



## LIFELONG LEARNING



STRANMILLIS  
UNIVERSITY COLLEGE  
A College of Queen's University Belfast



**2019-2020  
Courses and Workshops**

# CONTENTS

Courses for Personal Enrichment	1
<b>ART, HOBBIES and CREATIVE DESIGN</b>	<b>2</b>
Introduction to Basketmaking	3
Christmas Wreath Making	3
Festive Felting Workshop	3
Make it Personal	4
Rag Rugs Workshop	4
Spindle Spinning – Fleece to Fabric	4
The Art of Mobile Photography	5
Portrait Photography Workshop	5
Digital Photography	5
Woodcarving for Beginners	6
Introduction to Woodcarving	6
Woodcarving: The Next Step	6
Painting in Oils and Acrylic	7
The Joy of Jewellery	7
Picture in a Day	7
Clay: Myth, Memory and Materiality	8
Christmas in Clay	8
Floral Origami: Kusudama Flowers	8
Soap Making	9
Bath and Body Products	9
Herbs and Home Remedies	9
Baskets and Boxes	10
Sewing Saviours	10
Festival Favourites	10
Family Tree Project	11
Love Art: So Start	11
Art Portfolio Preparation	11
<b>CULTURE, HISTORY and ARCHAEOLOGY</b>	<b>12</b>
Peter Weil presents: An Audience with ....	13
20 <sup>th</sup> Century Revolutions	14
Introducing Political Philosophy	14
History of Art 1: Modernism, the Revolution Begins	14
1918-19 The last year of War, the first year of Peace	15
Great Works that Shaped Classical Music	15
The Office of the American Presidency	15
History of the Russian Secret Service	16
The Victorian City	16
1945 and all that!	16
Russia in Reform and Revolution	17
Let the Word Go Forth	17
Iron Curtain: The Crushing of Eastern Europe 1944-56	17

From Peter the Great to Gorbachev	18
History of Art 2: Realism to Abstraction 1860-1914	18
Great Music of the 20 <sup>th</sup> and 21 <sup>st</sup> Century	18
Childhood in the Irish Workhouse	19
A History of the Local Linen Industry	19
A Brief History of the Irish Language	19
Irish Icons: Those whose contributions made Ireland great	20
Hidden Belfast: Past, Present and Future	20
Lost Villages of Belfast	20
Hancock's Half Hour to Derry Girls	21
The United Irishmen and the 1798 Rebellion	21
Sport and Society in the 20 <sup>th</sup> Century United States	21
<b>HEALTH, FITNESS and WELLBEING</b>	<b>22</b>
Dancercise	23
Strictly Stranmillis	23
Movers and Shakers	23
Gentle Flow Yoga	24
Chakra Flow Yoga	24
Mindful Meditation	24
Yogalates	25
Body Toning with Xtras	25
Yoga Wellbeing	25
Pilates for Beginners - Jacqueleen	26
Pilates for Improvers - Jacqueleen	26
Tai Chi for Health and Wellbeing	26
Peace and Mindfulness	27
Pilates for Beginners – Jonny	27
Pilates for Improvers - Jonny	27
<b>LANGUAGE</b>	<b>28</b>
Language – which level are you?	29
Traveller's Guide to French	30
French Conversation for Beginners – Level 2	30
Conversational French	30
Upper Intermediate French Conversation	31
Café Culture Français - Monthly	31
Beginners' Irish – Level 1	32
Beginners' Irish – Level 2	32
Beginners' Irish – Level 3	32
Lower Intermediate Irish Conversation	33
Upper Intermediate Irish Conversation	33
Beginners' Italian – Level 1	34
Beginners' Italian – Level 2	34
Beginners' Italian – Level 3	34
Lower Intermediate Italian Conversation	35
Italian Language for Intermediate Level	35
Upper Intermediate Italian Conversation	35

