



**National Star**

Realising the aspirations  
of people with disabilities

# Community Learning Classes 2025–26



**If you're aged 18 or over and have a disability, there may be a part-time learning opportunity at National Star that's just right for you. We guarantee a warm welcome, lots of encouragement and the chance to develop some exciting new skills!**

We pride ourselves on our personal and caring approach, and our focus is to help you progress and achieve success. Our courses provide the opportunity to learn new skills, meet people, gain confidence, and improve overall wellbeing.

To take part in a course you will need to be accompanied by your own carer/support worker(s). For attending our swimming courses, your support person must also take part in our wet and dry side swimming induction. Carer / support worker must be prepared by bringing their own swimming attire with them for the induction which will take place in our pool lead by our course tutor.

Our courses take place over a 14 / 15 week period. Spaces are available on a first come, first served basis, as they are limited and tend to fill up quickly. Resources and materials are included within the overall price of each course. Courses will only run if full capacity is met.

## Our Courses

### Swimming with Rebecca Campbell

**When:** Tuesdays or Wednesdays, 12:15-1pm

**Capacity:** 6 per session

**Cost:** £170 per 15 week course

Our swim classes are designed to meet individual needs to help improve mobility, fitness, skills and technique, as well as confidence in the water. The tutor will work with you to set targets and goals whilst you have fun and make new friends. Our heated pool at National Star provides spacious changing rooms with overhead tracking hoists, as well as an excellent range of equipment.

***Carer/support staff must attend a swimming induction with their own swimming attire for the learners to then take part in the swimming sessions.***

### Course 1 dates

**Induction:** 23<sup>rd</sup> September 2025

#### Tuesday Sessions

Week 1: 30<sup>th</sup> September 2025  
Week 2: 7<sup>th</sup> October 2025  
Week 3: 14<sup>th</sup> October 2025  
Week 4: 21<sup>st</sup> October 2025

#### ***Half Term - 28<sup>th</sup> October 2025***

Week 5: 4<sup>th</sup> November 2025  
Week 6: 11<sup>th</sup> November 2025  
Week 7: 18<sup>th</sup> November 2025  
Week 8: 25<sup>th</sup> November 2025  
Week 9: 2<sup>nd</sup> December 2025  
Week 10: 9<sup>th</sup> December 2025  
Week 11: 16<sup>th</sup> December 2025

#### ***Xmas Half Term - 23<sup>rd</sup> December 2025***

#### Wednesday Sessions

Week 1: 1<sup>st</sup> October 2025  
Week 2: 8<sup>th</sup> October 2025  
Week 3: 15<sup>th</sup> October 2025  
Week 4: 22<sup>nd</sup> October 2025

#### ***Half Term - 29<sup>th</sup> October 2025***

Week 5: 5<sup>th</sup> November 2025  
Week 6: 12<sup>th</sup> November 2025  
Week 7: 19<sup>th</sup> November 2025  
Week 8: 26<sup>th</sup> November 2025  
Week 9: 3<sup>rd</sup> December 2025  
Week 10: 10<sup>th</sup> December 2025  
Week 11: 17<sup>th</sup> December 2025

#### ***Xmas Half Term - 24<sup>th</sup> December 2025***

### ***Xmas Half Term - 30<sup>th</sup> December 2025***

Week 12: 6<sup>th</sup> January 2026  
Week 13: 13<sup>th</sup> January 2026  
Week 14: 20<sup>th</sup> January 2026  
Week 15: 27<sup>th</sup> January 2026

### **Course 2 dates**

**Induction:** 24<sup>th</sup> February 2026

### **Tuesday Sessions**

Week 1: 3<sup>rd</sup> March 2026  
Week 2: 10<sup>th</sup> March 2026  
Week 3: 17<sup>th</sup> March 2026  
Week 4: 24<sup>th</sup> March 2026

***Easter Half Term: 31<sup>st</sup> March 2026***  
***Easter Half Term: 7<sup>th</sup> April 2026***

Week 5: 14<sup>th</sup> April 2026  
Week 6: 21<sup>st</sup> April 2026  
Week 7: 28<sup>th</sup> April 2026  
Week 8: 5<sup>th</sup> May 2026  
Week 9: 12<sup>th</sup> May 2026  
Week 10: 19<sup>th</sup> May 2026

