



**National Star**

Realising the aspirations  
of people with disabilities

## National Star Community Learning Classes 2023/24



If you're aged 19 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 a new skill, meet people, gain confidence and improve overall wellbeing.

To take part in a course you will need to be accompanied by a carer/support worker and for swimming, your support person must also take part in our swimming induction. Carer/support worker must be prepared by bringing their swimming kit with them for the inductions which will take place in our pool.

Our courses take place over a 5 or 10 week period. Spaces are available on a first come, first served basis, as they are limited and tend to fill up quickly. Courses are run subject to obtaining full capacity. All resources and materials are included within the price. \* except for term 5 of ceramics.

We have been very fortunate in the past to have worked with Gloucestershire County and have been successful in gaining funding through the tendering process. This enabled us to heavily subsidise the cost of the Community Learning courses. However, this academic year we were unsuccessful in securing this support and so there has been an increase in the costs to students which for this year, unfortunately is unavoidable. National Star will continue to apply for funding through GCC when the next application process opens next year.

## Our Courses

### **Swimming with Rebecca Campbell**

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

**Capacity: 6 per session**

**£120.99 (10 weeks)**

**£60.50 (5 weeks to be run only at the end of the academic year)**

Our swim classes are designed to meet individual needs to help improve mobility, fitness, skills and technique, as well as your 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.

***Please note that a carer/support swim induction session must be undertaken for learners to take part in the swim sessions.***

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

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

**Capacity: 4 per session**

**£139.02 (10 weeks)**

**£69.51 (5 weeks to be run only at the end of the academic year)**

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.

### **Swimming and Fitness, 10 week, course 1 commencement dates:**

Week 7: 18<sup>th</sup> December

*(Christmas weeks – no classes)*

Week 8: 15<sup>th</sup> January 2024

Week 9: 22<sup>nd</sup> January  
Week 10: 29<sup>th</sup> January

**Swimming and Fitness, 10 week, course 2 commencement dates:**

Week 1: 19<sup>th</sup> February 2024  
Week 2: 26<sup>th</sup> February  
Week 3: 4<sup>th</sup> March  
Week 4: 11<sup>th</sup> March  
Week 5: 18<sup>th</sup> March  
*Easter weeks – no classes*  
Week 6: 8<sup>th</sup> April  
Week 7: 15<sup>th</sup> April  
Week 8: 22<sup>nd</sup> April  
Week 9: 29<sup>th</sup> April  
Week 10: 6<sup>th</sup> May

**Swimming and Fitness, 5 week, course 3 commencement dates:**

Week 1: 3<sup>rd</sup> June  
Week 2: 10<sup>th</sup> June  
Week 3: 17<sup>th</sup> June  
Week 4: 24<sup>th</sup> June  
Week 5: 1<sup>st</sup> July

**Arts and Crafts with Louise Adams**  
**Wednesdays, 10am-12pm**  
**Capacity: 6 per session**  
**£149.08 (5 weeks)**

These 5 week Arts and Crafts courses, divided over five terms, 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 of 23 years in a large, light and airy, purpose-built space.

**Term 2 10.01.2024 – 07.02.2024**

**Powertex vessels (with optional Valentines theme)**

5 week course (10 hours). The participants will be taught the principles of using PowerTex (a fabric hardener) to create sculptural vessels with the optional Valentines theme, these vessels are formed around ceramic vases and can hold cut flowers in water.

### **Term 3 21.02.2024 – 20.03.2024**

#### **Modroc sculptures (with optional Easter theme)**

5 week course (10 hours). The participants will be taught the principles of sculpting with Modroc to design and create animals with the optional theme of Easter that can adorn your easter table or be given as a gift.

### **Term 4 10.04.2024 – 08.05.2024**

#### **Mixed media collage**

5 week course (10 hours). The participants will be taught a variety of different art processes using mediums such as paint, inks and dyes, pastels and Polyblock printing to create a collaged mixed media piece of art that will look fabulous in your home or be given as a gift.

