France and French speaking countries. Classes will focus on speaking and listening, via activities such as role-play, which will develop a greater confidence in communicating with native speakers.

French Conversation



Designed to help confident French speakers converse in the language, the tutor will provide opportunities to improve reading and comprehension skills in a fun and lively environment, with group discussions on news and current affairs to improve your conversation skills.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG041	10:00 – 12:00	23.1.19	WED	£66.00	12
LNG042	10:00 – 12:00	07.3.19	THU	£66.00	12

NO CLASSES: 17th and 24th April 2019

Please Note

Recommended Reading: *French Experience 2*,
Jeanine Picard, Mike Garnier, Anny King,
BBC Publications

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG034	13:00 – 15:00	05.9.18	WED	£66.00	12
LNG035	13:00 – 15:00	23.1.19	WED	£66.00	12

NO CLASS: 31st October 2018

Please Note

Introducing new tutor, Marianne Casal.

Upper Intermediate French Conversation



This course is for those who would like to further advance their confidence and fluency of the language. The course uses authentic texts and resources to promote class discussions, "*sujets de réflexion*", on topics such as history, multicultural society, media and the arts. Texts and resources are accompanied by vocabulary and grammar notes and activities.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG039	18:30 – 20:30	04.9.18	TUE	€66.00	12
LNG040	18:30 – 20:30	05.3.19	TUE	€66.00	12

NO CLASSES: 30th October 2018, 16th and 23rd April 2019

Please Note

Recommended Reading: *Francothèque*,
Open University, Open University Publications

Beginners' Irish Level 1



This popular course is aimed at those who would like to make a start in learning Irish. The emphasis is on Ulster Irish. The course will provide a strong foundation in spoken Irish, but care is taken to make sure that learners achieve a solid understanding of essential grammar.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG001	19:00 – 21:00	12.9.18	WED	£58.00	10
LNG002	19:00 – 21:00	23.1.19	WED	£58.00	10
LNG003	19:00 – 21:00	04.4.19	WED	£58.00	10

NO CLASSES: 31st October 2018, 17th and 24th April 2019

Please Note

Recommended Reading: *Irish for Beginners*,
Angela Wilkes, Usborne

Basic Conversational Irish: Beginners' Level 3



This course is for learners of Irish who'd like to start putting their 'cúpla focal' into action and take their Irish from the classroom into the real world. The course covers everyday situations, from talking about yourself and your family to ordering food and drink, not forgetting the weather, or that all-important shopping trip.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG006	19:00 – 21:00	24.1.19	THU	£58.00	10

Please Note

This course is not for those who are already fluent or near-fluent speakers.

Irish Conversation for Improvers



Aimed at those who already have a 'cúpla focal' but would like to improve their grasp of Ghaeilge and bring old 'school Irish' to life. The course will provide a strong foundation in spoken Irish, but care is taken to enable students to achieve a solid understanding of essential grammar.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG004	19:00 – 21:00	13.9.18	THU	£58.00	10
LNG005	19:00 – 21:00	04.4.19	THU	£58.00	10

NO CLASSES: 1st November 2018, 18th and 25th April 2019

Please Note

Recommended Reading: *Irish for Beginners*, Angela Wilkes, Usborne

Beginners' Italian Level 1



Participants will be introduced to the language through listening, reading, writing and speaking. This is a practical course, based on a range of everyday situations that will help you communicate in Italian and enjoy the wealth of experiences Italy has to offer.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG015	13:30 – 15:30	17.9.18	MON	£66.00	12
LNG016	13:30 – 15:30	04.2.19	MON	£66.00	12
LNG007	19:00 – 21:00	05.9.18	WED	£66.00	12
LNG008	19:00 – 21:00	24.1.19	THU	£66.00	12

**NO CLASSES: 29th and 31st October 2018,
15th and 22nd April 2019**

Please Note

Recommended Reading: *Nuovo Espresso 1*, L. Ziglio, G. Rizzo, Alma Edizioni
Tutors for these courses are Stefania Faraone (Day) and Daniela Morroi (Evening)

Beginners' Italian Level 2



Students wishing to join this class should have attended at least 12 weeks of a beginners class or be familiar with the following grammar rules: introductions (*Tu/Lei*), present tense of regular and some irregular verbs, the articles, masculine and feminine and plurals of nouns, basic questions and answers (*Come ti chiami, Di dove sei?*).

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG023	13:30 – 15:30	19.9.18	WED	£66.00	12
LNG024	13:30 – 15:30	06.2.19	WED	£66.00	12

**NO CLASSES: 30th October 2018,
16th and 23rd April 2019**

Please Note

Recommended Reading: *Nuovo Espresso 1*,
Luciana Ziglio, Giovanna Rizzo, Alma Edizioni

Beginners' Italian Level 3



Students wishing to join this class should have attended at least 24 weeks of a beginners class or be familiar with the following grammar rules: present tense and past of regular and some irregular verbs, masculine and feminine and plural of nouns, articles, basic questions and answers (*Come ti chiami, Di dove sei?*), *Lei/Tu, the verb 'piacere', pronouns (mi/a me)*, routine verbs, reflexive verbs.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG017	11:30 – 13:30	19.9.18	WED	£66.00	12
LNG018	11:30 – 13:30	06.2.19	WED	£66.00	12

