

CARERS TAKE A BREAK

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. The project supports participation costs including course fees, resources and those related to dependent care and 'needy' travel.

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

To apply for any of the courses, please complete both sides of the enclosed enrolment form and return in the pre-paid envelope provided. Please respond as soon as possible to avoid disappointment.

We can offer a sitting service. If you require this service please telephone us on 0118 984 7600

Tai Chi

Come along for 5 weeks to enjoy the Chinese exercise for health and well-being. Soft, slow movements tailored to suit everybody. Please wear comfortable clothing.

Venue	Course Code	Dates	Day	Duration	Times
Bradbury Centre	BC1001	08/11/10 - 06/12/10	Monday	5 weeks	13:00 – 14:30

Indoor Bulbs for Christmas

A short 3 week course to learn how to make a decorative container for a flower pot. Also study when and how to plant and grow indoor bulbs.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1002	05/10/10 – 19/10/10	Tuesday	3 weeks	10:00 – 12:00

Introduction to Word 2007

During this 5 week course you will learn how to create documents using Word 2007. This is a basic course for beginners. No previous experience required.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1003	21/09/10 - 19/10/10	Tuesday	5 weeks	13:00 – 15:00

Festive Crafts

During this 5 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	BC1004	22/09/10 – 20/10/10	Wednesday	5 weeks	10:00 – 12:00

Beginners Patchwork

Come along for 5 weeks to try a variety of techniques and extend your knowledge of patchwork. Tutor will provide fabrics. There are a limited number of sewing machines available at the Centre, however learners with portable machines may wish to bring their own.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1005	10/11/10 – 08/12/10	Wednesday	5 weeks	10:00 – 12:00

Personal Fitness and Well-Being

This 5 week evening course will introduce you to the benefits of gentle exercise including relaxation techniques and the importance of healthy eating. Please wear comfortable clothing.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1006	22/09/10 – 20/10/10	Wednesday	5 weeks	19:30 – 21:00

The Alexander Technique

Join this 5 week course and explore the principles of the Alexander Technique and how it can give you more energy and improve your well-being 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
Woodley Hill House	BC1007	23/09/10 – 21/10/10	Thursday	5 weeks	09:45 – 12:45

