

Highlands College Adult & Community Education



Welcome to the Spring programme of Adult and Community Leisure Learning Courses

Can you believe another new year is around the corner? We invite you to experience lifelong leisure learning with Adult and Community Education (ACE) through the courses we have to offer. ACE has a special place in the hearts and minds of islanders with more than a thousand adults a year enjoying a range of classes from exercise to oil painting, cookery to dance, local history to Spanish and many students enrolling on more than one class per term.

New for 2020 we are pleased to bring you a cake decorating workshop, sewing a relaxed fit dress,

mindfulness in creativity and the very topical Ready Steady Cook – Brexit edition.

Also we have our afternoon craft club, on a Wednesday afternoon from 1.30pm-3.30pm which is open to all and without charge.

The ACE team of Heidi, Kim and Glenda are committed to providing the best possible experience for our adult learners, so for more information please give them a call on 608655 or pop into Highlands Student Centre where we will be happy to discuss your queries.

“Every aspect was fantastic. Excellent tutor who is confident in her craft. It was the best way to spend a Saturday.”

“Michelle was friendly, approachable and kind to all the class. It's a lovely way to spend a day..”

- Afternoon Tea in a Box – Michelle Banks.

“Karen makes the class very interesting with good participation from all students. The two hours fly by, which has to be a good recommendation.”

“Karen is an engaging tutor who pitched the level to suit all attendees. I learned a lot in a few weeks and really loved the Philip Maurant Centre as a location”.

- Spanish Beginners – Karen Le Brun



CONTACT US TODAY

Telephone: 608655 / 608632 | [E ace@highlands.ac.uk](mailto:ace@highlands.ac.uk)
www.highlands.ac.uk

HOW TO ENROL

ONLINE



The best way to enrol is by visiting our website:
www.highlands.ac.uk



Scroll through the list and click on **'View Course'** to see more details.



Click the **ACE logo** at the end of the row to view our list of course.



Once you have found the course you'd like, click the blue **'Apply Online'** button and follow the instructions.

BY POST



Complete the application form supplied in this programme and return to the address at the top. Alternatively, to print off additional application forms, visit our website:
www.highlands.ac.uk/application-forms

Click the green 'ACE Application Form' button at the end of the row. Complete the form and return to the postal address listed on the top of the page.

CALL US

Our ACE team can happily enrol you over the phone. Please call directly on **608655** or **608632**.

VISIT US

For more information, to discuss course options, or to enrol in person, visit our Student Records Team in the Main Reception at Highlands College.

TERMS & CONDITIONS

Eligibility for ACE courses

The Adult & Community Education (ACE) programme is only available to students who are aged 18 or over. *(unless specified in the course information)*

Application priority

Applications for ACE leisure courses are accepted on a first come, first served basis on receipt of fees. If the wait list is sufficiently large and additional tutors and facilities are available another course may be set up, for which you will be offered a place.

Fee concessions

If you are aged 60 or over, an automatic concession is applied to your course fee on application.

Cancellations

A minimum enrolment number is required to recover the full costs of providing a course. If numbers of students fail to reach this minimum we reluctantly cancel it. Applicants are provided with a full refund or a transfer to another suitable course if one is available.

Refunds

Unfortunately, we only offer a refund if a course has been cancelled by Highlands College. Circumstances such as illness, work commitments or leaving the Island are not considered for refunds.

Course places cannot be deferred to another term and are not transferable to another person.



Can't find the course you're looking for?

Tell us. We may be able to offer it next term



Had a great learning experience?

FOLLOW US

- HighlandsACE
- Highlands_JSJ
- Highlandscollegejersey



Like to teach a course next term?

Get in touch, we're always looking for new, interesting courses to extend our offering



FAQ

Can anyone apply for a course?

The Adult & Community Education (ACE) programme is only available to students who are no longer in compulsory education and are aged 18 or over. *(unless specified in the course information)*

How do I apply for a course?

You can book and pay for your ACE course online.

- Go to www.highlands.ac.uk and click on ACE Leisure Courses
- Create your personal account by clicking Request Account. (If you already have a personal account, log in with your username and password)
- Click on the course titles that interest you for more information. You can filter your search by subject or day
- If you wish to enrol on a course, add your chosen course to your basket and follow the payment process

How do I pay for a course?

- Use a **MasterCard, Visa or Maestro credit or debit card online**
- Supply **mastercard, visa or Maestro credit or debit card information over the telephone or by person only**. It is no longer acceptable to take written note of your card details.
- Pay by cheque**. Cheques should be made out to "Treasurer of the States". If you are applying for more than one course please enclose separate cheques for each. This will enable us to return fees for courses that are already full and still process other applications without delay. Post your form and cheque to Highlands College - Student Records, Highlands Lane, St Saviour JE1 1HL.

Can I pay the course fee by instalments or by post-dated cheque?

Unfortunately, no. You will not have your application confirmed until payment is received in full. Remember payment can be made via credit card, cheque, postal order or, if applying in person, in cash.

What do my course fees pay for?

All ACE course fees include your tuition and a registration fee. They may also include a contribution towards the cost of demonstration materials, venue rental, handouts, artist models, equipment or assessment fees.

PLEASE NOTE: be prepared to supply materials in addition to your course fees depending on your course, for example flowers, cooking ingredients, art and craft materials or specialist clothing.

When do courses run?

