

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.

Skills for Independent Living

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

Cooking for Independent Living: Learn about meal planning, cooking on a budget, writing shopping lists, making healthy food choices, choosing fresh fruit and vegetables, kitchen safety and hygiene as well as basic cooking skills. 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. *(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, learn how to prepare and cook a variety of ingredients and make a meal that you can take home to eat.



Enterprise

Join our **Baking Enterprise** 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)*

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

It's All About You! In this discussion group you will have an opportunity to talk about your news, your views and your favourite things. You'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 a themed day of arts and crafts inspired by 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

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

start the week with a song in our **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.

New for 2025/26: Dan's Rhythm Rebels Join us for a fun, interactive music jamming session. Create the sound of a range instruments using Dan's electronic tech to bring your favourite songs to life.

In **Pop, Rock, Music and Artists** you will explore musical themes (such as music from different decades and countries, or famous bands and singers), sing songs, use percussion instruments, take part in music quizzes, 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

These groups will run in our first floor Cookery Room

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.

New for 2025/26: Cooking With Spices Are you one of those people who thinks that cooking with spices only means hot food? Think again! Learn how spices are used to improve colour, flavour and aroma to create great food.



Horticulture

Grow Your Own Food: This course is for anyone who loves being outdoors with an interest in gardening or anyone who just wants to learn about growing fresh, healthy food. You don't have to be 'green fingered' as we'll give you all the help you need to plant, grow and harvest fruit and vegetables in our allotment. It doesn't matter if you are a complete beginner or an experienced gardener, all you need is to be enthusiastic to learn and be happy to be outdoors.

Computer Skills

These groups will run in our first floor IT suite

Computers – Mixed Media: Are you a budding music producer interested in beat making and using software instruments to create your own soundscapes? Or do you want to create various kinds of animation using images and live footage to put yourself in any virtual world? Bring your creative ideas to life in this Mixed Media course.

Computers – Photography and Imagery: Let your imagination run wild and create art using image manipulation and software tools that act like real painting and drawing tools to design work for cards and printed media.

New for 2025/26: Computers – Creative Media: In this group you will have an opportunity to explore all our creative computer activities (beat making and soundscapes, animation and image manipulation) in addition to learning page layout and design skills to create visually appealing creative writing.

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.



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) and pen and paper role playing games (e.g. Dungeons and Dragons).

Alternatively, get creative with Lego and build anything you can imagine.

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.

Is there something missing from our prospectus?

The **Day Centre** is always looking for new ideas for courses so that our activities meet your needs and interests.

If there is something that you would like us to run that isn't in our current prospectus, we would love to hear your ideas.

Please ring the office 01423 593719 or email judith@hs4lc.org.uk

Enrolment: Places are allocated on a 'first come, first served' basis and popular groups can be oversubscribed. To enrol, please complete and return the Day Centre's Booking, Registration, Media Consent and Client Support Needs Questionnaire forms.