

# GoLearn!

Leicestershire Adult Learning Service



# Learning for Wellbeing

Discover a new passion for creativity or get fitter  
this year by taking part in a course from the  
Learning for Wellbeing programme.



Visit our  
website



[www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk)

# The Learning for Wellbeing curriculum offers a broad range of creative and fitness courses at all levels of ability, the majority in class with some online.

Subject areas include:

- Art Courses
- Clay, Pottery and Glass Courses
- Cookery Courses
- Dance Courses
- Fitness Courses
- Sewing Courses
- Special Interest Courses (like astronomy, photography, journalling, and more!)

Our courses are taught by experts in their fields with a vast range of practical and professional experience. We provide a welcoming, safe space for new and returning learners to learn new skills and progress.

You will learn amongst a like-minded, supportive community of fellow learners, with expert guidance from your tutor.

Our courses enable you to build confidence, make new friendships, gain creative skills, get fitter, but also have time to yourself away from the stresses and strains of daily life, supporting good health and wellbeing.

We offer 2 different ways to learn; taught courses (where a tutor leads a group through their learning), and workshop courses (where each learner works on their own project supported by the expertise of their tutor).





The number of days and weeks for courses shown in this leaflet may vary depending on the time of year. Summer courses are a maximum of 10 weeks long and the price you pay will reflect this.

## Art Courses

Our art courses are available from introductory levels through to advanced, and include media specific courses such as watercolour and acrylics, alongside courses which focus on skills like botanical drawing and more general art for wellbeing courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Introductory Courses	Introduction to Drawing and Painting	12 Weeks	2hrs	Classroom
	Introduction to Landscape Painting using Acrylics	10 Weeks	2hrs	Classroom
	Introduction to Painting with Watercolour	10 Weeks	2hrs	Classroom
	Introduction to Painting with Watercolour	5 Weeks	2hrs	Classroom
	Introduction to Drawing	5 Weeks	2hrs	Classroom
	Introduction to Abstract Painting with Acrylics	5 Weeks	2hrs	Classroom
	Introduction to Drawing	5 weeks	2 hrs	Classroom
Mixed Level, and Intermediate Courses	Botanical Drawing and Painting – Mixed Level	12 Weeks	2hrs	Classroom
	Art for Wellbeing – Mixed Level	12 Weeks	2hrs	Classroom
	Drawing and Painting - Intermediate Level	12 Weeks	2hrs	Classroom
	Drawing and Painting – Watercolour Mixed Level	10 Weeks	2hrs	Both
	Drawing and Painting – Mixed Level	12 Weeks	2hrs	Classroom
	Develop Your Drawing Skills – Mixed Level	12 Weeks	2hrs	Classroom
Wellbeing Saturday Courses	Painting with Coffee	1 Week	3hrs	Classroom
	Introduction to Pen and Wash (Black soluble fine line pens)	1 Week	3hrs	Classroom
	Introduction to Mono Printing	1 Week	3hrs	Classroom
	Art & Diversity - Keith Haring	1 Week	3hrs	Classroom
	Landscapes in Soft Pastels - Mixed Level	1 Week	5hrs	Classroom
	Drawing and Painting Animals - Mixed Level	1 Week	5hrs	Classroom
	Silk Painting a Scarf	1 Week	5hrs	Classroom
	Intro to abstract painting - Mixed Level	1 Week	5hrs	Classroom

## Pottery and Glass Courses

In addition to our ever-popular pottery workshop courses, we also offer a wide range of stained and fused glass courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Pottery and Glass courses	Introduction to Fused Glass	5/6 Weeks	2hrs	Classroom
	Fused Glass Intermediate Level	12 Weeks	2hrs	Classroom
	Stained Glass – Mixed Level	12 Weeks	2hrs	Classroom
	Introduction to Pottery - Workshop	12 Weeks	2hrs	Classroom
	Pottery Workshop – Mixed Level	12 Weeks	2hrs	Classroom
Wellbeing Saturdays	Fused Glass Christmas	1 Week	5hrs	Classroom
	Fused Glass Summer Gardens	1 Week	5hrs	Classroom
	Christmas Pottery	1 Week	5hrs	Classroom
	Summer Pottery	1 Week	5hrs	Classroom
	Introduction to Pottery	1 Week	5hrs	Classroom

## Cookery Courses

Our cookery courses are some of our most popular learning programmes, and are suitable for all dietary needs as our tutors will adapt class recipes to suit your individual requirements.

Course		No. of Weeks	Hours per week	Classroom or online?
Cookery	Boost Your Baking Skills Part 1	10 Weeks	2hrs	Classroom
	Boost Your Baking Skills Part 2	10 Weeks	2hrs	Classroom
	Cooking Made Easy	10 Weeks	2hrs	Classroom

## Dance Courses

From our hugely popular Ballet courses to our energetic and thriving Tap courses, our dance courses are designed to get you moving and help support your fitness and exercise goals in a positive and lively atmosphere.