NO CLASSES: 30th October 2018, 16th and 23rd April 2019

Please Note

Recommended Reading: *Nuovo Espresso 2*, Maria Bali, Gionnanna, Alma Edizioni

Lower Intermediate Italian Conversation



This course is designed for people who have some knowledge of the basic structures of the language, for example, present and past tense. You will revise and develop the knowledge you already have, and the course aims to develop your confidence in speaking and listening, with an emphasis on the spoken language and communication.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG025	09:30 – 11:30	19.9.18	WED	£66.00	12
LNG026	09:30 – 11:30	06.2.19	WED	£66.00	12
LNG009	19:00 – 21:00	23.1.19	WED	£66.00	12

NO CLASSES: 30th October 2018, 16th and 23rd April 2019

Please Note

Recommended Reading: *Nuovo Espresso 2*, L. Ziglio, G. Rizzo, A. Edizioni
Tutors for these courses are Stefania Faraone (Day) and Daniela Morroi (Evening)

Italian for Holidaymakers: Italy's Cities



Four cities of Italy! This course is ideal for keen visitors to Italy and explores four Italian cities (Milan, Rome, Florence and Venice). Using a map, you will discover the cities' history, landmarks, traditions, food.....all in Italian of course!

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG013	10:00 – 12:30	02.11.18	FRI	£45.00	4
LNG014	12:00 – 14:30	07.3.19	THU	£45.00	4

Please Note

This course is suitable for Intermediate level.
Introducing new tutor, Silvia Balocchi.

Italian for Holidaymakers: Italy's Regions



Italy on a plate! This course is ideal for keen visitors to Italy and explores four Italian regions (Lombardy, Tuscany, Lazio and Veneto) and their typical food... ..all in Italian of course!

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG011	10:00 – 12:30	21.9.18	FRI	£45.00	4
LNG012	12:00 – 14:30	02.5.19	THU	£45.00	4

Please Note

This course is suitable for intermediate level. Introducing new tutor, Silvia Balocchi.

Italian Language for Intermediate Level



The course will revise and develop the knowledge you already have, including grammatical structures and aims to develop your confidence in understanding, speaking and reading Italian, making you feel more at ease in communicating with native speakers.

Upper Intermediate Italian Conversation



This course will revise and develop the knowledge you already have. It aims to extend the practical skills of understanding, speaking and reading Italian and will use a mixture of news and general interest articles as the basis for conversation practice. Grammar points will be addressed where necessary.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG019	11:30 – 13:30	17.9.18	MON	£66.00	12
LNG020	11:30 – 13:30	04.2.19	MON	£66.00	12

NO CLASSES: 29th October 2018, 15th and 22nd April 2019

Please Note

Recommended Reading: *Nuovo Espresso 4*, Maria Bali, Irene Dei, Alma Edizioni

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG021	9:30 – 11:30	17.9.18	MON	£66.00	12
LNG022	9:30 – 11:30	04.2.19	MON	£66.00	12

NO CLASSES: 29th October 2018, 15th and 22nd April 2019

Please Note

Recommended Reading: *Nuovo Espresso 4*, Maria Bali, Irene Dei, Alma Edizioni

Beginners' Spanish Level 1



This course is designed for complete beginners that will start you off on the right foot. Participants will learn to have a conversation about themselves and their family, ask for directions, tell the time and, by the end of the 10 weeks, be able to order food in restaurants, buy a bus or train ticket and even converse with locals. On completion, students will also have some knowledge of Spanish and Latin American traditions.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG029	19:00 – 21:00	13.9.18	THU	£58.00	10
LNG030	19:00 – 21:00	28.1.19	MON	£58.00	10

NO CLASS: 1st November 2018

Please Note

Recommended Reading: *Pasos*, Rosa Maria Martin & Martyn Ellis, John Murray Learning
Tutors for these courses are James McCavery and Alex Maxwell (Finlay)

Holiday Spanish



Whether you need to learn Spanish for personal reasons or holiday purposes, this Spanish course will start you off on the right foot. By the end of the course you will be able to order food in restaurants, buy a bus or train ticket and even converse with locals.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG049	10:00 – 12:00	30.1.19	WED	£58.00	10

Please Note

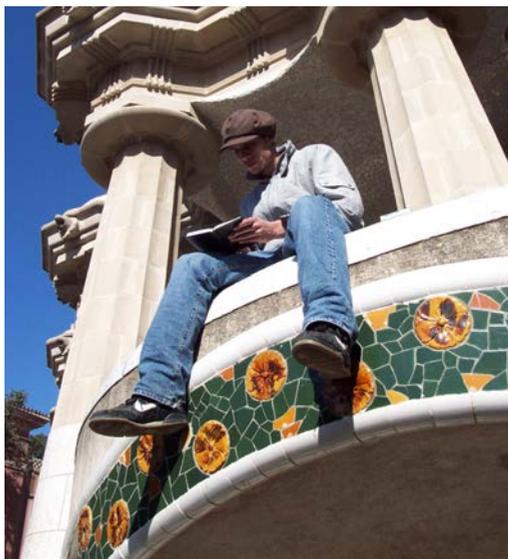
Recommended Reading: *Pasos*, Rosa Maria Martin & Martyn Ellis, John Murray Learning

Lower Intermediate Spanish Conversation



You are more than a beginner and can deal with many common 'survival' situations, but are not quite at intermediate level. Our lower intermediate course will help you take the next step and develop your grammar and conversation skills.