***Half Term: 26<sup>th</sup> May 2026***

Week 11: 2<sup>nd</sup> June 2026  
Week 12: 9<sup>th</sup> June 2026  
Week 13: 16<sup>th</sup> June 2026  
Week 14: 23<sup>rd</sup> June 2026  
Week 15: 30<sup>th</sup> June 2026

### ***Xmas Half Term - 31<sup>st</sup> December 2025***

Week 12: 7<sup>th</sup> January 2026  
Week 13: 14<sup>th</sup> January 2026  
Week 14: 21<sup>st</sup> January 2026  
Week 15: 28<sup>th</sup> January 2026

### **Wednesday Sessions**

Week 1: 4<sup>th</sup> March 2026  
Week 2: 11<sup>th</sup> March 2026  
Week 3: 18<sup>th</sup> March 2026  
Week 4: 25<sup>th</sup> March 2026

***Easter Half Term: 1<sup>st</sup> April 2026***  
***Easter Half Term: 8<sup>th</sup> April 2026***

Week 5: 15<sup>th</sup> April 2026  
Week 6: 22<sup>nd</sup> April 2026  
Week 7: 29<sup>th</sup> April 2026  
Week 8: 6<sup>th</sup> May 2026  
Week 9: 13<sup>th</sup> May 2026  
Week 10: 20<sup>th</sup> May 2026

***Half Term: 27<sup>th</sup> May 2026***

Week 11: 3<sup>rd</sup> June 2026  
Week 12: 10<sup>th</sup> June 2026  
Week 13: 17<sup>th</sup> June 2026  
Week 14: 24<sup>th</sup> June 2026  
Week 15: 1<sup>st</sup> July 2026

### **Fitness with Ibrahim Lee-Omer and Ben Poulton**

**When:** Wednesdays, 10-11am or 11:30-12:30pm

**Capacity:** 4 per session

**Cost:** £190 per 15 week course

Want to go to the gym, but need specialised equipment and a specialist that can support you to develop in strength, stamina and overall fitness? Join us for a fitness class that will be tailored to your individual requirements, using specific equipment to

develop and/or maintain fine and gross motor skills, increase mobility and improve physical fitness.

### Course 1 dates

Week 1: 1<sup>st</sup> October 2025  
Week 2: 8<sup>th</sup> October 2025  
Week 3: 15<sup>th</sup> October 2025  
Week 4: 22<sup>nd</sup> October 2025

### ***Half Term – 29<sup>th</sup> October 2025***

Week 5: 5<sup>th</sup> November 2025  
Week 6: 12<sup>th</sup> November 2025  
Week 7: 19<sup>th</sup> November 2025  
Week 8: 26<sup>th</sup> November 2025  
Week 9: 3<sup>rd</sup> December 2025  
Week 10: 10<sup>th</sup> December 2025  
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### ***Xmas Half Term: 24<sup>th</sup> December 2025***

### ***Xmas Half Term: 31<sup>st</sup> December 2025***

Week 12: 7<sup>th</sup> January 2026  
Week 13: 14<sup>th</sup> January 2026  
Week 14: 21<sup>st</sup> January 2026  
Week 15: 28<sup>th</sup> January 2026

### Course 2 dates

Week 1: 4<sup>th</sup> March 2026  
Week 2: 11<sup>th</sup> March 2026  
Week 3: 18<sup>th</sup> March 2026  
Week 4: 25<sup>th</sup> March 2026

### ***Easter Half Term: 1st April 2026***

### ***Easter Half Term: 8th April 2026***

Week 5: 15<sup>th</sup> April 2026  
Week 6: 22<sup>nd</sup> April 2026  
Week 7: 29<sup>th</sup> April 2026  
Week 8: 6<sup>th</sup> May 2026  
Week 9: 13<sup>th</sup> May 2026  
Week 10: 20<sup>th</sup> May 2026

## ***Half Term: 27th May 2026***

Week 11: 3<sup>rd</sup> June 2026

Week 12: 10<sup>th</sup> June 2026

Week 13: 17<sup>th</sup> June 2026

Week 14: 24<sup>th</sup> June 2026

Week 15: 1<sup>st</sup> July 2026

## **Arts and Crafts with Louise Adams**

**When:** Wednesdays, 9:45am-12pm

**Capacity:** 6 per session

**Cost:** £425 per 15 week course

This 15 week Arts and Crafts course, will provide you with opportunities to learn or develop the creative skills used in processes such as printmaking, painting, mixed media collage and textiles taught by an experienced art tutor in a large, light and airy, purpose-built space.