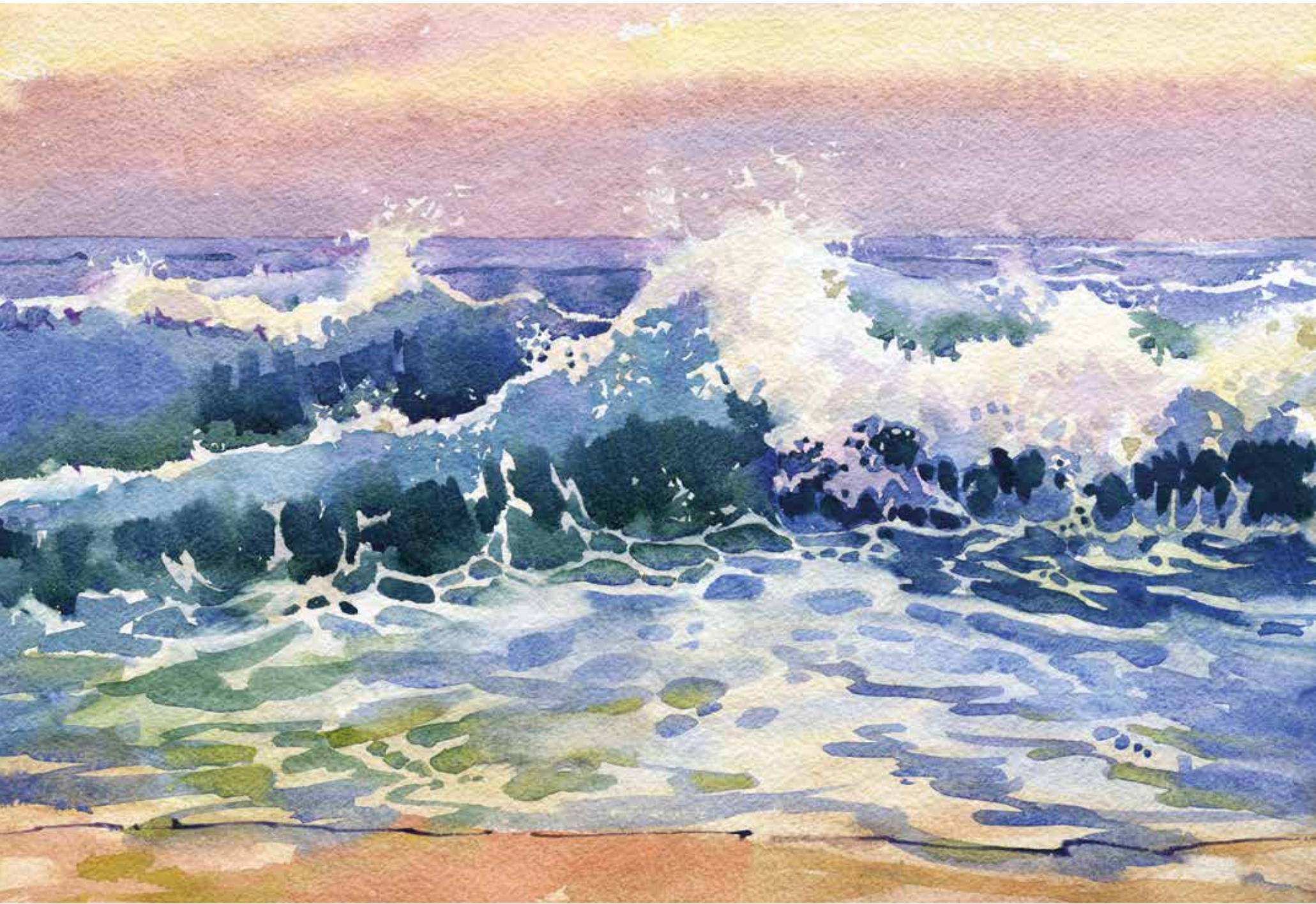
ACE courses vary in length from half-day workshops to one academic year. The majority of courses follow an academic timetable and may include half-term, bank holiday or other breaks.

What if my course is relocated, rescheduled or cancelled?

We make every effort to avoid doing this, but occasionally it is necessary. This is why it is vitally important for us to have your current telephone numbers or e-mail address in order that we can contact you as speedily as possible. If you have a mobile telephone number, we will use a text message service to inform you of any changes to your course. If the change is not acceptable to you, a full refund will be issued. Please note, our text message service is a non-reply service.



Get Started in Pottery Saturday 29 February 2020 10am - 12.30pm 1 week Philip Mourant Centre Price: £50 – Senior Citizen: £50 A short course to introduce students to pottery. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.	1981AC2G01 Raymond Ubsdell	Pottery for Beginners and Improvers Tuesday 14 January 2020 6.45pm - 9.15pm 10 weeks Philip Mourant Centre Price: £225 – Senior Citizen: £170 Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.	1981AC2P04 Raymond Ubsdell	Drawing for the Terrified With Watercolours Thursday 16 January 2020 10am - 12pm 10 weeks Philip Mourant Centre Price: £140 – Senior Citizen: £110 This is suitable for those with a little drawing experience who wish to develop their skills, although beginners are more than welcome. It also introduces simple watercolour techniques but is essentially a drawing course.	1981AD2T03 Barbara Jackson	Drawing and the Art of Using A Sketch Book Tuesday 14 January 2020 9.15am - 11.15am 10 weeks Philip Mourant Centre Price: £140 – Senior Citizen: £110 The course will teach you basic drawing techniques such as construction, perspective and tone. We use pencil, charcoal and ink pens. It is particularly valuable for those who paint but feel that their drawing skills let their work down. Also a great introduction to art for complete beginners. Check out the tutor’s own work on Instagram - anntemorgan and Facebook - Ann Morgan artist.	1981AD2S01 Ann Morgan
Pottery for Beginners and Improvers Monday 13 January 2020 10am - 12.30pm 10 weeks Philip Mourant Centre Price: £225 – Senior Citizen: £170 Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.	1981AC2P01 Raymond Ubsdell	Pottery for Beginners and Improvers Wednesday 15 January 2020 6.45pm - 9.15pm 10 weeks Philip Mourant Centre Price: £225 – Senior Citizen: £170 Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.	1981AC2P06 Raymond Ubsdell	The Art of Drawing and Painting Tuesday 14 January 2020 6.45pm - 8.45pm 10 weeks Philip Mourant Centre Price: £150 – Senior Citizen: £115 Learn about perspective, painting and drawing the landscape, figure drawing and faces, composition for still-life and much more. This comprehensive evening course will introduce you to materials such as graphite, inks, charcoal, soft pastels, acrylic paints and oils.	1981AD2A01 Michelle Le Cornu	Sketch Book Drawing and Watercolours Tuesday 14 January 2020 11.30am - 1.30pm 10 weeks Philip Mourant Centre Price: £140 – Senior Citizen: £110 This is a course for those who love to sketch. Basic drawing techniques, perspective and tone will be taught and sketching using watercolours will also be included. Check out the tutor’s own work on Instagram - anntemorgan and Facebook - Ann Morgan artist.	1981AD2S02 Ann Morgan
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Pottery for Beginners and Improvers Tuesday 14 January 2020 10am - 12.30pm 10 weeks Philip Mourant Centre Price: £225 – Senior Citizen: £170 Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.	1981AC2P03 Raymond Ubsdell	Pottery for Beginners and Improvers Thursday 16 January 2020 6.45pm - 9.15pm 10 weeks Philip Mourant Centre Price: £225 – Senior Citizen: £170 Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.	1981AC2P08 Raymond Ubsdell	Explore Drawing Wednesday 29 January 2020 7pm - 9pm 8 Weeks Philip Mourant Centre Price: £120 – Senior Citizen: £90 Explore drawing: light and tone; shape and line; textures, composition, perspective and measurement. Drawing natural objects, still life and the human figure using pencils, chalk, charcoal and pastel. Suitable for beginners, or confident artists wishing to experiment with mark marking.	1981AD2E01 Julia Coutanche	More Drawing for the Terrified Beginners with Watercolours Tuesday 14 January 2020 1.45pm - 3.45pm 10 weeks Philip Mourant Centre Price: £140 – Senior Citizen: £110 This is suitable for those with a little drawing experience who wish to develop their skills. It also introduces simple watercolour techniques but is essentially a drawing course.	1981AD2T02 Barbara Jackson



Drawing and Watercolour Moving On
Thursday 16 January 2020 | 2pm - 4pm | 10 weeks | Philip Mourant Centre
Price: £140 – Senior Citizen: £110
Barbara Jackson
Experiment with watercolour, use other media and improve your drawing skills. Suitable for those who have some drawing and watercolour ability and wish to improve and build on their creativity.