Let's Talk Polish	36
Holiday Spanish	36
Beginners' Spanish – Level 1	36
Lower Intermediate Spanish Conversation	37
Intermediate Spanish Conversation	37
Upper Intermediate Spanish Conversation	37
<b>LITERATURE and CREATIVE WRITING</b>	<b>38</b>
The Planter and the Gael	39
Brian Moore's Belfast	39
Writing Fantasy and Fiction	39
Poetry for Pleasure	40
Mindful Writing and Journaling for Mental Wellness	40
Boost Your Writing Brain	40
Earth Songs: Ecopoetry	41
Ecopoetry: Social Revolution	41
Nomadic Poetry	41
<b>PARENTING, MEDIA and MUSIC</b>	<b>42</b>
Developing your Computer Skills	43
Maximising your Mobile Device	43
Guardians Guide to Cyberbullying	43
Music: Theory for Beginners	44
Guitar for Beginners	44
A Choir to Inspire	44
Guardians Guide to Family Chill Skills	45
PIPS: Suicide Awareness	45
Coping with Grief	45
Personal Development	46
Produce a Winning Dissertation	46
50 Ways to Make your CV Stand Out	46
Look Good, Feel Good	47
Improvisation for Beginners	47
Self Confidence	47
<b>WORLD AROUND US</b>	<b>48</b>
General Gardening	49
Gardening Workshops	49
Foraging for Fun	49
European Colonisation of the Americas	50
Brexit and the Bigger Picture	50
Human Evolution: Where do the Irish and British come from?	50
Placenames and Physical Features of Ulster	51
Appreciating Masonry Structures and Architecture	51
Goethean Science	51
<b>IMPORTANT INFORMATION</b>	<b>52</b>



## COURSES FOR PERSONAL ENRICHMENT

---

Lifelong Learning is about being part of an intergenerational community of 'Learning Lovers'; people from all walks of life and age groups who want to share learning experiences and expand their knowledge, skills or interests.

As an intergenerational programme, Lifelong Learning plays an important role in delivering the College's Mission to:

***“Transform the lives of children, young people and communities, through excellence in teaching, scholarship and research.”***

That Mission can only be realised through a shared vision and a strong collaborative and partnership approach by all those involved in delivering the highest quality education system - public, private and voluntary sectors as well as government itself.

Lifelong Learning is a wonderful way to connect with new people, establish friendships and enjoy our beautiful campus. The College's 2019-20 Lifelong Learning Programme provides the opportunity to expand not only our community of 'Learning Lovers' but our commitment to 'intergenerational learning'.

**Professor Anne Heaslett**, BA MA DPhil MSc FRSA  
**Principal**





**‘Express your  
personality and  
unleash your inner  
creativity’**





**INTRODUCTION TO BASKET MAKING**

Sabine Wolniczak

Suitable for beginners, this one day workshop is an ideal way to find out if willow is for you! Supported by master basketmaker, Sabine Wolniczak, you will learn how to use locally grown willow and simple basket making techniques to make a beautiful, traditional small fruit or bread basket.

**IMPORTANT:** All materials are provided



**CHRISTMAS WREATH MAKING**

Sabine Wolniczak

Join Sabine Wolniczak from Beaghmore Baskets and learn how to create your own decorative Christmas wreath, using locally grown willow to shape a wreath hoop and use seasonal greenery and cones to bind and decorate your wreath.

**IMPORTANT:** All materials are provided



**FESTIVE FELTING WORKSHOP**

Vivien Palmer, BA (Hons) ATD

Enjoy a day of festive fun learning the art of needle felting, experimenting with colour and texture and using merino wool and silk to design and create your own Christmas baubles, Christmas cards for family and friends and felted flowers to adorn a centre piece.

**IMPORTANT:** Please bring your own felting materials

CODE	TIME	START	DAY	PRICE	WKS
AHC105	10:00-17:00	09/11/2019	SAT	£85.00	1
AHC106	10:00-17:00	07/03/2020	SAT	£85.00	1

CODE	TIME	START	DAY	PRICE	WKS
AHC107	10:00-14:00	29/11/2019	FRI	£40.00	1
AHC108	11:00-15:00	30/11/2019	SAT	£40.00	1

CODE	TIME	START	DAY	PRICE	WKS
AHC117	10:00-15:30	16/11/2019	SAT	£30.00	1



### MAKE IT PERSONAL

Madeline McGreevy

This one-day workshop will equip you with the skills to make your own themed party invitations, greeting cards, gift bags and wrapping paper, using a variety of techniques such as printing, stencilling, embossing, marbling and decoupage.

