

Course details



HS4L has the flexibility to run additional courses and activities. If there is something that you would like us to run that isn't in our current prospectus, please contact us to see how we can best meet your needs.

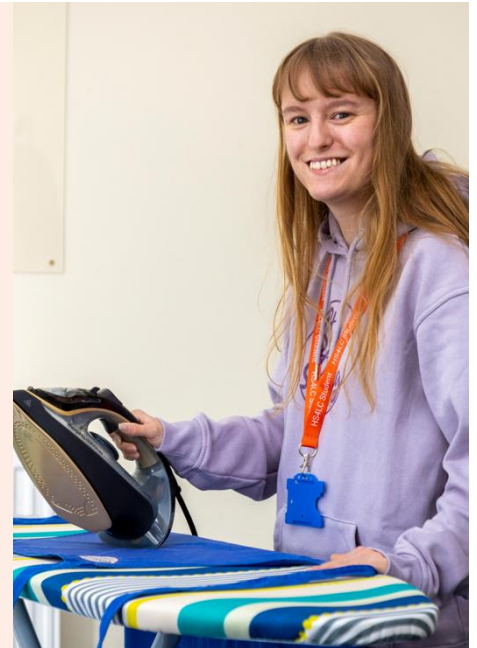
01423 593719 | skills@hs4lc.org.uk | hs4lc.org.uk
No.9 North Park Road, Harrogate HG1 5PD

Skills for Independent Living

These hands-on courses are for people who are either living independently or are preparing to move into independent living.

Life Skills for Independent Living: if you are wanting to improve your time or money management skills, use basic household appliances, plan and cook simple meals, look after your home or improve your confidence accessing the community, this course will teach you skills to live more independently. *(This group will run on our first floor.)*

Take Away Cooking: learn the skills needed to cook simple meals independently in your own home. You will choose the meals you want to make then learn how to follow a recipe card, prepare and cook a variety of ingredients and make a meal that you can make again in your own home.



Skills for Employment: Enterprise

Join our **Money Enterprise: Baking** group where you will learn to make a range of sweet treats such as buns, cakes, biscuits and tray bakes as well as savoury snacks like muffins and cheese scones. All participants will receive a share of the profits at the end of the course. *(This group will run on our first floor)*

Skills for Healthy Living

Healthy Soups and Seasonal Lunches is about discovering a healthy approach to diet, food and nutrition. You will learn how to prepare and cook seasonal vegetables to create healthy soups and lite lunches whilst exploring the link between your mood and the food you eat. *(This group will run on our first floor)*

Movement and Relaxation: movement, exercise and dance are great ways to get fit, become more flexible, and boost your mental health and wellbeing. This course will include simple strength training exercises to help improve your fitness, balance and co-ordination. You will learn mindfulness and relaxation techniques to help deal with anxiety and understand signals from your body to improve wellbeing. You will take part in relaxation exercises, hand massage and creative sensory wellbeing activities to help you unwind and relax.

Discussion Group

News, Views and Favourite Things: in this discussion group you will discover what's going on in the world around you locally and nationally. We'll explore the issues that matter to you as well as opportunities to discuss and develop your favourite interests and activities.

Creative Crafts!

Our **Arts and Crafts** groups are built around your ideas and the arts and crafts skills you would like to learn / improve. This could include:

- sewing
- painting
- drawing
- jewellery making
- collages and mosaics
- wool crafts
- sensory crafts

There will also be two themed days of arts and crafts inspired by animals and Disney. Join us for a year of creativity and the opportunity to work on personal creative ideas and fun group projects.

Pottery: get creative and learn how to pinch, coil and shape clay, explore textures and learn glazing techniques in our popular pottery group.



Reading and Creative Writing

New for 2024/25: this group is for people who would like to learn, maintain and develop their reading and writing skills. Whether you like stories or poems, journals or word games, this course will boost your confidence about using words creatively whilst improving the reading and writing skills you use in daily life.

Out and About

Out and About: This course is for people who want to build their confidence and skills to get out and about in the community. You will learn about how to access public transport, using money, eating out, going for a coffee - all done in a way to improve your social skills and build your confidence.

Wednesday Social: Markets, Shops and Cafes: Brush up your travel training, money handling and social skills and join us for a bit of shopping and a drink in Harrogate, Starbeck and the historic market town of Knaresborough.

Music

New for 2024/25: start the week with a song in our new **Singing and Karaoke** group in which you'll learn new songs and sing old favourites.

Marvellous Music Monday! sing, play and dance along to everyone's favourite songs, be the DJ, watch musicals and learn songs from the shows. This group is all about enjoying music through a range of different music activities.

Music, Movies and Broadway: get your jazz-hands ready—we're going to explore music from films and theatre. From the golden age of cinema and classic musicals to modern films and shows, there is music for everyone in this course.

In Dancing Hands and Musical Favourites you will have an opportunity to talk about music, sing songs, play instruments and learn basic sign language/actions which you will perform in time to music.

In **Rock and Pop** you will explore musical themes (such as music from different decades and countries, or famous bands and singers), sing songs, use percussion instruments, learn actions to music and listen to your favourite songs in this loud and lively music group.

Recording and Creating Music: this is your chance to learn your favourite songs with a view to singing/performing and recording them to a multitrack. You will learn how to edit and export your recording before burning your very own CD or saving in a downloadable format.