Intermediate Spanish Conversation



This course offers the students the opportunity to expand their knowledge of Spanish. It aims to extend the practical skills of speaking through a mixture of news, general interest, culture and current issues.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG031	19:00 – 21:00	10.9.18	MON	£58.00	10
LNG032	19:00 – 21:00	24.1.19	THU	£58.00	10

NO CLASS: 29th October 2018

Please Note

Introducing James McCavery

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG043	10:00 – 12:00	05.9.18	WED	£66.00	12
LNG044	13:00 – 15:00	23.1.19	WED	£66.00	12

Please Note

Introducing Irene Ramirez

Upper Intermediate Spanish Conversation



This course is designed for students who feel that their level of Spanish is relatively advanced but who want to improve their vocabulary and ease of communication. Each week, the class will explore the vocabulary around a different topic and the expressions and phrases common when communicating in Spanish. The course is taught in a relaxed, interactive environment and our focus is on communication.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG045	13:00 – 15:00	05.9.18	WED	£66.00	12
LNG046	19:00 – 21:00	04.2.19	MON	£66.00	12

NO CLASSES: 31st October 2018, 15th and 22nd April 2019

Please Note

Introducing Irene Ramirez

Conversational Spanish Language and Beyond



This new course is designed to enable those who are confident speakers to develop a better understanding of the language and how to use it practically in a range of situations and contexts. Group discussions on news and current affairs will ensure that students have the vocabulary and skill-set required to make the language relevant and up to date.

CODE	TIME	START	DAY	COST PP	SESSIONS
LNG047	19:00 – 21:00	03.9.18	MON	£66.00	12
LNG048	10:00 – 12:00	23.1.19	WED	£66.00	12

NO CLASS: 29th October 2018

Please Note

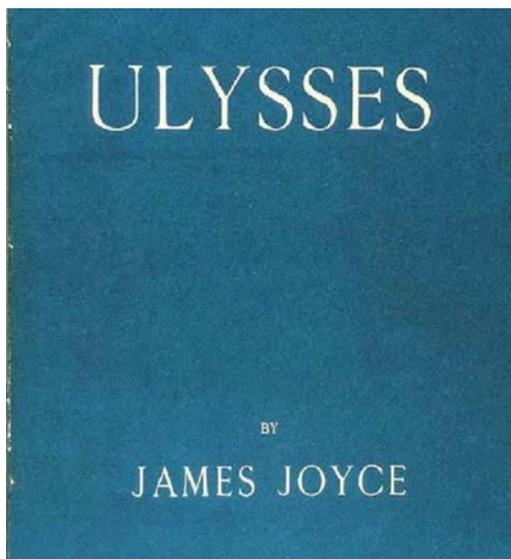
Introducing Irene Ramirez

Literature evokes human emotions and enhances the ability to empathise. Literature is an amazing tool that provides insight into the culture of others and of other eras.



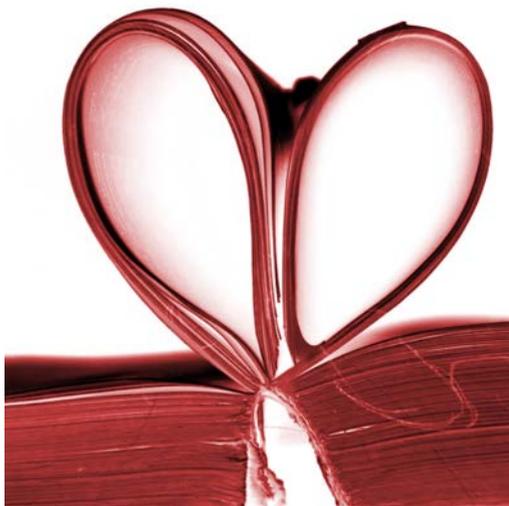
**LITERATURE
AND
CREATIVE
WRITING**

ULYSSES – A book for the common people



Considered by many to be the greatest modernist novel in the English language, its publication was a sensation. *Ulysses* rejected the traditional Victorian and Edwardian framework of narrative, description and rational exposition in prose. It was a shocking departure from the Celtic revival of Yeats and his introspective vision of the romantic Ireland. The course charts Joyce's journey to international renown.

Poetry for Pleasure



Poems tap into every area of human experience: hate, love, joy, sorrow, friendship, marriage, birth and death. They make us laugh; they make us cry; they fill the imagination and occupy the mind. In this course we will read old favourites and find new ones, listen to Richard Burton reading Dylan Thomas or John Donne, not forgetting the wonderful comic verses. Will you wear purple when you are old?

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW009	11:00 – 13:00	05.2.19	TUE	£59.00	6

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW011	14:00 – 16:00	09.10.18	TUE	£59.00	6

NO CLASS: 30th October 2018

Please Note

Recommended Reading: *Ulysses*, James Joyce, any edition will suffice
Introducing William Mundow

Please Note

NEW LOCATION: Main Building

One Hundred Years of Irish Fiction



This fascinating course explores the work and impact of various high profile Irish writers and the part they have played in shaping local and Irish culture over the past century. The course encourages opinion and lively debate as each major figure is discussed.

A Taste of CS Lewis



You may be familiar with Lewis's Narnia Chronicles. But what of his lesser known works? Lewis uses imagination and reason as vehicles of truth. We will consider some of the ideas Lewis explores as a Christian apologist and the connection he makes between reason and imagination.