Watercolours and the Rest
Tuesday 14 January 2020 | 12pm - 2pm | 10 weeks | Philip Mourant Centre
Price: £140 – Senior Citizen: £110
Lisa Troy
For those who have either completed a beginners course or have some experience in painting with this medium. Develop ideas and methods, explore new exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice.

Watercolours and the Rest
Wednesday 15 January 2020 | 9.30am - 11.30am | 10 weeks | Philip Mourant Centre
Price: £140 – Senior Citizen: £110
Lisa Troy
For those who have either completed a beginners course or have some experience in painting with this medium. Develop ideas and methods, explore new exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice.



Digital Photography for Beginners
Tuesday 14 January 2020 | 6.30pm - 9pm | 10 weeks | Highlands College
Price: £240 – Senior Citizen: £170
Colin Cruickshank
Learn to take fantastic images you'd be proud to hang on your wall! Explore the fundamentals of photography covering essential camera controls, light and composition as well as basic image editing using Lightroom and Photoshop Elements.

Creative Crafts
Monday 13 January 2020 | 1pm - 3pm | 10 weeks | Philip Mourant Centre
Price: £145 – Senior Citizen: £110
Jenna Barron
Have you wanted to "make things" and not know where to start? ?Have all the gear and no idea? Let Jenna guide you through many crafts to put your personal stamp on items to brighten the home or give as gifts.

Handcrafted Cards
Thursday 16 January 2020 | 1.30pm - 3.30pm | 10 weeks | Philip Mourant Centre
Price: £135 – Senior Citizen: £100
Lynn Whitehouse
Handcrafted cards say so much. Create beautiful cards using many different paper craft techniques. Fun class using papers, embellishments, decoupage and lots of crafty goodies to get you being creative. A material fee of £12.00 will be payable at the first session.

Beginners Crochet
Wednesday 15 January 2020 | 6.45pm - 8.45pm | 10 weeks | Philip Mourant Centre
Price: £135 – Senior Citizen: £100
Hazel McLaren
Learn to crochet with confidence. Basic stitches with help and tips to get you started in this popular craft. We will also cover reading patterns and charts, planning, starting and finishing a simple project, to include some new stitches.

Moving on with Crochet for Confident Beginners
Tuesday 14 January 2020 | 6.45pm - 8.45pm | 10 weeks | Philip Mourant Centre
Price: £135 – Senior Citizen: £100
Hazel McLaren
For crocheters with basic stitch knowledge. Using a variety of yarns, stitches and colour to add texture to your crochet. Stitches such as basket weave and crochet rib/ridge effects. Exploring different stitches and techniques through a variety of motifs which will be combined to create a finished item. A choice to suit all levels.

Amigurumi Crochet - Make an Easter Bunny or Chick
Saturday 07 March 2020 | 9.30am - 3.30pm | 1 week | Philip Mourant Centre
Price: £55 – Senior Citizen: £55
Hazel McLaren
An introduction to the Amigurumi method of crochet. Using this technique we will make an Easter bunnies. Knowledge of chain and double crochet (uk) stitches will help you make a quick start. Bunny is level 1 make, Chick is level 2 make.



Woolly Workshop Day
Saturday 01 February 2020 | 9.30am - 1.30pm | 1 week | Philip Mourant Centre
Price: £45 – Senior Citizen: £45
An opportunity to try crochet, tunisian and traditional, kumihimo braiding, Lucet braiding, as well as french and finger knitting and pompons. All materials provided, tools and additional patterns/books available to buy on the day.

Knit a Sweater - Step by Step
Monday 13 January 2020 | 6.45pm - 8.45pm | 10 weeks | Philip Mourant Centre
Price: £135 – Senior Citizen: £100
Heidi Grimes
Ever wanted to knit something you can wear? Let's work together to knit a sweater/jumper exploring the steps needed to follow a pattern and abbreviations. The pattern requires 4mm needles.

Patchwork and Quilting
Thursday 16 January 2020 | 1pm - 3pm | 10 weeks | Philip Mourant Centre
Price: £155 – Senior Citizen: £115
Mary Dunford
This course covers simple techniques from patchwork blocks to a family heirloom quilt. Different quilting methods will also be covered. New students who have not attended before should bring a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week, further advice will be given.

Make a Relaxed Fit Dress
Tuesday 14 January 2020 | 7pm - 9pm | 9 weeks | Philip Mourant Centre
Price: £135 – Senior Citizen: £105
Suzy Winstanley
Learn to make a relaxed fit adult or child dress from Jersey fabrics. Make the outfit as easy or challenging as you wish by colour blocking or adding pockets. The pattern can be adapted to make into a T-shirt or tunic top.

Upholstery
Monday 13 January 2020 | 9.30am - 12.30pm | 10 weeks | Philip Mourant Centre
Price: £195 – Senior Citizen: £140
Mary Dunford
Give an old chair a new lease of life. This course takes you through traditional furniture upholstery techniques, from webbing to buttoning. Work on a project of your choice such as a chair or stool. Students should bring a piece of furniture to the first session, and a basic tool kit. Newcomers are advised to speak to the tutor before the start of the course.

Upholstery
Thursday 16 January 2020 | 9.30am - 12.30pm | 10 weeks | Philip Mourant Centre
Price: £195 – Senior Citizen: £140
Mary Dunford
Give an old chair a new lease of life. This course takes you through traditional furniture upholstery techniques, from webbing to buttoning. Work on a project of your choice such as a chair or stool. Students should bring a piece of furniture to the first session, and a basic tool kit. Newcomers are advised to speak to the tutor before the start of the course.



Argentinian Tango
Monday 13 January 2020 | 8pm - 9pm | 9 weeks | St Martins School
Price: £80 – Senior Citizen: £65

Ann Dove
Explore this extraordinary, exciting and passionate dance in a friendly and fun atmosphere. Couples and single dancers are all welcome.