We are also providing people with an opportunity to receive 1:1 tuition to **Learn a Musical Instrument**. Call us on 01423 593719 to find out more.

Food

Are you tired of eating the same food all the time? Then join us for a food adventure in **Ready Steady Cook Around the World!** In this group you will learn to make and eat a variety of traditional dishes from countries in Europe, Asia, Africa, North America, South America and Australia. No passport required, just an enthusiasm to try new ingredients and get involved with all aspects of the preparation and cooking of the food.

This group will run in our first floor IT suite

Cooking With the Stars is your chance to cook the recipes of your favourite celebrity chefs. Whether you're a fan of Jamie Oliver's pukka-tukka, Gino D'Acampo's Italian cuisine or Mary Berry's baking you will choose and make recipes from their famous best-selling cookery books.



Horticulture

Grow Your Own Food: This group is for those with 'green fingers' or just an interest in gardening. You will learn how to plant, grow and harvest fruit and vegetables in our allotment and make delicious recipes from the produce you have grown throughout the course.

Computer Skills

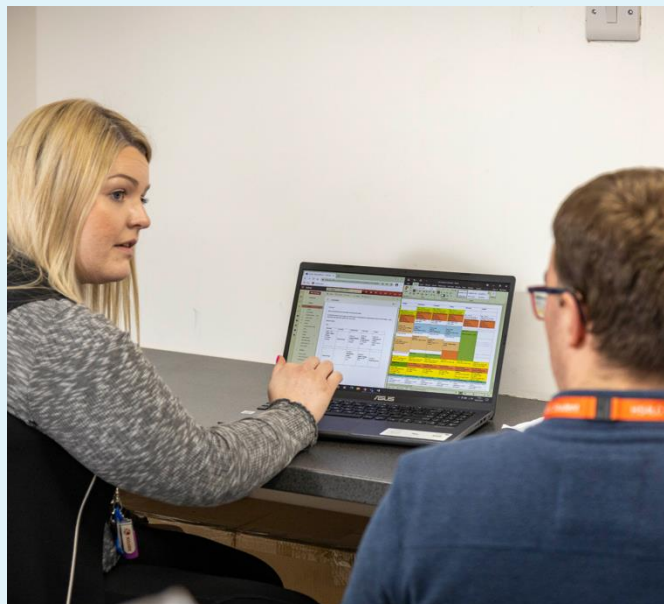
These groups will run in our first floor IT suite

Computers – Mixed Media: is a creative computer course in which you will take part in filming activities, make music, create animations and place yourself at the heart of your own computer generated world.

Computers and Photography: become more confident at using a computer by learning to take photographs and manipulate images to create stunning pictures which you can use to create your own cards and calendars.

Computers - Gaming: if you like playing games on a computer, tablet, mobile phone or console then HS4L's **Computer – Gaming** group is for you. You will learn about online safety and gaming etiquette whilst taking part in 1-player and group games. Choose from:

- Sandbox games (e.g. Minecraft)
- Shooter games
- Role Playing Games
- Arcade games
- Fighting games
- Sports games
- Action-adventure games
- Strategy games
- Puzzlers and party games
- Social media games



Tabletop Hobby Gaming and Lego Builders: this group is for people who enjoy or would like to try alternative games such as Pokémon and other trading card games, tabletop wargames (e.g. Warhammer), alternative board games (e.g. Space Hulk, Shogi, Risk), pen and paper role playing games (e.g. Dungeons and Dragons), as well as traditional board games (e.g. draughts, chess, Monopoly, etc). There will also be an opportunity to get creative with Lego.

Friday Fun and Friendship

Watch DVDs with your friends and share your views, rate the movies and enjoy a cinema experience in HS4L's **Film Club**.

End the week with interactive, friendly competitions in our popular **Games Group**. Join in the fun with traditional board games, team games or test your knowledge in our Friday quiz of the week.

HS4L Newsletter Group

Calling all news hounds and roving reporters! The HS4L Newsletter Group needs you! In this group you will learn how to take photos, type stories, interview people and develop all the skills needed to publish HS4L's term-time newsletter "Believe and Achieve".

This group will run in our first floor IT suite

Walking Groups

Wednesday Wanderers

Walking Group: this group is for people who are serious about improving their fitness and want to take part in a weekly 5K walk.

Social Walking Group: this group will have a more relaxed approach for people who want to improve their fitness. There will be a 3K walk with plenty of rests and the option to walk to places in the community e.g. a cafe for well-earned refreshments.



Swimming, Gym and Fitness Sessions

Swimming: ease back into swimming in the activity pool (1.2m) in a supervised swimming activity. As you improve your confidence there may be the option to go into the main pool.

Improve your fitness in a personalised 1:1 **Gym and Fitness** session. Our qualified staff will teach you how to safely use a range of gym equipment to develop your strength and physical fitness, improve your cardio health and boost your energy, mood and mental wellbeing.

Performing Arts

If you like acting and dancing then join our all-day **Performing Arts** group.

You will have the opportunity to practice and improve your performance skills whilst working with others on a group project.

Co-Production

The Harrogate Picture is a co-production group formed from different social enterprises to create a community for those with learning disabilities and / or autism.

The group plans to support and spotlight groups / activities in our local community as well as creating opportunities when desired.

For more details, contact Hadyn 01423 593719 or visit <https://www.facebook.com/profile.php?id=61561688874158>.

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