To continue supporting sustainability here at National Star, you will need to bring your own apron with you, however, if this is not possible then we can provide you with a disposable version upon arrival.

## **Course 1 dates**

Week 1: 1<sup>st</sup> October 2025

Week 2: 8<sup>th</sup> October 2025

Week 3: 15<sup>th</sup> October 2025

Week 4: 22<sup>nd</sup> October 2025

## ***Half Term – 29<sup>th</sup> October 2025***

Week 5: 5<sup>th</sup> November 2025

Week 6: 12<sup>th</sup> November 2025

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Week 9: 3<sup>rd</sup> December 2025

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Week 11: 17<sup>th</sup> December 2025

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Week 12: 7<sup>th</sup> January 2026

Week 13: 14<sup>th</sup> January 2026

Week 14: 21<sup>st</sup> January 2026  
Week 15: 28<sup>th</sup> January 2026

## Course 2 dates

Week 1: 4<sup>th</sup> March 2026  
Week 2: 11<sup>th</sup> March 2026  
Week 3: 18<sup>th</sup> March 2026  
Week 4: 25<sup>th</sup> March 2026

***Easter Half Term: 1st April 2026***  
***Easter Half Term: 8th April 2026***

Week 5: 15<sup>th</sup> April 2026  
Week 6: 22<sup>nd</sup> April 2026  
Week 7: 29<sup>th</sup> April 2026  
Week 8: 6<sup>th</sup> May 2026  
Week 9: 13<sup>th</sup> May 2026  
Week 10: 20<sup>th</sup> May 2026

***Half Term: 27th May 2026***

Week 11: 3<sup>rd</sup> June 2026  
Week 12: 10<sup>th</sup> June 2026  
Week 13: 17<sup>th</sup> June 2026  
Week 14: 24<sup>th</sup> June 2026  
Week 15: 1<sup>st</sup> July 2026

## Ceramics with Elaine Jackson

**When:** Thursdays, 3:30-5:30pm

**Capacity:** 6 per session

**Cost:** £425 per 15 week course

These Ceramics courses are suitable for those learners with no previous experience, to those who are already familiar to working with clay and other materials. You can learn and improve basic techniques including coiling, impressing pattern, pinching, and using moulds.

You will gain a range of skills that can help you create your own individual pieces for yourself and for gifts. You will also learn to select and apply glazes and slips for decorating. Returning learners can start to work on their own projects.

To continue supporting sustainability here at National Star, you will need to bring your

own apron with you, however, if this is not possible then we can provide you with a disposable version upon arrival.

### Course 1 dates

Week 1: 2<sup>nd</sup> October 2025  
Week 2: 9<sup>th</sup> October 2025  
Week 3: 16<sup>th</sup> October 2025  
Week 4: 23<sup>rd</sup> October 2025

#### ***Half Term – 30<sup>th</sup> October 2025***

Week 5: 6<sup>th</sup> November 2025  
Week 6: 13<sup>th</sup> November 2025  
Week 7: 20<sup>th</sup> November 2025  
Week 8: 27<sup>th</sup> November 2025  
Week 9: 4<sup>th</sup> December 2025  
Week 10: 11<sup>th</sup> December 2025  
Week 11: 18<sup>th</sup> December 2025

#### ***Xmas Half Term: 25<sup>th</sup> December 2025***

#### ***Xmas Half Term: 1<sup>st</sup> January 2026***

Week 12: 8<sup>th</sup> January 2026  
Week 13: 15<sup>th</sup> January 2026  
Week 14: 22<sup>nd</sup> January 2026  
Week 15: 29<sup>th</sup> January 2026

### Course 2 dates

Week 1: 5<sup>th</sup> March 2026  
Week 2: 12<sup>th</sup> March 2026  
Week 3: 19<sup>th</sup> March 2026  
Week 4: 26<sup>th</sup> March 2026