**IMPORTANT:** ALL materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC129	10:00-15:00	24/10/2019	THU	£35.00	1
AHC130	10:00-15:00	24/03/2020	TUE	£35.00	1



### RAG RUGS WORKSHOP

Rosemary McCartney, BA

On this one-day workshop, you will learn how to use Rag Rug techniques to design and make a cushion pad, cushion cover or wall decoration using ends of yarn, off cuts from other projects and old T-shirts and clothes you may have lying about the house!

**IMPORTANT:** Please bring with you sharp scissors (or a cutting mat and rotary cutter) and a selection of yarn, fabric and an old T-Shirt. Some materials are supplied

CODE	TIME	START	DAY	PRICE	WKS
AHC114	10:30-15:30	25/01/2020	SAT	£35.00	1



### SPINDLE SPINNING - FLEECE TO FABRIC

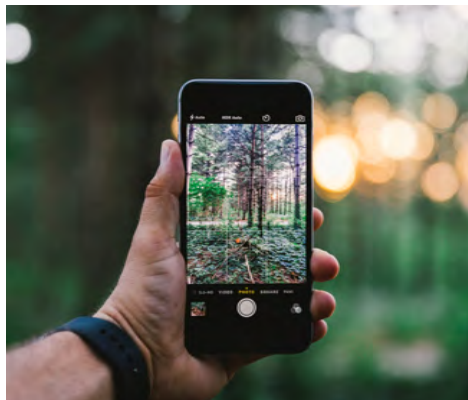
Rosemary McCartney, BA

Over the four weeks of the course, you will learn the art of carding, drafting and spinning, using a hand-held spindle, to create your own wool yarn from scratch. You will also get the chance to use a traditional spinning wheel.

**IMPORTANT:** Please bring an apron with you. All materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC113	19:00-21:00	03/02/2020	MON	£59.00	4





### THE ART OF MOBILE PHOTOGRAPHY

Gerry Coe



The course, with internationally acclaimed photographer Gerry Coe, will equip you with the skills and techniques to use a range of 'apps' to enhance and transform images into works of art. Students will learn retouching skills and how to prepare their photographs for printing.

**NO CLASS:** 28th October 2019

**IMPORTANT:** The course is open to smartphone or tablet users including iPhone, Android and Windows devices. At time of enrolment, please advise what device you will be bringing to class

CODE	TIME	START	DAY	PRICE	WKS
AHC111	19:00-21:00	23/09/2019	MON	£66.00	10



### PORTRAIT PHOTOGRAPHY WORKSHOP

Gerry Coe

Portrait photography is all about people. Learn how to create fabulous individual and family portraits on this one day workshop and the importance of having the right equipment for the job - lenses, lighting, reflectors, backdrops, camera and much more.

CODE	TIME	START	DAY	PRICE	WKS
AHC131	10:00-16:00	07/03/2020	SAT	£60.00	1



### DIGITAL PHOTOGRAPHY

Dr Richard Greenwood,  
BSc GradCertEd MEd MPhil PhD FHEA



Learn how to improve your landscape, portrait and still life photographs and use Adobe Photoshop Elements to edit and enhance your photographs. This is a 'hands-on' course which will involve lots of sharing photographic successes and failures!

**NO CLASSES:** 8th and 15th April, 13th May 2020

**IMPORTANT:** Email address is essential, please provide at time of enrolment. Participants should have basic IT skills and access to their own digital camera

CODE	TIME	START	DAY	PRICE	WKS
AHC110	19:00-21:00	25/03/2020	WED	£66.00	10



### WOODCARVING FOR BEGINNERS

Steve Ryan, BA (Hons)



Do you appreciate the beauty and flowing lines of a woodcarving? If so, this beginner's woodcarving class is for you. The aim of the class is to develop the basic skills to produce a relief carving of a leaf. The class is aimed at beginners who would like an introduction to woodcarving.

**NO CLASS:** 23rd September 2019

**IMPORTANT:** All tools and materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC119	18:30-20:30	02/09/2019	MON	£110.00	6



### INTRODUCTION TO WOODCARVING

Steve Ryan, BA (Hons)

Woodcarving is a fun, accessible and creative skill to learn. The aim of this one-day workshop is to produce a woodcarving, from one of four different designs. The course is ideal for beginners who want to try something new and those who want to improve their woodcarving skills.