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW012	19:00 – 21:00	25.9.18	TUE	£79.00	10
LCW013	19:00 – 21:00	05.3.19	THU	£79.00	10

NO CLASSES: 30th October 2018, 18th and 25th April 2019.

Please Note

NEW LOCATION: Main Building

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW016	19:00 – 21:00	05.11.18	MON	£44.00	3
LCW017	11:00 – 13:00	07.5.19	TUE	£44.00	3

NO CLASS: 30th October 2018.

Please Note

NEW LOCATION: Main Building
Introducing Kim Lindsay

Writing for Profit not Glory



Would you like to be able to write for profit as well as pleasure? Discover the pitfalls and look for the positives regarding submissions, publishers, magazines, newspapers, poems, TV and radio broadcasting scripts, specialist publications, theatre, educational and child focussed books. The emphasis throughout this course is on “Finding your Voice”.....write what you are passionate about.

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW005	11:00 – 13:00	21.1.19	MON	£59.00	6
LCW006	11:00 – 13:00	30.4.19	TUE	£59.00	6

From Page to Stage



Have you ever wanted to try your hand at writing for the stage or screen? During this course you will develop your talent as a writer, expanding storylines into scripts for stage or screen and exploring basic story and stage craft, including the structure of the dramatic arc, scene construction, characterisation and dialogue. No previous experience of writing for the stage is required. Be prepared for an interesting and lively course.

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW014	19:00 – 21:00	07.2.19	THU	£59.00	6
LCW015	19:00 – 21:00	02.5.19	THU	£59.00	6

Please Note

PLEASE BRING: Notepad and pens or pencils

Please Note

PLEASE BRING: Notepad and pens or pencils

Creative Writing



This course, which is suitable for beginners as well as more experienced writers, will offer opportunities to experiment with different forms of writing, including poetry, memoir and short stories. The classes offer a safe and relaxed atmosphere for developing your confidence as a writer, editing your work and preparing it for publication. Prompts will include poems and stories, pictures and music.

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW001	11:00 – 13:00	02.8.18	THU	£59.00	6
LCW002	19:00 – 21:00	02.5.19	THU	£59.00	6

Please Note

PLEASE BRING: Notepad and pens or pencils

The Planter and the Gael



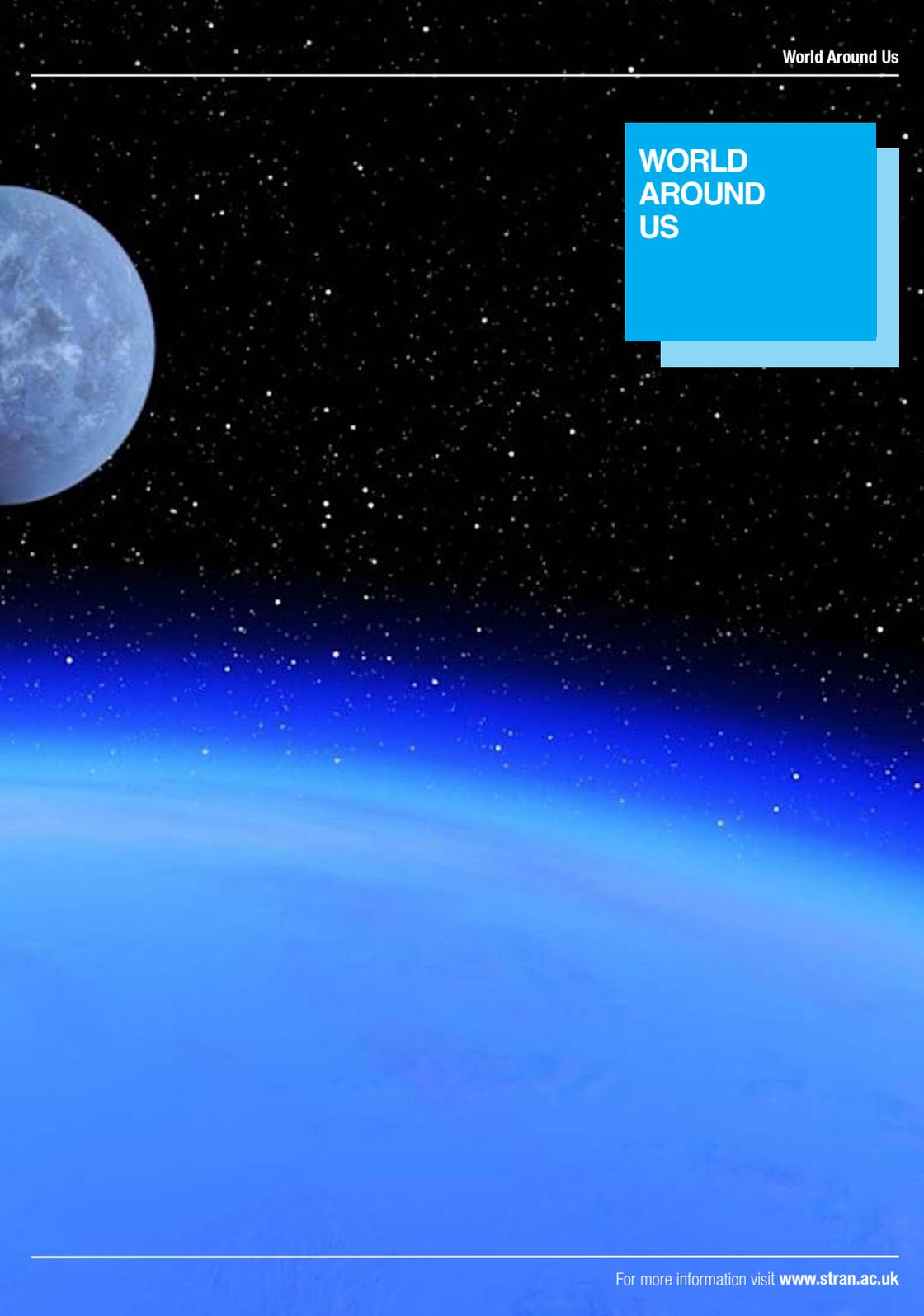
The course explores expressions of identity through the poems of John Hewitt and John Montague in 'The Planter and the Gael' and Northern Irish writers such as Seamus Heaney, Michael MacLaverty, Sam Hanna Bell and Michael Longley. Participants will be encouraged to reflect on and share their own experiences in relation to such things as childhood, family, schooling, church, work and culture.