Burlesque for Beginners and Improvers
Monday 13 January 2020 | 7pm - 8pm | 10 weeks | Springfield School
Price: £110 – Senior Citizen: £95

Vicky Phillips
Sparkle with style and have some fun. Don your heels, grab your feather boa and enter the wonderful world of Burlesque. Suitable for beginners and those who have experience.

Dancefit
Monday 13 January 2020 | 9.30am - 10.20am | 10 weeks | Trinity Parish Hall
Price: £105 – Senior Citizen: £90

Jo Matson
Make your exercise fun with this Dancefit class. Get your hips moving, an all over body work out to strengthen, condition and tone, easy to follow dance work out. Suitable for all levels, so sign up and get your week started with this fitness course and put a smile on your face.

Zumba
Wednesday 15 January 2020 | 6pm - 7pm | 10 weeks | Haute Vallee School
Price: £125 – Senior Citizen: £110

Olga Abdulkermova
Join this fun dance class and forget your working out while moving your whole body to the rythms of latin inspired music. You don't need any skills to learn Zumba.

Salsa Improvers and Intermediate
Monday 13 January 2020 | 6.45pm - 7.45pm | 9 weeks | St Martins School
Price: £80 – Senior Citizen: £65

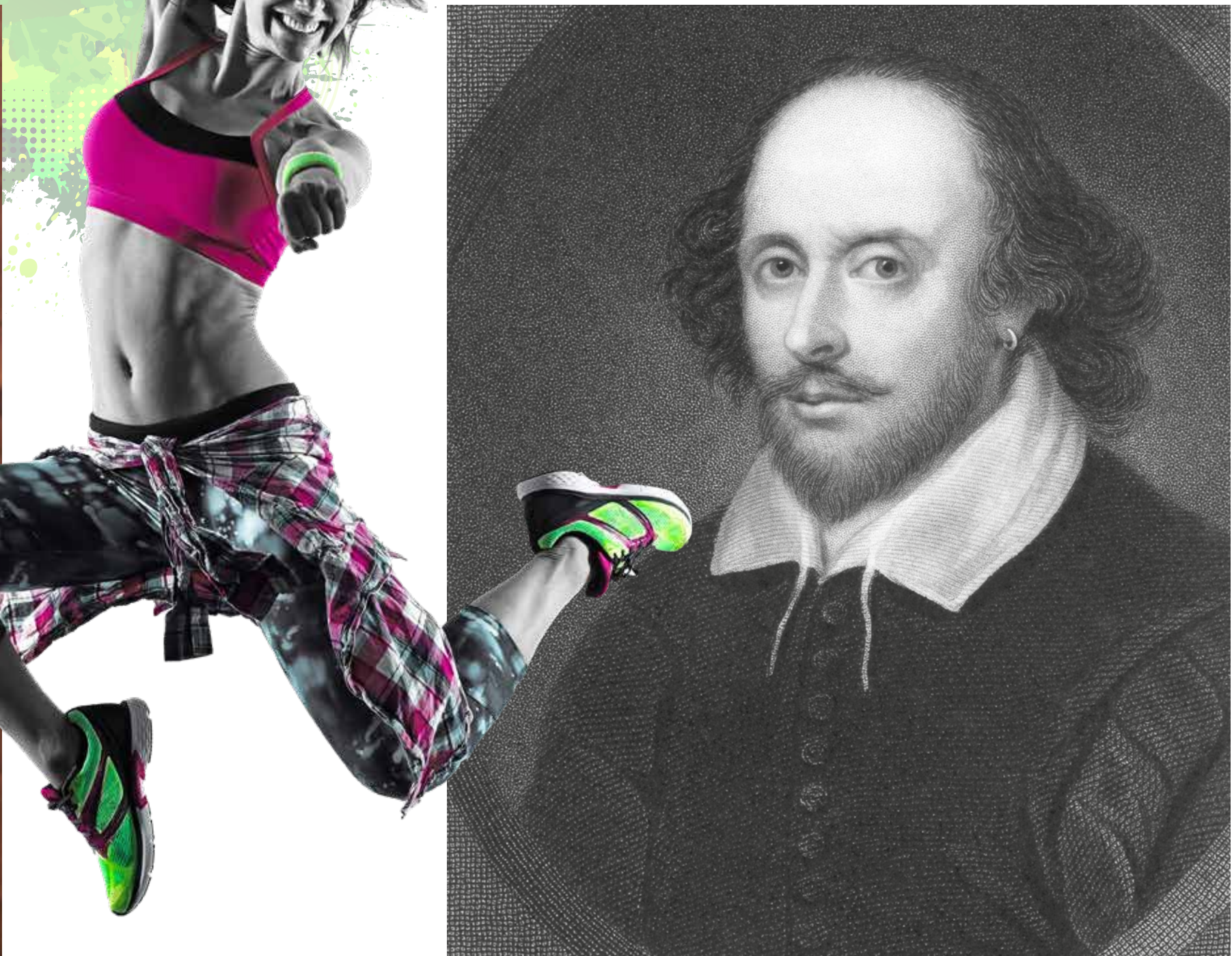
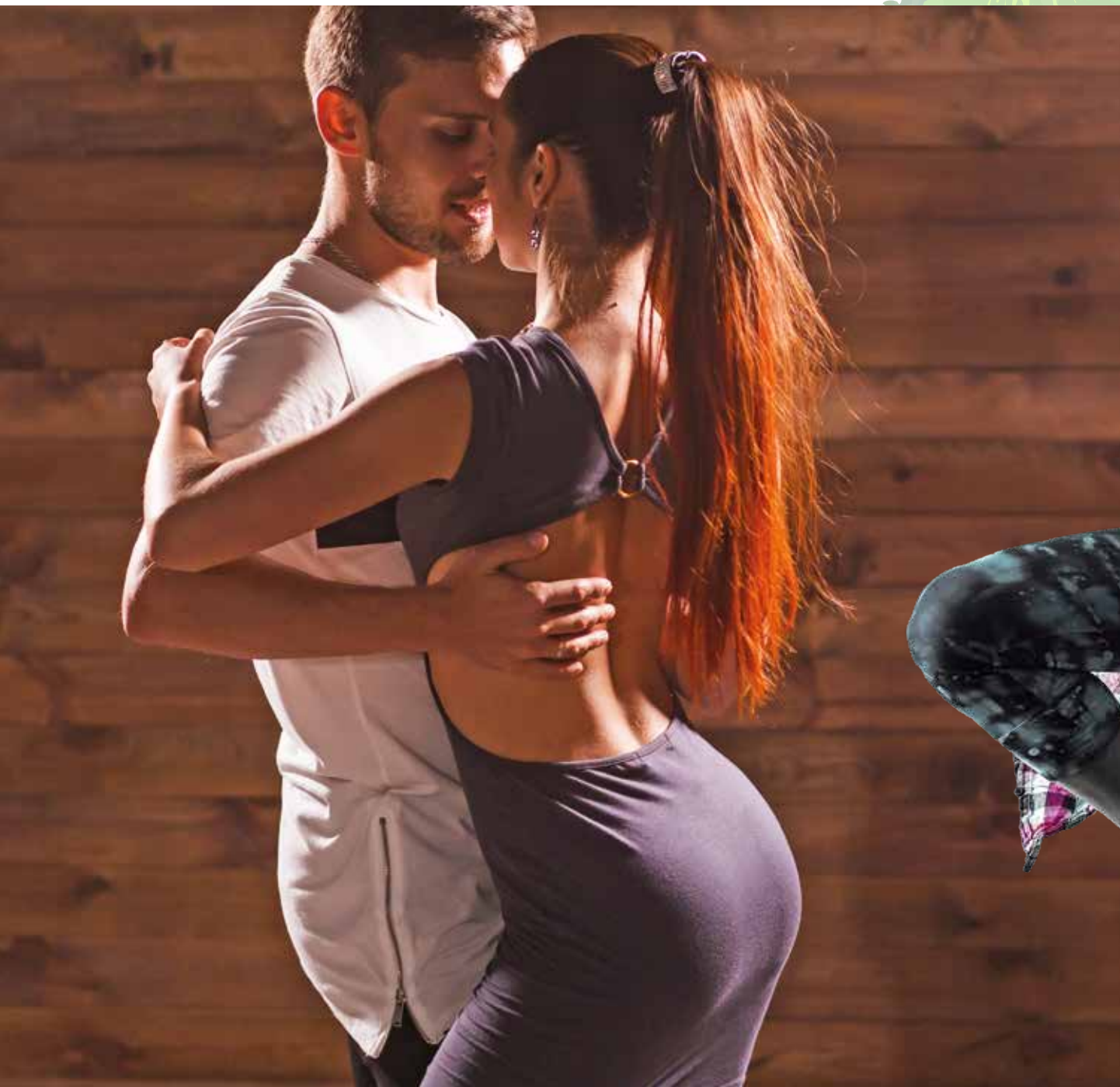
Ann Dove
Enjoy the challenge of more intricate salsa moves in a fun and sociable atmosphere. This will include both cross body and cuban rueda styles.

