

Spot Light on Heathfield

ACRES has an extended programme of exciting courses in Heathfield for 2014, at a variety of local venues, so take a close look at our brochure and web site (www.acreslearning.org.uk) to see what's on near you.

For those who need a bit of technical know-how, we're offering 'Computing for Beginners', and you can learn on your own computer with 'Bring Your Own Laptop'. If you want to extend your knowledge into computerised book-keeping, ideal for small businesses, we're offering an 'Introduction to Sage Accounting'. If your skills with numbers need a little improving then join 'Brush Up Your Maths', and if you're interested in developing other skills that are crucial, both personally and professionally, there's an 'Introduction to Counselling and Interpersonal Skills' to provide an insight into our behaviour and relationships. This course was so popular in September, we're putting on another one in January, to meet demand. And if your New Year's resolution is about improving your health and fitness, we've got a short course 'Eat Well; Feel Good' to help you learn how to do this in fun and achievable ways.

On a different note, if you want to develop your creativity and you've got your own sewing machine, try our course, 'Sewing for Beginners'. We are also offering beginners craft courses with crochet for those who want to give this traditional craft a try; an 'Introduction to Copperfoil Stained Glass', and 'Mask Making for Beginners'. Recreate the masked balls of old, make masks for children to enjoy wearing, or use them as unusual and decorative art pieces around the home. If you want your photographs to be works of art, or you just want competent pictures that you can share with family and friends, try our 'Digital Photography for Beginners (SLR Cameras)'; and if your penchant is for art in a written form, we've got a new 'Creative Writing for Beginners' course. We're also bringing back a firm favourite with our beginners' guitar course. This is likely to fill rapidly, as it's a popular subject, so if you've got your own guitar and you want to know how to play it, enrol now.

There are also continuing courses which started last September, and might take new students subject to sufficient space, so ask and see. If you're keen to start the New Year feeling relaxed, then perhaps a Yoga course might be the answer, whether you're a beginner or have some previous experience. If it's your home that could do with a make-over then renew your fraying covers and spruce up your sofas with a soft furnishing and upholstery course. Our popular art history course is on-going into 2014, and if you want to explore your creative side, there's a mixed ability Art Workshop continuing in January.

If you're interested in learning a subject but it's not on offer in Heathfield, or you think you might have what it takes to inspire others by teaching for ACRES then get in touch. And don't forget, you can buy a course, or a voucher towards a course, as an unusual and thoughtful gift.



Love learning with ACRES!

Adult College for Rural East Sussex
Uckfield Community Technology College,
Uckfield TN22 3DJ
Tel: 01825 761820 www.acreslearning.org.uk