CODE	TIME	START	DAY	COST PP	SESSIONS
LCW007	19:00 – 21:00	12.9.18	WED	£59.00	6

Please Note

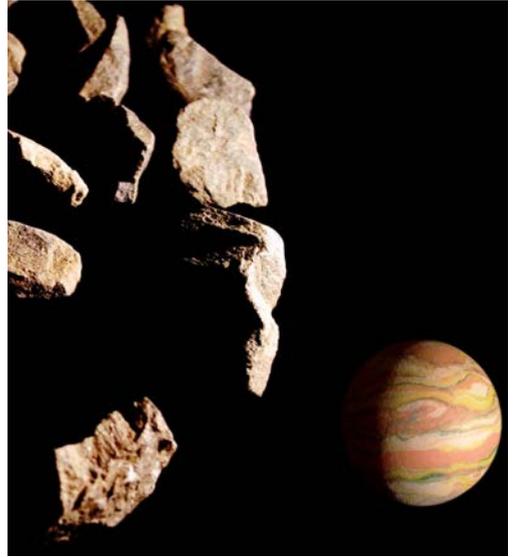
Introducing Trevor Neilands

Making sense of the world - knowledge gives us something to think about. How we perceive ourselves in relation to the rest of the world.



**WORLD
AROUND
US**

Exploring Space



Aimed at anyone who wants to know more about our planets, stars and galaxies, this is a perfect introduction to astronomy for complete beginners. The course introduces students to the wonders of the Solar System, stars and wider universe, as well as looking at the history of space science. The course also looks at how to find and observe night sky objects.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU002	19:00 – 21:00	01.10.18	MON	£51.00	8
WAU003	19:00 – 21:00	07.2.19	THU	£51.00	8

NO CLASS: 29th October 2018

Please Note

Tutor: Colin Johnston

Global Warming: Causes, Effects and Solutions



The increase in global warming has focused the need for further study on the causes, effects and solutions for the threat we now face. The course looks at the rise of industrial pollutants and the melting of the ice sheets in the Arctic and Antarctica. It addresses the various solutions proposed to limit the effects of global warming and suggestions as to how the present trends could be reversed.

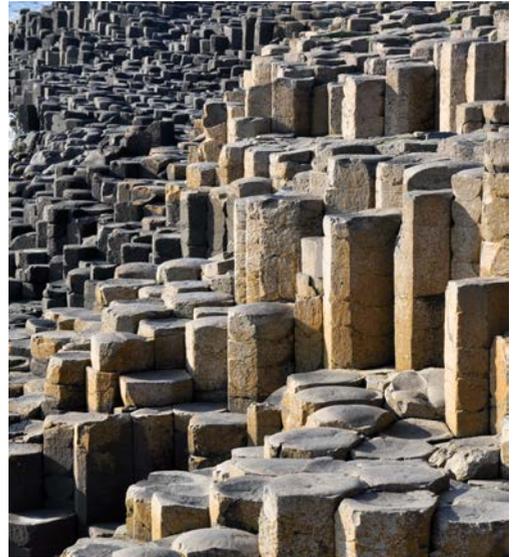
CODE	TIME	START	DAY	COST PP	SESSIONS
WAW004	10:00 – 12:00	28.1.19	MON	£59.00	10

NO CLASS: 18th March 2019

Please Note

Tutor: Dr Des O'Reilly

Geology of Ulster



Ulster is a small land area, yet it contains a wide array of rock types from different geological ages that are reflected in the variety of our landscape: from the high moorlands of the Antrim Plateau to the rolling hills of County Down; the glaciated peaks of the Donegal Highlands to the waterways of Fermanagh. From the oldest rocks to the final glacial episode, participants will look at the setting of each of the different geological periods.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAW005	10:00 – 12:00	12.3.19	TUE	£59.00	10