Noisy Feet - Calorie Burn
Thursday 16 January 2020 | 7pm - 7.50pm | 10 weeks | Jersey Opera House
Price: £125 – Senior Citizen: £110

Christophe Chateau
A fun and funky fitness class that uses tap dance to burn calories. Each week we will dance to a variety of music and rhythms using your shoes to work up a sweat and stay trim! The most fun you can have with your shoes on!

Noisy Feet - Calorie Burn
Thursday 16 January 2020 | 8pm - 9pm | 10 weeks | Jersey Opera House
Price: £125 – Senior Citizen: £110

Christophe Chateau
A fun and funky fitness class that uses tap dance to burn calories. Each week we will dance to a variety of music and rhythms using your shoes to work up a sweat and stay trim! The most fun you can have with your shoes on!



GENERAL INTEREST

**Wild Vegetables of the Ocean:
An Introduction to Foraging Seaweeds**
Thursday 19 March 2020 | 7pm - 9pm | 2 weeks | Philip Mourant Centre
Price: £40 – Senior Citizen: £40

Trudie Hairon-Trox
Gain an historic overview of the centuries-old tradition of seaweed gathering in Jersey, as well as an insight into modern uses of seaweeds. Identify the most common species of seaweed and learn best practice for foraging. You will have one evening classroom session and one Saturday afternoon beach session at La Rocque Harbour.

Living Jersey - Journey Through Jersey
Wednesday 15 January 2020 | 10am - 12pm | 10 weeks | Philip Mourant Centre
Price: £140 – Senior Citizen: £105

Peter Webb
A comprehensive continuation of our Journey through Jersey exposes an Island of extraordinary people and places. Their progression and positive perseverance through centuries reveal a unique society on the world stage. The course is accompanied with illustrated notation to enjoy.

US Presidential Election 2020 - Current Events
Thursday 23 January 2020 | 6.30pm - 8.30pm | 8 weeks | Highlands College
Price: £115 – Senior Citizen: £85

Alison Marshall
This course covers the ins and outs and up and downs of America's 2020 electoral cycle. Learn how the primaries and nominations work, why certain candidates are gaining more political support and follow ongoing developments of the US elections.

Understanding Shakespeare
Tuesday 21 January 2020 | 7pm - 8.30pm | 6 weeks | Highlands College
Price: £80 – Senior Citizen: £65

Chloe Morris
Explore Shakespeare's works and discover how the context of Early Modern England shaped England's most loved playwright. This course will cover a range of plays and some poetry, developing an understanding of Shakespeare's works and outstanding literacy career. This course is led by Chloe Morris.

Writing Fiction
Monday 13 January 2020 | 6.45pm - 8.45pm | 10 weeks | Philip Mourant Centre
Price: £135 – Senior Citizen: £100

Katherine Day
Everyone has a story to tell. Learn about the basics of storytelling, including worldbuilding and character development. Perfect for new writers, find inspiration and hone your writing and editing skills through a variety of exercises. This course is a repeat of the popular autumn programme.



Mindfulness in Creativity **1981HM2C01**
Saturday 07 March 2020 | 2.30pm - 4.30pm | 3 weeks | Philip Mourant Centre
Price: £75 – Senior Citizen: £75
Juanita Shield-Laigal
Using creative writing, art, meditation and other tools, long termwriter, Artist and holistic therapist Juanita Shield-Laigal takes you on a journey into self-explanation. Finding ways to calm the mind and feed the soul.

Mindfulness Meditation **1981HM2M01**
Tuesday 14 January 2020 | 6.45pm - 8.45pm | 10 weeks | Philip Mourant Centre
Price: £130 – Senior Citizen: £95
Andrew Wilson
This is for newcomers and experienced practitioners to practise mindfulness through sitting and walking meditation in a calm, supportive environment. The sitting meditation will mainly focus on breathing, but some guided meditations will be used. Mindfulness in everyday activities will be explored throughout the course.

Qigong and Meditation for Health **1981HM2Q01**
Monday 13 January 2020 | 7pm - 8.30pm | 5 weeks | Philip Mourant Centre
Price: £75 – Senior Citizen: £65
Caroline Le Maistre
Come to study and practise sitting and standing meditation and the Golden Eight - a powerful set of medical qigong exercises. These ancient Chinese practices are an enjoyable and effective way to support a healthy lifestyle; relaxing, rejuvenating and healing.