**IMPORTANT:** All tools and materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC120	10:00-17:00	02/10/2019	WED	£85.00	1
AHC124	10:00-17:00	23/04/2020	THU	£85.00	1



### WOODCARVING: THE NEXT STEP

Steve Ryan, BA (Hons)



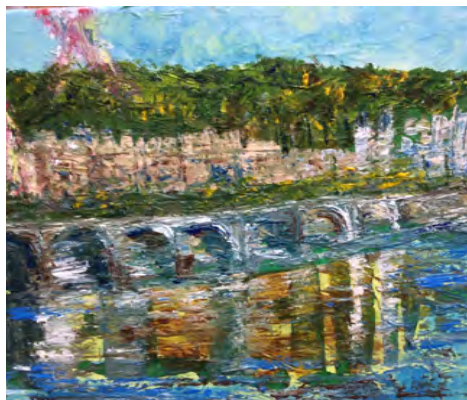
This class is aimed at those who have completed the Woodcarving for Beginners course, or have already acquired basic woodcarving skills, and would like to improve their skills and be able to produce a relief woodcarving of their own design.

**NO CLASS:** 16th March 2020

**IMPORTANT:** All tools and materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC121	18:30-20:30	20/01/2020	MON	£139.00	10





### PAINTING IN OILS AND ACRYLIC

Vivien Palmer, BA (Hons) ATD



Learn to paint in a friendly and supportive atmosphere. This course, aimed at beginners and improvers, will cover introductory painting techniques such as colour mixing, brushwork, perspective, and more advanced methods including under-painting, impasto and the use of glazes.

**NO CLASS:** 30th October 2019

**IMPORTANT:** Please bring your own art materials. Quality artists' easels and a file of landscape images are available

CODE	TIME	START	DAY	PRICE	WKS
AHC122	18:30-21:00	25/09/2019	WED	£85.00	8
AHC123	11:00-13:30	29/01/2020	WED	£85.00	8



### THE JOY OF JEWELLERY

Celine Traynor, BA (Hons)



With an emphasis on creativity, you will learn how to design and make a necklace. With a plethora of materials to work with, you will learn how to connect various component parts to create a unique design- big or small, minimal or detailed, mono-toned or colourful, it's your designer piece!

**IMPORTANT:** All tools and materials are supplied.

CODE	TIME	START	DAY	PRICE	WKS
AHC125	11:00-13:00	04/02/2020	TUE	£60.00	4
AHC126	11:00-13:00	28/04/2020	TUE	£60.00	4



### PICTURE IN A DAY

Vivien Palmer, BA (Hons) ATD

A superb one-day workshop in which you will create and take home a masterpiece! Vivien will demonstrate, in easy-to-follow steps, how to create a beautiful landscape or still-life painting. Some experience is advisable.

**IMPORTANT:** Quality artist easels provided. Participants will be notified of materials required at time of enrolment.

CODE	TIME	START	DAY	PRICE	WKS
AHC109	10:30-15:30	29/02/2020	SAT	£40.00	1
AHC112	10:30-15:30	30/05/2020	SAT	£40.00	1



### CLAY: MYTH, MEMORY AND MATERIALITY

Kerrie Hanna, BA Contemporary Applied Arts

Clay is a material that has been used through the ages to convey messages. On this course you will embark on a journey of discovery where you will explore ancient stories through the medium of clay, so you can continue the tradition. A range of different hand-building skills will be explored.

**IMPORTANT:** Some materials provided. Please bring your own apron or protective clothing.



### CHRISTMAS IN CLAY

Kerrie Hanna, BA Contemporary Applied Arts

On this fun Christmas workshop, you will design and create your own personalised Christmas clay decorations incorporating lace, beads, ribbon, themed stamps or foliage. A super workshop to do with your child or grandchild.

**IMPORTANT:** Some materials provided. Please bring your own apron or protective clothing and cookie cutters.



### FLORAL ORIGAMI: KUSUDAMA FLOWERS

Jeanette Rankin

The ancient art of floral origami has been used for thousands of years to create beautiful gifts and decorations. Suitable for beginners, you will learn how to make beautiful flowers, butterfly bunting and create your own personalised gifts.

