

boston:college

ADULT BITE-SIZE COURSES

Spring/Summer 2019
Aged 19+

www.boston.ac.uk

Lincolnshire
COUNTY COUNCIL
Working for a better future



January 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
IT Skills (Employability)	Mon 7 th Jan	Mon 28 th Jan	9:30 - 14:00	4	FREE	Spalding
IT Skills (Employability)	Thurs 10 th Jan	Thurs 31 st Jan	9:30 - 14:00	4	FREE	Boston
Making a Bird Table/Bird Box	Wed 16 th Jan	Wed 6 th Feb	18:00 - 20:30	4	£45.00#	Boston
Introduction to Basic Bricklaying	Wed 16 th Jan	Wed 6 th Feb	18:00 - 20:30	4	£45.00#	Boston
Simple Plumbing Tasks	Wed 16 th Jan	Wed 6 th Feb	18:00 - 20:30	4	£45.00#	Boston
Introductory French for Business & Leisure	Thurs 17 th Jan	Thurs 14 th Feb	18:30 - 20:30	5	£25.00	Boston
Introduction to Bookkeeping	Thurs 24 th Jan	Thurs 7 th Feb	18:00 - 20:00	3	£15.00	Boston
Health & Safety Awareness	Mon 28 th Jan	Mon 28 th Jan	9:30 - 15:30	1	FREE	Boston
Wellbeing - Mindfulness for Health & Wellbeing	Wed 30 th Jan	Wed 30 th Jan	9:30 - 15:30	1	FREE	Boston
Health & Safety Awareness	Thurs 31 st Jan	Thurs 31 st Jan	9:30 - 15:30	1	FREE	Spalding

February 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
Developing Confidence, Self Esteem & Understanding Stress	Mon 4 th Feb	Tues 5 th Feb	9:30 - 15:30	2	FREE	Boston
Wellbeing - Emotional Intelligence and Resilience	Wed 6 th Feb	Wed 6 th Feb	9:30 - 15:30	1	FREE	Spalding
Developing Confidence, Self Esteem & Understanding Stress	Thurs 7 th Feb	Fri 8 th Feb	9:30 - 15:30	2	FREE	Spalding
First Aid Awareness	Mon 11 th Feb	Mon 11 th Feb	9:30 - 16:30	1	£15.00	Spalding
IT Skills (Employability)	Mon 11 th Feb	Mon 11 th Mar	9:30 - 14:00	4	FREE	Spalding
Football for Fitness and Wellbeing	Tues 12 th Feb	Tues 26 th Mar	17:30 - 19:30	7	FREE	PPPC
First Aid Awareness	Tues 26 th Feb	Wed 27 th Feb	18:00 - 21:00	2	£15.00	Spalding
Pottery	Wed 27 th Feb	Wed 27 th Mar	18:00 - 20:00	5	£50.00#	Boston
Introduction to Digital SLR	Thurs 28 th Feb	Thurs 28 th Mar	18:00 - 20:00	5	£25.00	Boston

March 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
Basic Polish for the Workplace	Wed 6 th Mar	Mon 3 rd Apr	18:00 - 20:00	5	FREE	Boston
Introduction to Psychology in the Social World	Tues 5 th Mar	Tues 2 nd Apr	18:00 - 20:00	5	FREE	Boston
Wellbeing - Relaxation & Meditation	Wed 6 th Mar	Wed 6 th Mar	9:30 - 15:30	1	FREE	Boston
IT Skills (Employability)	Thurs 7 th Mar	Thurs 28 th Mar	9:30 - 14:00	4	FREE	Boston
French for Business & Leisure	Thurs 7 th Mar	Thurs 4 th Apr	18:30 - 20:30	5	£25.00	Boston
Supporting Speech & Language Development through Play	Tues 12 th Mar	Fri 19 th Mar	17:00 - 20:00	2	£15.00	Boston
Introduction to Humanistic Counselling	Wed 20 th Mar	Wed 20 th Mar	9:00 - 15:30	1	FREE	Boston
Wellbeing - Mindfulness for Health & Wellbeing	Wed 20 th Mar	Wed 20 th Mar	9:30 - 15:30	1	FREE	Spalding
Health & Safety Awareness	Mon 25 th Mar	Mon 25 th Mar	9:30 - 15:30	1	FREE	Boston
Health & Safety Awareness	Thurs 28 th Mar	Thurs 28 th Mar	9:30 - 15:30	1	FREE	Spalding