Indian Desi Kitchen **1981KA2F01**
Saturday 01 February 2020 | 10am - 1pm | 3 weeks | Highlands College
Price: £105 – Senior Citizen: £90
Tariq Attar
Learn the fundamentals of Indian cuisine, using a combination of fresh ingredients, herbs and spices. This course will cover popular regional dishes full of flavours, textures, aroma and great taste, developing skills and confidence. You will need to bring ingredients each week.

Taste of the Golden Triangle **1981KA2T01**
Saturday 07 March 2020 | 9am - 1.30pm | 1 week | Highlands College
Price: £55 – Senior Citizen: £55
Tariq Attar
Some of the prominent restaurant dishes originate in the North of India. Our culinary journey will cover the cities of Delhi, Jaipur and Agra. Packed in flavour, we will create some much loved classic and authentic dishes for you to take home and enjoy their delicious taste. You will need to bring your own ingredients.

Afternoon Tea in a Box **1981KB2A01**
Saturday 21 March 2020 | 9.30am - 2.30pm | 1 week | Highlands College
Price: £55 – Senior Citizen: £55
Michelle Banks
Come and make an afternoon tea for four to wow your friends and family. Homemade scones, jam, fruit tarts, carrot cake and traditional victoria sandwich cake. Five hours of kitchen fun ready for Mother's Day weekend. All ingredients provided.

One Pot Dishes - Two Ways **1981KP2W01**
Wednesday 26 February 2020 | 6.30pm - 9pm | 4 weeks | Highlands College
Price: £120 – Senior Citizen: £100
Rex Barker
Oven to table lunches, suppers and dinners in just oen pot. No side dishes needed, just a crisp salad, flat bread or crusty loaf. Each class will make two one pot dishes using similar ingredients. You will need to bring your own ingredients.

Ready Steady Cook - Brexit Edition **1981KR2B01**
Tuesday 14 January 2020 | 6pm - 9pm | 10 weeks | Highlands College
Price: £220 – Senior Citizen: £155
Patrick Hogge
Want to learn some basic cooking skills? Want a repetoir of meals in minutes? This is the course for you. Using as much local sourced ingredients as possible Patrick will tickle your tastebuds with food to satisfy and impress. You will need to bring your own ingredients.

Simply Moorish **1981KS2M01**
Wednesday 15 January 2020 | 6.30pm - 9pm | 4 weeks | Highlands College
Price: £120 – Senior Citizen: £100
Rex Barker
Explore Moorish cuisine with dishes from Spain, Sicily, Morocco and North Africa. Prepare couscous alla trapanese, aubergines stuffed with spiced lamb and manchego cheese plus many more dishes from this region. You will need to bring your own ingredients.

Sushi School **1981KS2S01**
Saturday 25 January 2020 | 9.30am -1.30pm | 1 week | Highlands College
Price: £55 – Senior Citizen: £55
Christian Bation
Learn to make Hosomaki, Uramaki, Futomaki and Temaki with Christian. Impress your friends and family learning how to produce these delicious rolls with precision and flair. A kit list will be sent to you prior to the course commencing.

Sushi School **1981KS2S02**
Saturday 14th March 2020 | 9.30am - 1.30pm | 1 week | Highlands College
Price: £55 – Senior Citizen: £55
Christian Bation
Learn to make Hosomaki, Uramaki, Futomaki and Temaki with Christian. Impress your friends and family learning how to produce these delicious rolls with precision and flair. A kit list will be sent to you prior to the course commencing.

Cake Decoration **1981KC2D01**
Saturday 29th February 2020 | 9.30am - 3.30pm | 1 week | Highlands College
Price: £115 – Senior Citizen: £115
Clair Porter-Crowe & Sally Camara
Learn how to decorate cakes for all occasions - weddings, christenings and birthdays. The class will include a vanilla sponge and cake board and some useful tools for you to take home. From evenly slicing the sponge, to filling, straight edges, crumb coating, flat icing and decorating techniques. The course is run by two tutors Clair Porter-Crow and Sally Camara.



French Beginners Stage 2
Wednesday 15 January 2020 | 6.30pm - 8.30pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
This course is aimed at people who have a basic knowledge of French and wish to improve and gain confidence speaking French in various everyday situations when in France.

1981LFB01
Catherine Rousseaux

French Elementary Stage 1
Thursday 16 January 2020 | 6.30pm - 8.30pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
You have completed the beginner level and have some very solid basic skills. Now it's time to add some detail so you can talk about past experiences, express what you would like and describe daily experiences and routines. You'll cover topics such as clothes and appearance, hobbies, films, music and shopping gradually extending your language skills

1981LFEA01
Patricia Lucas

Moving On in French Stage 5
Monday 13 January 2020 | 6.30pm - 8.30pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
Moving towards an intermediate level of French, you will have a good understanding of the future, present, perfect and imperfect tenses and this course will help consolidate your grammar and expand vocabulary and conversational skills. A study book will be used which new students will be required to purchase at the start of the course,,

1981LFMM02
Patricia Lucas

Portuguese Beginners Stage 1
Wednesday 15 January 2020 | 6.30pm - 8.30pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
Challenge yourself to learn Portuguese! Build the foundations by learning some basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain everyday situations. Sessions are fun, interactive and gently paced.

1981LMBA01
Rui Pires

Spanish Beginners Stage 1
Monday 13 January 2020 | 6.30pm - 8.30pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
Challenge yourself to learn Spanish! Build the foundations by learning basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain, everyday situations. Sessions are fun, interactive and gently paced.

1981LSBA02
Karen Le Brun

Spanish Beginners Stage 1
Thursday 16 January 2020 | 7pm - 9pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
Challenge yourself to learn Spanish! Build the foundations by learning basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain, everyday situations. Sessions are fun, interactive and gently paced.

1981LSBA04
Carla Figuerido

Spanish Beginners Stage 1
Tuesday 14 January 2020 | 10am - 12pm | 10 weeks | Philip Mourant Centre
Price: £145 – Senior Citizen: £110
Challenge yourself to learn Spanish! Build the foundations by learning basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain, everyday situations. Sessions are fun, interactive and gently paced.

1981LSBA03
Karen Le Brun

Spanish Beginners Stage 2
Wednesday 15th January 2020 | 6.45pm - 8.45pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
This course is aimed at people who have a basic knowledge of Spanish who wish to improve and gain confidence speaking in various everyday situations when in Spanish speaking countries.