NO CLASSES: 16th and 23rd April 2019

Please Note

Tutor: Dr Des O'Reilly

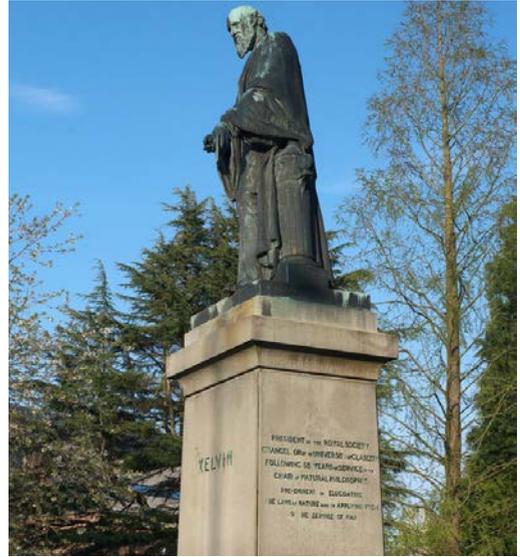
Over Land, By Sea and By Air



An illustrated investigation of regional developments in transport technology in and around Belfast. The classes are amply illustrated and explanatory operational descriptions will be given. At the end of each class there will be an opportunity to develop a small sketch solution to a real/realistic transport design or operational problem.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU006	19:00 – 21:00	19.9.18	WED	£59.00	6

From Absolute Zero to Cutters Wharf



A small group of enthusiastic learners will meet at the Lord Kelvin statue, Botanic Park, and stroll along the Stranmillis Road to Cutters Wharf, taking in 40 points of interest along the way. The afternoon will end with refreshments purchased at the Boat Club.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU008	14:30 – 16:30	12.4.19	FRI	£28.00	1

Please Note

YOU WILL NEED: Plain A4 paper, HB & 1B Pencil, optional 0.5cm graph paper

Please Note

YOU WILL NEED: Comfortable walking shoes, a waterproof and money for refreshments at the Boat Club

Introduction to Wine



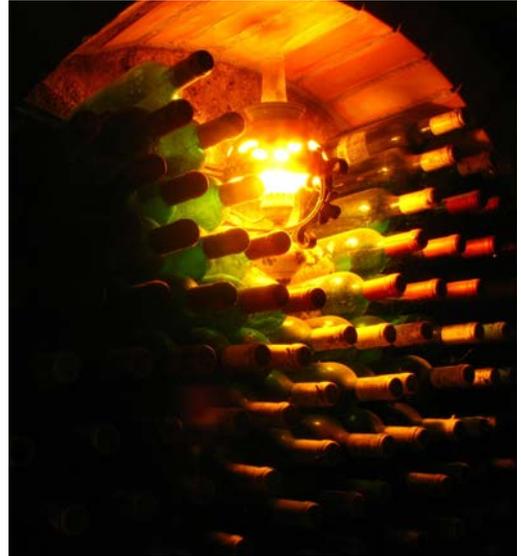
This course takes a light-hearted look at an array of over 35 different wines from around the globe. The course will take you from the vineyard to the wine in your glass and show how different wine-making techniques affect styles and particular flavours. Each week, a comparative tasting will be held allowing students to pick out flavours and notice wine faults.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAW010	19:00 – 21:00	19.9.18	WED	£77.00	5
WAW011	19:00 – 21:00	13.3.19	WED	£77.00	5

Please Note

IMPORTANT: Please bring two of your own wine glasses to class each week.

World of Wine



Discover new flavours while comparing 'old world' and 'new world' wines. What makes a great wine? The wine world is vast and choosing wine can be overwhelming. Understanding where wine comes from and how this affects the wine style and characteristics is vital. Join Alastair as he takes you on a journey around the world and leads you through the myriad amounts of information in a fun and enjoyable way.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAW012	19:00 – 21:00	07.11.18	WED	£77.00	5
WAW013	19:00 – 21:00	01.5.19	WED	£77.00	5

Please Note

IMPORTANT: Whilst it is preferable that participants have completed the Introduction to Wine course this not essential. Please bring two of your own wine glasses to class each week.

Champagne and Sparkling Wine



Prepare yourself for the festivities of Christmas, New Year and Graduation. During this workshop, participants will learn about the pros and cons of choosing Champagne or Sparkling Wine to help celebrate special occasions. Discover the hallmarks of a good sparkler!

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU014	18:30 – 21:00	06.3.19	WED	£46.00	1

Please Note

IMPORTANT: Please bring two of your own suitable glasses to class.

The Wines of Bordeaux



What imagery springs to mind when you hear the word Mediterranean? The aroma of fresh food served simply.....fish, meat, fruit, pulses and tapas. The landscape of sandy soil, contrasting altitudes, historical buildings and places of interest alongside sunshine, coastal breezes and fiestas, complement an accomplished wine culture. Join with Alastair as he introduces you to the world of 'jerez'.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU016	18:30 – 21:00	06.12.18	THU	£46.00	1

Please Note

IMPORTANT: Please bring two of your own suitable glasses to class.

Human Evolution: Where do the Irish and British come from?



When and where did the first humans appear? What are the significant differences between ourselves and chimps? How do humans vary and are there 'races'? What was our relationship with the Neanderthals? Are there really 'Celts' and 'Saxons'? What can genetic genealogy tell us? Answers to these and many other questions are emerging. Join like-minded individuals to discuss the many aspects of human evolution.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU001	10:00 – 12:00	02.10.18	TUE	£59.00	10

NO CLASS: 30th October 2018

Please Note

Recommended Reading: *A Brief History of Everyone Who Ever Lived*, Adam Rutherford, Widenfeld & Nicolson (2016)

General Gardening



During this hands on course participants will be introduced to garden design concepts, seasonal gardening, gardening for wildlife, herbs and aromatic planting and edible plants. Discover the right plant for the right place in your garden.