Course		No. of Weeks	Hours per week	Classroom or online?
Dance	Introduction to Ballet for Wellbeing and Fitness	12 Weeks	1hr	Classroom
	Ballet for Wellbeing and Fitness – Intermediate Level	12 Weeks	1hr	Classroom
	Ballet for Wellbeing and Fitness – Mixed Level	12 Weeks	1hr	Classroom
	Ballet for Wellbeing and Fitness – Summer	5 Weeks	1hr	Classroom
	Introduction to Tap Dancing	10 Weeks	1hr	Classroom
	Tap Dancing – Intermediate Level	12 Weeks	1hr	Classroom
	Bhangra Dancing for Wellbeing	12 Weeks	1hr	Classroom

## Fitness Courses

Our fitness courses are designed to support you to improve your overall fitness, by moving at your own pace. We offer Yoga (both traditional and seated for those who may have mobility needs or require a gentler level of exercise), Ballet Barre Fitness, and our NEW ‘Back, Neck and Shoulder Strengthening’ courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Fitness	Ballet Barre Fitness	12 Weeks	1hr	Classroom
	Wellbeing Exercise - Back, Neck and Shoulder Strengthening	10 Weeks	1hr	Classroom
	Yoga - Mixed Level	12 Weeks	1hr	Classroom
	Seated Yoga - Mixed Level	12 Weeks	1hr	Classroom

## Sewing Courses

Our sewing courses include workshop options, where you are encouraged to bring your own projects to work on under the expert guidance of your tutor, or taught courses on subjects like Asian fashion, machine skills and more.

Course		No. of Weeks	Hours per week	Classroom or online?
Sewing	Introduction to Sewing	6 Weeks	2hrs	Classroom
	Introduction to Hand Embroidery	12 Weeks	2hrs	Classroom
	Sewing Workshop	12 Weeks	2hrs	Classroom
	Reuse Fabric: Make a Pair of Trousers (All Genders)	10 Weeks	2hrs	Classroom
	Reuse Fabric: Make a Shirt (All Genders)	10 Weeks	2hrs	Classroom
	Asian Fashion: Make a Salwar Kameez	8 Weeks	2hrs	Classroom
Wellbeing Saturdays	Start to Sew with Your Machine	1 Week	5hrs	Classroom
	An Introduction to Hand Embroidery	1 Week	5hrs	Classroom
	Christmas Decoration - Hand Embroidery	1 Week	5hrs	Classroom





## Special Interest Courses

From Astronomy to Photography, Upcycling to Creative Journaling and Screen Writing, find your new passion this year with one of our specialist creative learning courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Special Interest	Astronomy – Explore the Autumn Night Sky	10 Weeks	2hrs	Classroom
	Astronomy – Winter Sky Wonderland	10 Weeks	2hrs	Classroom
	Astronomy – Summer Night Skys	10 Weeks	2hrs	Classroom
	Upcycle Furniture – Small Objects	10 Weeks	2hrs	Classroom
	Photography – Learn to use your DSLR	6 Weeks	2hrs	Classroom
	Introduction to Screen Writing	8 Weeks	2hrs	Online
	Drama for Wellbeing	10 Weeks	1hr	Classroom
	Reuse Fabric – Make a Shirt	8 weeks	2 hrs	Classroom
	Upcycle Furniture – Small Items	10 weeks	2 hrs	Classroom
Wellbeing Saturdays	Introduction to Astronomy	1 Week	3hrs	Online
	Astronomy – Summer Night Sky	1 Week	3hrs	Online
	Introduction to Lino Printing	1 Week	3hrs	Classroom
	Lino Printing – Mixed Level*	1 Week	5hrs	Classroom
	Exploring War time Hollywood Film	1 Week	5hrs	Classroom
	Introduction to Book Binding	1 Week	5hrs	Classroom

\*This course is delivered on a Thursday

For more information on our Learning for Wellbeing courses you can:

Scan the QR code below to visit us online at [www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk).

Call us on FREEphone 0800 988 0308 to speak to a member of the Enrolment Team.

Visit one of our Enrolment Centres in-person to discuss courses and enrol face-to-face. Details of our centres are available on our website at [www.GoLearnLeicestershire.ac.uk/venues](http://www.GoLearnLeicestershire.ac.uk/venues).

Email us at [adult.learning@leics.gov.uk](mailto:adult.learning@leics.gov.uk) to request information or arrange a time for our team to get in touch.



Check out our new website  
[www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk)

Get in touch by phone  
FREEphone **0800 988 0308**

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## In need of some direction?

If you need help understanding your learning, training, career, work or life goals, get in contact with us to book an appointment with one of our Learning and Work Advisors today! One-to-one information, advice and guidance sessions are completely FREE and impartial.