1981LSBB01
Beth Rosser

Spanish Conversation
Tuesday 14 January 2020 | 6.45pm - 8.45pm | 8 weeks | Philip Mourant Centre
Price: £120 – Senior Citizen: £90
For those with a basic grasp of Spanish, a chance to use that knowledge. Gentle, tutor-led conversations on a variety of topics with new vocabulary being introduced in each lesson. Come along and have a chat. This course is perfect for practising and improving your oral skills.

1981LSXC01
Karen Le Brun

Spanish Elementary Stage 1
Monday 13th January 2020 | 6.30pm - 8.30pm | 10 weeks | Highlands College
Price: £145 – Senior Citizen: £110
You have completed the beginner level and have some very basic skills. Add some detail to your knowledge, talk about past experiences, express what you'd like and describe daily experiences and routines. You'll cover topics such as clothes and appearance, hobbies, films and music and shopping.

1981LSEA01
Rosa Chatterley



RYA Day Skipper Theory
Wednesday 15 January 2020 | 6pm - 9.30pm | 10 weeks | Highlands College
Price: £355 – Senior Citizen: £355
A comprehensive introduction to cruising for future Day skippers. Applicable to both power and sail to equip you with the knowledge to navigate and command a vessel safely. Essential learning of how to be safe at sea, navigate, interpret tides and deal with emergency situations. RYA Navigation Student pack provided, you will require a Breton plotter and Admiralty chart dividers., Course attendance dates:, Wednesday evenings: 15 January - 25 March 2020 *Excluding 19 February half term., Time: 6.00 - 9.30pm (10 sessions), *Plus three Saturday mornings: 1 February, 7 and 21 March 2020, Time: 9.00am - 12.00 noon (3 sessions)

1980NT2D01
Go Sail Jersey

Coastal Navigation for Kayakers, Small Boat Owners and Low Water Exploring
Tuesday 03 March 2020 | 6.30pm - 9pm | 4 weeks | Highlands College
Price: £145 – Senior Citizen: £130
Covering weather forecasts, tides, coastal trip planning, effects of swell and rip tides to help you make better choices of when and where to go afloat. Suitable for anyone who wants to explore the inshore waters around Jersey with greater confidence. Fees include a course manual.

1981NK2W01
Derek Hairon

SPORT & FITNESS

Fit for Retired Life
Thursday 30 January 2020 | 9.15am - 10.30am | 8 weeks | Philip Mourant Centre
Price: £85 – Senior Citizen: £70
A GENTLE fitness programme specifically designed for the older population who are looking to improve their mobility for everyday life. Using very basic exercises to warm up, strengthen and stretch the body. Followed by a well deserved relaxation and social time.

1981SF2R01

Lisa Troy

Nordic Walking
Tuesday 14 January 2020 | 12.30pm - 1.30pm | 10 weeks | Outdoor Location
Price: £85 – Senior Citizen: £70
Walking with poles builds fitness stimulating the chest, triceps, biceps, shoulder, abdominals and spinal plus other core muscles. Starting at various locations around the Island enjoying parish landscapes. Suitable for those with some experience of Nordic Walking but beginners of medium walking ability welcome, progressing through the weeks to increase your fitness levels. Walks take place in all weathers so waterproof clothing, walking boots or sturdy trainers are required., *Please note students will require their own walking poles for the course.

1981SN2W01

Liz De La Haye

Relaxation Yoga
Thursday 16 January 2020 | 4.15pm - 5.45pm | 10 weeks | Philip Mourant Centre
Price: £120 – Senior Citizen: £95
Learn yoga safely and effectively through a step by step approach. Release tension in poses whilst maintaining good posture and alignment. Muscles are toned and stretched, joints lubricated, increasing blood circulation and flexibility. Finish with a deep rest. All levels welcome.

1981SY2E01

Elayne Cole

Beginners Restorative Yoga
Thursday 23 January 2020 | 6.45pm - 8pm | 10 weeks | Philip Mourant Centre
Price: £95 – Senior Citizen: £75
A gentle hatha yoga practice which will take you from movement into stillness. You will begin by mobilising the major joints in the body with soft rhythmic movements. Restorative postures will follow, here you will discover where you are holding tension, learning how to consciously relax.

1981SY2R01

Henrietta Brice-Smith



Introduction to Web Design and Getting Online **1981WM2D01**
Thursday 16 January 2020 | 6.45pm - 9.15pm | 5 weeks | Highlands College
Price: £125 – Senior Citizen: £100 **Oliver Bartlett**
Having a website or online presence attracts customers, sells products and promotes your services. Our course gets you online from registering a domain to designing and launching a site. We also look at complimentary social media and google display network. No prior knowledge required.

Microsoft Powerpoint for Beginners **1981WM2P01**
Wednesday 04 March 2020 | 6.30pm - 8.30pm | 2 weeks | Highlands College
Price: £55 – Senior Citizen: £55 **Corrado Anderson**
Struggling with Powerpoint? Want to put more into your presentations? This course assumes a basic computer knowledge but no prior powerpoint experience. Taking you through setting up and showing presentations

iPad for Beginners **1981WS2P01**
Thursday 16 January 2020 | 4pm - 5.45pm | 4 weeks | Highlands College
Price: £70 – Senior Citizen: £70 **Alison Ellis**
Just starting to use an Apple iPad? Cover the basics of how to operate it, surf the net, send e-mails, use the standard apps, download other apps of your choice, use FaceTime for video chatting, take and store photos and more. Students are required to bring their own iPad. Dates: 16,23,30 January and 13 February 2020 *Excluding 6 February.

Beginners Excel **1981WX2E01**
Thursday 16 January 2020 | 6.30pm - 8.30pm | 2 weeks | Highlands College
Price: £55 – Senior Citizen: £55 **Corrado Anderson**
Do you need to use Excel to store and present information? This course assumes a basic computer knowledge but no prior spreadsheet experience is necessary. It will take you through the process of creating a spreadsheet, using formulae to perform simple calculations, sorting and filtering.

Excel - Pivots and Tables Demystified **1981WX2E02**
Thursday 06 February 2020 | 6.30pm - 8.30pm | 2 weeks | Highlands College
Price: £55 – Senior Citizen: £55 **Corrado Anderson**
Need to learn how to structure information in a spreadsheet and how to sort and present data? This course assumes a basic knowledge of both the computer and Excel. It will enable you to create a basic spreadsheet that will automatically collect the data you choose to present it as charts, graphs or tables.

Introduction to Quickbooks **1981WX2Q01**
Wednesday 26 February 2020 | 6.30pm - 9.30pm | 3 weeks | Highlands College
Price: £165 – Senior Citizen: £165 **Sally-Anne Fillieul**
Learn how to use the online version of Quickbooks book-keeping package. Create an online company and learn about how to set up company details, produce invoices, manage sales and purchase ledgers, maintain cash records, bank accounts and produce reports. Students should have knowledge of windows based applications and double-entry book-keeping. You will require an email address not used previously for a Quickbooks Online account.