CODE	TIME	START	DAY	COST PP	SESSIONS
WAU018	10:00 – 12:30	15.2.19	FRI	£98.00	12
WAU019	18:30 – 21:00	28.2.19	THU	£98.00	12

Please Note

IMPORTANT: ALL pots, compost, seeds, bulbs, labels, plants and paper are supplied by tutor.

A high-speed photograph of a water splash. The water is captured in mid-air, creating a complex, crystalline shape. In the lower right foreground, a glass of water with a strawberry is visible, suggesting the source of the splash. The background is dark and out of focus, with some blurred green and red elements.

Discover how media can improve communication and improve critical thinking skills.

Open your eyes and mind to see things from new perspectives and angles with photography courses and discover how music releases the 'feel good hormone'.

**PHOTOGRAPHY,
MUSIC AND
MEDIA**



Songwriting



Embark on this interactive songwriting course designed for anyone with a passion for words and music. You will be encouraged to unleash that inner songwriter through a series of workshops and tutorials. Together we will explore what makes a successful songwriter, how wordsmiths and musicians collaborate, and look at how technology can open the door to aspiring songwriters.

CODE	TIME	START	DAY	COST PP	SESSIONS
PMM001	19:00 – 21:00	05.9.18	WED	£66.00	10
PMM002	19:00 – 21:00	06.2.19	WED	£66.00	10
PMM003	19:00 – 21:00	01.5.19	WED	£58.00	8

NO CLASS: 31st October 2018

Please Note

Tutor: Stephen Dunwoody

Digital Photography



During the course, we will look at how to improve our landscape, portrait and still life photographs and learn how to use Adobe Photoshop Elements to edit and enhance photographs. Participants should have basic IT skills, access to their own digital camera and be willing to bring along some of their own photos on a memory stick: this is a 'hands-on' course which will involve lots of sharing of our photographic successes and failures!!

CODE	TIME	START	DAY	COST PP	SESSIONS
PMM010	19:00 – 21:00	27.3.19	WED	£66.00	10

NO CLASSES: 17th and 24th April 2019.

Please Note

Email address is essential, please provide at time of enrolment.

The Art of Mobile Photography



The course aims to provide students with the skills needed to create great images using a range of apps to enhance and transform images into works of art. Students will learn retouching skills, how to remove unwanted objects and prepare their photographs for printing. The course is open to smartphone or tablet users including iPhone, Android and Windows devices.

CODE	TIME	START	DAY	COST PP	SESSIONS
PMM011	19:00 – 21:00	17.9.18	MON	£66.00	10
PMM012	19:00 – 21:00	14.2.19	THU	£66.00	10

NO CLASS: 29th October 2018.

Please Note

IMPORTANT: At time of enrolment, please advise what product you will be bringing to class.

Developing your Computer Skills



This course is designed for beginners and those who wish to build on their current IT skills in areas such as email, internet, spreadsheets, word processing and file/desktop management.

CODE	TIME	START	DAY	COST PP	SESSIONS
PMM004	11:00 – 13:00	25.9.18	TUE	£74.00	12
PMM005	11:00 – 13:00	12.2.19	TUE	£74.00	12

NO CLASSES: 30th October 2018, 16th and 23rd April 2019.

Please Note

Tutor: Anne Lennon.

Getting the best from your Apple Device



Mobile devices are here to stay and this course is designed to help you get the best out of your iPhone and iPads, including: personalising your device; using apps which are already on your device such as settings, phone, camera, photos, messages, email, internet, clock and calendar; and searching for, downloading and installing new apps for games, music and reading books.

CODE	TIME	START	DAY	COST PP	SESSIONS
PMM007	12:30 – 14:30	13.2.19	WED	£95.00	15

NO CLASSES: 31st October 2018, 17th and 24th April 2019.

Please Note

IMPORTANT: At time of enrolment, please advise what product you will be bringing to class.

Getting the best from your Android Device



Mobile devices are here to stay and this course is designed to help you get the best out of your android device, including: personalising your device; using apps which are already on your device such as settings, phone, camera, photos, messages, email, internet, clock and calendar; and searching for, downloading and installing new apps for games, music and reading books.

CODE	TIME	START	DAY	COST PP	SESSIONS
PMM008	10:00 – 12:00	19.9.18	WED	£81.00	12

NO CLASSES: 31st October 2018, 17th and 24th April 2019.

Please Note

IMPORTANT: At time of enrolment, please advise what product you will be bringing to class.

FREE FRIDAY Lunchtime Talks

1.00pm in Lecture Theatre 5, Main Building, Stranmillis University College

We encourage you and your friends to enjoy the FREE lunchtime talks which provide a taster of courses and an experience of the lifelong learning tutor.

DATE	DESCRIPTION	TUTOR	TIME
07.9.18	Culture, History and Archaeology	Elaine Coyle	1.00pm
14.9.18	Health, Fitness and Wellbeing	Hilary Scott	1.00pm
21.9.18	World Around Us	Colin Johnston	1.00pm
28.9.18	Languages	Irene Ramirez	1.00pm
05.10.18	Art, Hobbies and Creative Design	Roisin McCrory	1.00pm
12.10.18	Photography, Media and Music	Stephen Dunwoody	1.00pm
19.10.18	Literature and Creative Writing	Trevor Neilands	1.00pm
16.11.18	World Around Us	Brian Wisdom	1.00pm
23.11.18	Literature and Creative Writing	John Bradbury	1.00pm
11.1.19	Photography, Media and Music	Gerry Coe	1.00pm
18.1.19	World Around Us	Des O'Reilly	1.00pm
25.1.19	Culture, History and Archaeology	Chris Wilson	1.00pm
01.2.19	Art, Hobbies and Creative Design	Vivien Palmer	1.00pm
08.2.19	Languages	Marianne Casal	1.00pm
15.2.19	World Around Us	John Lyness	1.00pm
22.2.19	World Around Us	Dawn Aston	1.00pm

IMPORTANT INFORMATION

DATA PROTECTION

You are not required to give personal contact information to any course tutor. This information is maintained by the Administrative Officer, Lifelong Learning. Refer to University College Data Protection Regulations.

