



CARERS' HUB COURSE OUTLINE



OVERVIEW:

Is there someone you care for? The majority of care is provided by women or by people who don't recognise the support they give loved ones as 'care'. The NHS defines a carer as anyone who: *"... looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid."*

RHACC's Carers' Hub provides a range of affordable, accessible activities and services for carers that help carers to:

- Improve wellbeing, stay connected, meet people and make friends.
- Plan for the future by accessing careers information, advice and guidance, and vocational training.
- Access to a range of services in our Learning Resource Centre.



MEMBERSHIP OF CARERS' HUB INCLUDES:

- Choose one free leisure/ wellbeing course per term from a list of specified courses.
- Access to our Learning Resource Centres at Parkshot and Hillcroft enabling use of our IT and WiFi, with support from the LRC team.
- Join digital workshops for free, to learn about staying safe online including using Zoom/WhatsApp, social media etc.
- We may be able to arrange for the person you care for to join a course at RHACC at the same time as your course.
- Online learning options so you can learn from home or from our LRC.
- Laptop loan available if you're studying on a vocational course.
- Receive information, advice and guidance, with our qualified careers advisor about possible career and volunteering options.

Note: Disabled toilets available at both sites. Parkshot site has a café, and an adult changing bench and shower facilities.

Join our Carers' Hub today! Enrol online or in person at either site.

Once you have enrolled, you will be contacted by an advisor who will arrange to meet you to show you our LRC and help you to choose a course(s) which works for you.

ACL COURSES:

Computers - Improvers
How to Write an Effective Personal Statement
How to Ace your Interview
How to Write a Winning CV
Managing Your Personal Finances
Preparing for Retirement
Using an iPad - Introduction - Intensive

Block Printing, Painting and Image Transfer for Textiles

Ceramics - An Introduction to Making
Ceramics for Wellbeing
Ceramics Throwing Week - Beginners
Ceramic Handbuilding & Throwing
Creative Collage
Digital Collage Art
Drawing from Scratch in 5 Weeks
Drawing & Painting Intensive
Figurative Sculpture
Frame & Mount Your Own Prints
Fusing Glass - Beginners
Garden Design Introduction
Glass Jewellery - Summer School
Introduction to Art and Design for Wellbeing
Interior Design - A to Z for Home Improvements
Introduction to Japanese Woodcut Techniques
Jewellery - Complete Beginners
Jewellery - Make a Silver Ring in a Day
Jewellery Workshop
Lettering & Calligraphy
Life Drawing - All Levels
Pattern Cutting - Beginners
Painting & Drawing from Scratch
Personal Styling - Renew your Wardrobe
Portraiture Painting - Absolute Beginners
Printmaking with Linocuts - Introduction
Printmaking Weekend - Monoprint & Drypoint
Printmaking Introduction
Raku Firing for Beginners
Saturday Ceramics - All Levels
Shibori Dyeing Techniques for Clothing and Textiles
Silk Painting for Handkerchiefs, Scarves and Cushions
Sketchbook to Studio Painting
Stained Glass - Contemporary and Traditional
Studio Lighting Photography
Upholstery - Taster
Watercolours

Cookery for Beginners
Flavours of Thailand Cookery
Flavours of Vietnam Cookery
Saturday Kitchen - Baking Pizzas
Saturday Kitchen - Breakfast Rolls & Brioches
Saturday Kitchen - Cookery for Men
Saturday Kitchen - Summer Salads & Dressings
Taste of France - Provence

English with Confidence: Shakespeare's Women
French for Holidays
Getting Creative: Writing with Confidence
History of English
How to Read Music - Improvers
Mindfulness Meditation - Introduction
My Story: Autobiographical Writing
Merton - Wellbeing: Walk and Talk
RHACC Walk and Talk in Richmond
Taster - Philosophy - School of Ideas

Improve Your Spelling
Introduction to Organic Chemistry
Maths for the Home
Maths Refresher - Decimals
Maths is Fun - Number Skills
Support Your Child with English - Key Stage 3

ASB-TYPE/NON FUNDED COURSES:

Awareness of Mental Health and Wellbeing - Level 1
Counselling Skills for Volunteers
Confident Parenting and Child Safety
Counselling as a Career (Workshop)
Digital Storytelling
English Writing Skills for Life & Work
ESOL Explorers
Effective Listening Skills - Level 2
ESOL Explorers
How to be your own Interior Designer - Intensive
Introduction to Accounting & Finance
Introduction to Adult Social Care
Introduction to Childcare
Introduction to Counselling
Introduction to Digital Marketing & Social Media
Introduction to Existential Therapy
Introduction to Filmmaking
Introduction to Graphic Design
Introduction to Jungian Theory, Symbols and Archetypes
Introduction to Transactional Analysis Therapy
Maths Surgery
Makaton Level 1 and 2
Microsoft Excel - Level 1
Movement & Meditation with Alexander Techniques
Movement & Meditation with Alexander Techniques
Poetry for Pleasure
Richmond Jazz School - Summer Course
Richmond Jazz School - Summer Jazz Course
Richmond Jazz School - Summer Jazz Guitar
Studio Glass Summer Masterclass with Monette Larsen
Taster: Introduction to Teaching and Training Courses Level 2
Walk and Discover West London