Christmas Fair and Crafts

Saturday 23 November

10am - 3pm

Philip Maurant Centre

Trinity

All welcome, parking right outside

Crafts ♦ Coffee ♦ Cakes ♦ Unique Gifts ♦ Handmade



Highlands
Adult & Community Education

TERMS & CONDITIONS

Adult & Community Education (ACE) Courses

Cancellations:
A minimum enrolment number is required to recover the full costs of providing a course. If numbers of students fail to reach this minimum we reluctantly cancel it. Applicants are provided with a full refund or a transfer to another suitable course if one is available.

Refunds:
Unfortunately, we only offer a refund if a course has been cancelled by Highlands College. Circumstances such as illness, work commitments or leaving the Island are not considered for refunds. Course places cannot be deferred to another term and are not transferable to another person.

Eligibility for ACE Courses:
The Adult & Community Education (ACE) programme is only available to students aged 18 or over. (Unless specified in the course information)

Application Priority:
Applications for Adult & Community Education (ACE) leisure courses are accepted on a first come, first served basis on receipt of the fees. If the wait list is sufficiently large and additional tutors and facilities are available another course may be set up, for which you will be offered a place.


Fee Concessions:
If you are aged 60 or over, an automatic concession is applied to your course fee on application.

Please complete this form in **BLOCK CAPITALS** in black ballpoint pen and tick boxes where required

APPLICATION FORM

for: Adult & Community Education (ACE),Highlands Part-time and Professional Courses

Please send your completed form with full payment to:
Student Records, Highlands College, Highlands Lane, St Saviour, JE1 1HL



Personal Details

Surname:.....

First Name(s):.....

Title (Mr/Mrs/Mx etc):..... Gender:..... Date of Birth:.....

Address:

.....

.....

.....

Parish: Post Code:

Home Tel: Work Tel:

Mobile:

Email:

Local Emergency Contact

Name:.....

Tel:

Who will be paying the fees?

Self ☐ Employer ☐ Other ☐

If "Other" please state below who will be paying your course fee.

.....

.....

Current Employer / Other ONLY to be completed if Employer/Other paying fees

Company Name and Address:

.....

.....

.....

.....

.....

Parish: Post Code:

Tel: E-mail:

I am authorised to approve the payment of all fees associated with the course for the student and understand that my company remains liable for payment irrespective of the employee moving to another employer after enrollment.

Please tick the box below if you are happy for Highlands College to contact you with information regarding college events and courses. ☐

Employer / Sponsor Signature:

Please Print Name:

Position Held:

Please invoice the company £ or

I enclose payment of £

Medical Conditions / Disabilities

Please note when "yes" is ticked further information may be requested either prior to, or at enrolment

Do you suffer from any medical conditions or disability which might impact on your studies?

Yes ☐ No ☐

Criminal Conviction Disclosure:

This part of the form MUST be completed

Yes ☐ No ☐

If you do not tick either the 'Yes' or 'No' box above, we will contact you to get this information and this will delay your enrolment. You must tick 'Yes' if you have a conviction unless it is a minor civil offence e.g. OR a spent sentence (as defined by the REHABILITATION OF OFFENDERS (JERSEY) LAW 2001). Please be aware that dependent on the nature of any conviction it may affect your application for certain courses, particularly in teaching, health, and social care, where you must tell us about ANY criminal conviction(s), including spent sentences and cautions. If you are convicted of a criminal offence after you have enrolled or have a court case pending, you MUST let us know immediately. If you are not sure whether to tell us about a previous conviction you should get more advice from your Citizens Advice Bureau or Student Life

Course(s) for enrolment Highlands College reserves the right to cancel or amend any course

Methods of Payment are: CASH (in person at Highlands College), DEBIT/CREDIT Card, CHEQUES (made payable to "Treasurer of the States")

Please note your place on a course is not confirmed until full payment of all the fees.

FEES ARE NON-REFUNDABLE UNLESS THE COURSE IS CANCELLED BY HIGHLANDS COLLEGE. COURSE PLACES ARE NON-TRANSFERABLE .

Course Code	Course Title	Start Date	Fee

Please read our Terms and Conditions and Privacy Statement

I certify that the details for this application are current and correct to the best of my knowledge

Applicant's Signature: Date:

Please tick this box if you are happy for Highlands College to contact you with information regarding college events and courses. ☐

Comments:

.....

FOR OFFICE USE ONLY

17.10.2018

HOD/Tutor Signature:

Payment method:

Student ID: HC

Employer code:

Input by:

Date input:

PRIVACY STATEMENT

As a 'controller' under the Data Protection (Jersey) Law 2018 we process and hold your information in order to provide public services and meet our statutory obligations. We may not be able to provide you with a service unless we have enough information, or your permission to use that information. Below, we explain what we collect; how we will use your information; and what your rights are:

Data we collect:

We have collected your personal details (name; address, contact details; and DOB) and we do this in order to carry out the service you have requested; to monitor and improve our performance; to ensure that we meet our legal obligations; to prevent and detect crime; to process financial transactions including grants or payment of benefits; to allow the statistical analysis of data so we can plan the provision of services; and where necessary, for our law enforcement functions; or to protect individuals from harm or injury.

How we use data:

We will endeavour to keep your information accurate and up to date and not keep it for longer than is necessary. We will not pass any personal data on to anyone outside of the States of Jersey, other than those who either process information on our behalf, or because of a legal requirement, and we will only do so, where possible, after we have ensured that sufficient steps have been taken by

the recipient to protect your personal data. We do not process your information overseas using web services that are hosted outside the European Economic Area. At no time will your information be passed to organisations for marketing or sales purposes or for any commercial use without your prior express consent.

Your Rights:

You can ask us: to stop processing your information; to correct or amend your information; for a copy of the information we hold about you. You can also: request that the processing of your personal data is restricted; and withdraw your consent to the processing of your information.

You can complain to us about the way your information is being used by contacting us at registry@highlands.ac.uk alternatively you can complain to the Information Commissioner by emailing enquiries@icjjersey.org.

For further information on why Highlands College collect your data and how we use applicants information and the Terms and Conditions of enrolment please view the College Privacy Policy and other information on our website at [www.highlands.ac.uk](#)

Learn something new

Leisure Learning courses

Visit our website for full course details or
contact our ACE Leisure Learning Team
for more information:

T 01534 608655

E ace@highlands.ac.uk

www.highlands.ac.uk