### **Term 5 05.06.2024 – 03.07.2024**

#### **Lino Printing**

5 week course (10 hours). The participants will be taught how to design, cut and print using Lino. Your prints can be turned into gift cards or framed for your home. All tools and materials will be provided \* except for blank gift cards, these will need to be provided by the participant.

### **Ceramics with Elaine Jackson**

**Thursdays, 5-7pm**

**Capacity: 6 per session**

**£149.08 (5 weeks)**

These Ceramics courses are suitable for those learners with no previous experience, to those who are already familiar to working with clay. 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.

### **Term 2 11.01.2024 – 08.02.2024**

#### **(Coiling, using coiled clay techniques)**

This term, the group will be looking at using coiling as a method to create forms and vessels. We will be developing the use of the coiling technique to build upon the basic foundations from term 1. Learners will have illustrated handouts to show the variety of projects that can be made from this basic technique. Learners will be encouraged to choose from different types of clay and will be able to choose from a wide range of glazes and oxides. to enhance their work. There will be a group Valentine Panel activity to illustrate the use of 'filigree' coiling.

**Term 3 22.02.2024 – 21.03.2024****(Using moulds and slumping techniques)**

Learners will be shown how, using previously learned rolling skills, many different dishes and bowls can be made using plaster moulds. Learners can choose from a wide range of moulds available. Everyday items can also be utilised to support the clay until it had dried sufficiently to hold its own shape.

**Term 4 11.04.2024 – 09.05.2024****(Slab building)**

This more advanced technique can be used by learners wishing to develop their experience to create 3-D objects. Learners will need to use measuring and position skills to plan their project and organise the step-by-step process required to assemble their slabs when ready.

**Term 5 06.06.2024 – 04.07.2024****(Individual Project)**

Learners will be able to use the skills learned throughout the year to plan their own ceramic project to make a decorative outdoor item for the garden. Students who have not attended previous sessions will be supported in the specific techniques to undertake the task. Suggested projects will be 'Green Man Mask', 'Mini totem Pole' and garden Gnome.

**Cookery with Elaine Jackson****Fridays, 10am–12pm****Capacity: 5 per session****£154.89 (5 weeks)**

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.

**Term 2 12.01.2024 – 09.02.2024**

This 5-week course will comprise of winter 'warmers' recipes. Starting with preparing two 'one pot' meals for impressive results, learners you will then create two more options suitable for sharing with family and friends. The last week will be learner led to select a Valentine style 'showstopper'.

### **Term 3 23.02.2024 – 22.03.2024**

Following on from the previous Christmas and Valentine themes, the course will develop to include dishes related to Easter. (These themes can be adapted to suit alternative cultural options to suit the course cohort). All learners will be encouraged to make suggestions for further weeks topics. H & S as well as Food Hygiene will be embedded throughout.

### **Term 4 12.04.2024 – 10.05.2024**

The topic of the course this term will look at broadening the cultural range of ingredients and dishes which celebrating world/national occasions. Learners will be using a range of herbs and spices to create dishes originating in India, Brazil, USA, and China. The focus will be on baking, looking at both sweet and savoury bakes. Suitable for breakfast, light snacks, lunch, and supper. These tasty treats, easy to prepare, are very impressive and can be made ahead of time and are suitable for freezing.

### **Term 5 07.06.2024 – 05.07.2024**

The seasonal theme will continue for this final 5-week course, following on from term 4, there will be the option to choose and plan your own main dishes for family gatherings, including baking desserts and impressive treats. Learners will look at using alternative ingredients to suit vegetarians and those with food intolerances.

### **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: [aclenquiries@nationalstar.org](mailto:aclenquiries@nationalstar.org) or visit the National Star website for more information, and our application form.

### **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 co-ordinator, 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 courses 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 more than one term at a time, the option to pay for each term separately may be applicable, please contact [aclenquiries@nationalstar.org](mailto:aclenquiries@nationalstar.org) to discuss further. Payments must be received before the learner can attend any of our Community Learning courses.