

Spanish for Beginners

This is an introductory short course in Spanish for beginners.

Tutor: Joyce King

Date: Starting Wednesday 20th May for 5 weeks

Time: 6.00pm - 8.00pm

Venue: Millom Network Centre

Prices: Fee A: £25 Fee B: £20 Fee C:£7

Basic Rag Rug Techniques

The course aims to teach the basic techniques of rag hooking, creating wall hangings, rugs, bags, cushion covers or other articles by working scrap fabrics into a hessian base.

Tutor: Morag Platt

Dates: Saturday 17th and 24th October

Time: 10.00am—4.00pm

Venue: Millom Network Centre

Prices: Fee A: £25 Fee B: £20 Fee C:£7

First Steps in Databases

Learn how to compile a useful contacts database and how to issue a mail shot from it.

Tutor: Maureen Hogg

Dates: Tuesdays 23rd June to 14th July

Time: 6.00pm—8.30pm

Venue: Millom Network Centre

Price: £5.00

Order your Free September 'Education for Adults' brochure now by contacting Millom Network Centre.

Additional Courses

• **Food Hygiene - £65.00**

Level 2 Food Safety in Catering

Tuesday 7th July 2009. 9.00am—4.00pm or

Tuesday 13th October, 9.00am—4.00pm.

• **First Aid Appointed Person, One Day £80.00**

Tuesday 14th July or

Saturday 26th September 2009

• **Fire Wardens Course - £55.00**

Monday 10th July, 10.00am - 1.00pm or Friday 30th

October 2009 2.00pm - 5.00pm

• **Paediatric First Aid - £95.00**

Wednesday 1st and Thursday 2nd July 2009.

This course is required by EYFS Statutory Framework and OFSTED for all primary schools, nurseries and early years providers (those dealing with under 8s)

Still need help? We provide free 1:1 support for education and training enquiries at any level. For more information please contact Paul Stewart or Maureen Hughes at the Network Centre.

Millom Network Centre Contact Details

**Millom Network Centre
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Fax: (01229) 777697

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Website:

www.millomnetworkcentre.co.uk



First Steps

and

Taster Courses

- **Short 'Try It' Courses**
- **Varied Programme**
- **Friendly Tutors**

Summer 2009



Salthouse Road

Telephone: (01229) 719650

www.millomnetworkcentre.co.uk

MILLOM ADULT EDUCATION

First Steps and Taster Courses

We have a range of First Steps and Taster courses available here at Millom Network Centre throughout the Summer.

These courses aim to promote learning and provide an opportunity to try a new activity.

Please feel free to have a go at as many 'Taster' sessions as you want and one 'First Steps' course.

First Steps in Counselling Skills

This course is for those interested in the field of counselling.

A two-day course.

Tutor: Denise Burness

Dates: Tuesday 7th and Wednesday 8th July

Time: 9.30am - 3.00pm

Venue: Millom Network Centre

Price: £5.00

Introduction to Holistic Therapies

An introduction to a variety of complimentary alternative therapies, learn some simple healing/stress busting techniques. A two-day course with friendly tuition.

Tutor: Sonia Gager-Tomkinson

Dates: Saturday 27th June and Saturday 4th July

Time: 10.00am - 4.00pm

Venue: Millom Network Centre

Prices: Fee A: £25 Fee B: £20 Fee C:£7

Animal Psychology

This courses helps you to understand why your pet behaves as it does and much more!

Tutor: Sonia Gager-Tomkinson

Dates: Saturday 11th and Saturday 18th July

Time: 10.00am - 4.00pm

Venue: Millom Network Centre

Prices: Fee A: £25 Fee B: £20 Fee C:£7

Family Tree

Are you starting to research your family tree, or have you come across a problem trying to do so? You might be wondering where to begin or what to do next. This two-day course will give you the help and information you need.

Tutor: Doreen Jackson

Dates: Monday 6th and Tuesday 7th July

Time: 10.00am - 3.30pm

Venue: Millom Network Centre

Price: £5.00

How to Improve your Drawing and Painting

Do you want to improve your drawing and painting skills? This two-day course looks at drawing and painting a variety of subjects using different materials and techniques.

Tutor: Doreen Jackson

Dates: Monday 22nd and Tuesday 23rd June

Time: 10.00am - 3.30pm

Venue: Millom Network Centre

Price: £5.00

How to fill out an application form and compile a CV

During the two-day course, we will look at your skills and abilities and help you compile a CV and fill in a job application form.

Tutor: Doreen Jackson

Dates: Monday 29th and Tuesday 30th June

Time: 10.00am - 3.30pm

Venue: Millom Network Centre

Price: £5.00

First Steps in Literacy skills

A great starting point to review and improve your reading and writing skills.

A two-day course with friendly tuition.

Tutor: Janet Pickles

Dates: Tuesday 14th and Wednesday 15th July

Time: 10.00am - 3.00pm

Venue: Millom Network Centre

Price: £5.00

First Steps in Numeracy Skills

Develop your confidence and skills in the first stages of maths. A two-day course with friendly tuition.

Tutor: Maureen Hughes

Dates: Wednesday 9th and Thursday 10th September

Time: 10.00am - 3.00pm

Venue: Millom Network Centre

Price: £5.00