ENROLMENT INFORMATION

Enrol early through the online payment system - Stran eShop. Our courses will only run if the minimum number is met. Please direct Lifelong Learning enquiries to:

Administrative Officer
Lifelong Learning
Stranmillis University College
Belfast
BT9 5DY

Telephone: **028 9038 4345**
Email: lifelong@stran.ac.uk
www: stran.ac.uk

PARKING

Stranmillis University College is committed to reducing environmental pollution from transport in partnership with relevant stakeholders through a wider, environmentally planned approach to travel management that facilitates access to our campus by students, visitors and staff. Consequently the College wishes to actively encourage users to choose alternative modes of transport. We are delighted to note that many people are using such alternatives - public transport, walking, running, cycling, car share, taxi, or having a friend or family member to provide drop-off and/or collection. Regrettably, there is limited parking on campus and the College is unable to accommodate all requests for parking; however priority will be given to Blue Badge holders. The Security Team will advise on arrival if parking spaces are available and will direct visitors accordingly. Please show consideration to College staff as they carry out their duties. FREE parking within public car parks is available within walking distance of the College. Please show respect to the local residents when parking off-campus.

PAYMENT INFORMATION

Online: Book courses through our online payment system.

By Post: Make cheques payable to 'Stranmillis University College'. Mark envelope for attention of Lifelong Learning.

In Person: We are happy to accept cash, cheque, debit or credit card payments. Office opening hours are restricted, so please check before making the journey.

Via Telephone: You may pay by phone (028 9038 4345) using your debit or credit card.

PLEASE NOTE

The University College makes all reasonable efforts to ensure that the information in this brochure is correct at the time of going to press. Stranmillis University College reserves the right to alter the venue, and/or the programme at any time and without prior notice, and also reserves the right to cancel an event, in which case all fees will be refunded. Stranmillis University College will not be responsible for any expenses or travel expenses incurred. The University College shall be entitled to make reasonable changes including:

- changes to the content and syllabus of courses and methods of delivery;
- the suspension or discontinuance of a course(s) because a tutor is unwell and cannot reasonably be replaced, or the course did not recruit successfully.

REFUNDS

Do you offer refunds? We regret that fees cannot be refunded except when a course does not run or if your application is rejected because the course is full. The University College is unable to refund fees when, for whatever reason, the participant fails to attend. The full fee will be refunded when a course does not run or if your application is rejected because the course is full.

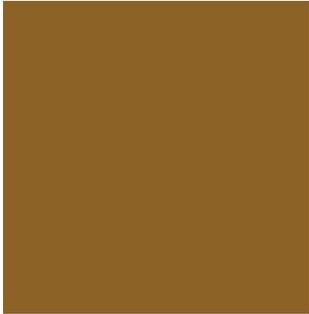
What happens if my course is cancelled? We know how much you look forward to your course and we are committed to ensuring that every course takes place. We'll only cancel a course as a last resort, for example if a tutor is unavailable or if we can't recruit enough students for the course to run. If we do need to cancel your course, and can't offer a suitable alternative, we'll provide you with a £5.00 reduction off the price of your next course. We won't be able to refund you if we need to change the tutor for your course.

SMOKING POLICY

The University College aims to promote the health and well-being of its students, staff and visitors and provide a healthy working and educational environment for all. Smoking tobacco and e-cigarettes is prohibited in all University College buildings (including the Halls of Residence), temporary buildings and within three metres of an entrance to a building. Further information can be found on the website.

NO CLASSES WILL BE SCHEDULED DURING THE DATES LISTED BELOW, INCLUSIVE

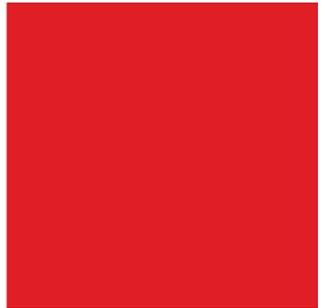
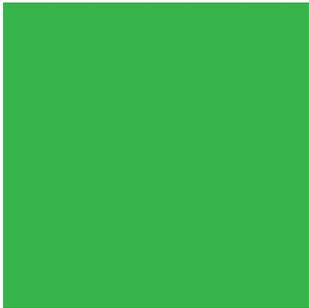
DESCRIPTION	DAY	FROM	TO
Halloween	Mon-Fri	29.10.18	2.11.18
March	Fri-Mon	15.3.19	18.3.19
Easter	Mon-Fri	15.4.19	26.4.19
May	Fri-Mon	03.5.19	06.5.19
May	Fri-Mon	24.5.19	27.5.19



LIFELONG LEARNING



STRANMILLIS UNIVERSITY COLLEGE
A College of Queen's University Belfast



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