April 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
Developing Confidence, Self Esteem & Understanding Stress	Mon 1 st Apr	Tues 2 nd Apr	9:30 - 15:30	2	FREE	Boston
Developing Confidence, Self Esteem & Understanding Stress	Thur 4 th Apr	Fri 5 th Apr	9:30 - 15:30	2	FREE	Spalding
First Aid Awareness	Mon 29 th Apr	Mon 29 th Apr	9:30 - 16:30	1	£15.00	Spalding



May 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
Wellbeing - Relaxation & Meditation	Wed 1st May	Wed 1st May	9:30 - 15:30	1	FREE	Spalding
French for Business & Leisure	Thurs 2 nd May	Thurs 30 th May	18:30 - 20:30	5	£25.00	Boston
First Aid Awareness	Tues 14 th May	Wed 15 th May	18:00 - 21:00	2	£15.00	Spalding
Wellbeing - Emotional Intelligence & Resilience	Wed 15 th May	Wed 15 th May	9:30 - 15:30	1	FREE	Spalding
Supporting Speech & Language Development through Play	Wed 15 th May	Wed 22 nd May	17:00 - 20:00	2	£15.00	Spalding
IT Skills (Employability)	Mon 20 th May	Mon 24 th June	9:30 - 14:00	4	FREE	Spalding
Wellbeing - Emotional Intelligence & Resilience	Wed 22 nd May	Wed 22 nd May	9:30 - 15:30	1	FREE	Boston

June 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
Health & Safety Awareness	Mon 10 th Jun	Mon 10 th Jun	9:30 - 15:30	1	FREE	Boston
Health & Safety Awareness	Thurs 13 th Jun	Thurs 13 th Jun	9:30 - 15:30	1	FREE	Spalding
Developing Confidence, Self Esteem & Understanding Stress	Mon 17 th Jun	Tues 18 th Jun	9:30 - 15:30	2	FREE	Boston
Developing Confidence, Self Esteem & Understanding Stress	Thurs 20 th Jun	Fri 21 st Jun	9:30 - 15:30	2	FREE	Spalding



July 2019

Course Area	Start Date	End Date	Time	Sessions	Total Cost	Location
First Aid Awareness	Mon 1 st Jul	Mon 1 st Jul	9:30 - 16:30	1	£15.00	Spalding



**FIND OUT HOW
TO BOOK YOUR
PLACE**




*Photos for illustrative purposes

- ▶ No tuition fees for those in receipt of JSA, ESA (WRAG), some Universal Credit claims or classed as on a Low Wage.
- ▶ # Includes material fees.
- ▶ Courses are subject to change or could be cancelled in the event of insufficient numbers.
- ▶ Cancellation rights – please see the Community Learning Fees Policy for further details.
- ▶ Places are secured only on payment of tuition fees or confirmation of eligibility for reduction.
- ▶ The schedule is subject to change and the most up to date details are on our website www.boston.ac.uk



Locations:

 **Boston College**
Skirbeck Road
Boston
PE21 6JF

 **Spalding Campus**
Red Lion Street
Spalding
PE11 1SX

 **Peter Paine
Performance Centre**
Rosebery Avenue,
Boston
PE21 7QR



Try something new!

CHECK US OUT ONLINE:

 www.boston.ac.uk

    @bostoncollegeuk



All places must be pre-booked.

**Please contact us today to
book your place:**

 **01205 313218**

 **info@boston.ac.uk**