#### ***Easter Half Term: 2<sup>nd</sup> April 2026***

#### ***Easter Half Term: 9<sup>th</sup> April 2026***

Week 5: 16<sup>th</sup> April 2026  
Week 6: 23<sup>rd</sup> April 2026  
Week 7: 30<sup>th</sup> April 2026  
Week 8: 7<sup>th</sup> May 2026  
Week 9: 14<sup>th</sup> May 2026  
Week 10: 21<sup>st</sup> May 2026

#### ***Half Term: 28<sup>th</sup> May 2026***

Week 11: 4<sup>th</sup> June 2026

Week 12: 11<sup>th</sup> June 2026  
Week 13: 18<sup>th</sup> June 2026  
Week 14: 25<sup>th</sup> June 2026  
Week 15: 2<sup>nd</sup> July 2026

## **Cookery with Elaine Jackson**

**When:** Fridays, 10am-12:30pm / 2-4:30pm

**Capacity:** 5 per session

**Cost:** £420 per 14 week course

These courses will explore a range of recipes to suit your lifestyle and test out your tastebuds. You will look at different ways to use a range of fresh seasonal and store cupboard ingredients, in a social and friendly environment. There will be many opportunities for incidental learning along the way, including how food choices and diet impacts on your health and wellbeing.

Everyone will be encouraged to make healthy choices when shopping and cooking at home. However, we do include treats to make for special occasions. These sessions are fun and friendly and will enable you to make better choices when eating out as well as in the kitchen. Food Hygiene and Health & Safety is embedded throughout the course.

For these courses, you will need to be prepared to provide your own tubs to take your dishes home alongside a flat-based bag to help take these with you. To continue supporting sustainability here at National Star, you will need to bring your own apron with you, however, if this is not possible then we can provide you with a disposable version upon arrival.

## **Course 1 dates**

Week 1: 3<sup>rd</sup> October 2025  
Week 2: 10<sup>th</sup> October 2025  
Week 3: 17<sup>th</sup> October 2025

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Week 10: 9<sup>th</sup> January 2026  
Week 11: 16<sup>th</sup> January 2026  
Week 12: 23<sup>rd</sup> January 2026  
Week 13: 30<sup>th</sup> January 2026  
Week 14: 6<sup>th</sup> February 2026

## **Course 2 dates**

Week 1: 6<sup>th</sup> March 2026  
Week 2: 13<sup>th</sup> March 2026  
Week 3: 20<sup>th</sup> March 2026

***Easter Half Term: 3<sup>rd</sup> April 2026***  
***Easter Half Term: 10<sup>th</sup> April 2026***

Week 4: 17<sup>th</sup> April 2026  
Week 5: 24<sup>th</sup> April 2026  
Week 6: 1<sup>st</sup> May 2026  
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Week 8: 15<sup>th</sup> May 2026

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Week 9: 5<sup>th</sup> June 2026  
Week 10: 12<sup>th</sup> June 2026  
Week 11: 19<sup>th</sup> June 2026  
Week 12: 26<sup>th</sup> June 2026  
Week 13: 3<sup>rd</sup> July 2026  
Week 14: 10<sup>th</sup> July 2026

## **To find out more and sign up**

For more information about any of our National Star Community Learning courses and to register your place, please contact us at: [nsclenquiries@nationalstar.org](mailto:nsclenquiries@nationalstar.org) for more information, our application form or visit the National Star website.

## **Community Learning Fee Policy:**

For learners who enrol onto our Community Learning courses who do not take up their place will be entitled to a full refund if they notify the Community Learner coordinator, at least 10 working days prior to the start date of the course. For notification received after this date, there will be no refund available.

Learners who start the course but withdraw after attending one of more sessions,

unfortunately, will not be entitled to a refund.

If the Community Learning tutors need to cancel a course prior to the start date of that course, the fees for the cancelled course will be fully refunded.

For learners who wish to book onto a course but wish to split a course payment into 3 equal payments, please contact [nsclenquiries@nationalstar.org](mailto:nsclenquiries@nationalstar.org) to discuss further. Payments must be received before the learner can attend any of our Community Learning courses.