**NO CLASS:** 31st October 2019

**IMPORTANT:** ALL materials included.

CODE	TIME	START	DAY	PRICE	WKS
AHC103	18:30-20:30	18/09/2019	WED	£95.00	6
AHC104	18:30-20:30	19/02/2020	WED	£95.00	6

CODE	TIME	START	DAY	PRICE	WKS
AHC115	10:30-15:30	30/11/2019	SAT	£40.00	1
AHC116	10:30-15:30	07/12/2019	SAT	£40.00	1

CODE	TIME	START	DAY	PRICE	WKS
AHC127	18:30-21:00	03/10//2019	THU	£75.00	6
AHC128	09:30-12:00	13/02/2020	THU	£75.00	6



### SOAP MAKING

Carla Teixeira-Falls, *Aromatherapy*

In this workshop you will learn the basics of soap making using natural herbs, colours and essential oils. A hands-on workshop, relax and release your creativity as you make your own soap with your favourite fragrances and ingredients from nature.

**IMPORTANT:** ALL materials are provided

**RECOMMENDED READING:** 300 Handcrafted Soaps, Marie Browning, Sterling Publishing Co

CODE	TIME	START	DAY	PRICE	WKS
AHC118	17:30-20:30	03/10/2019	THU	£52.00	1
AHC137	17:30-20:30	25/03/2020	WED	£52.00	1



### BATH AND BODY PRODUCTS

Carla Teixeira-Falls, *Aromatherapy*

Learn how to make natural, healthy products such as bath bombs and body butters using herbs, colours and essential oils, as well as clay. This is a hands-on workshop that will help you relax, release creativity and explore nature's fragrances and ingredients.

**IMPORTANT:** ALL materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC133	13:00-16:00	14/11/2019	THU	£52.00	1
AHC135	13:00-16:00	25/03/2020	WED	£52.00	1



### HERBS AND HOME REMEDIES

Garreth Falls, *BTh Adv Dip BMP*

Explore the history of herbal medicine and uncover the knowledge passed on through the generations. The class will discuss the use of herbs in homemade remedies by apothecaries and in ancient monasteries. We will take a nostalgic look at folk-lore from Culpepper right through to Jack and Jill, who fell down the hill.

**IMPORTANT:** ALL materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC136	17:30-20:30	25/03/2020	WED	£52.00	1



### BASKETS AND BOXES

Jeanette Rankin

The image speaks for itself. Suitable for beginners, you will learn how to make beautiful baskets and boxes and create your own personalised gift for Easter and other special occasions. Great for wedding favours.

**IMPORTANT:** ALL materials are provided



### SEWING SAVIOURS

Jeanette Rankin

Hand sewing essentials you will love! Discover more about Thread Catcher, Table Weights and Trinket Trough. Suitable for absolute beginners.

**IMPORTANT:** Some materials are provided



### FESTIVAL FAVOURITES

Jeanette Rankin

Did Flower Power ever really disappear? A great workshop to attend with your teenage daughter or granddaughter. Reinvent headbands or something unique and special while reminiscing and telling stories.

**IMPORTANT:** ALL materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC101	09:30-12:00	11/03/2020	WED	£45.00	4
AHC140	18:30-21:00	11/03/2020	WED	£45.00	4

CODE	TIME	START	DAY	PRICE	WKS
AHC102	09:30-12:00	22/04/2020	WED	£35.00	3

CODE	TIME	START	DAY	PRICE	WKS
AHC139	18:30-21:00	23/09/2019	MON	£21.00	2
AHC138	18:30-21:00	02/03/2020	MON	£21.00	2





### FAMILY TREE PROJECT

Madeline McGreevy

Spend the morning painting a wooden tree ready to add a heart for each family member. A decorative background will be created and then the tree will be placed in a 3D frame ready to display in your home. A great intergenerational workshop to be enjoyed with your child or grandchild.

**IMPORTANT:** All materials are provided

CODE	TIME	START	DAY	PRICE	WKS
AHC142	11:00-14:30	19/10/2019	SAT	£50.00	1
AHC143	11:00 -14:30	21/03/2020	SAT	£50.00	1



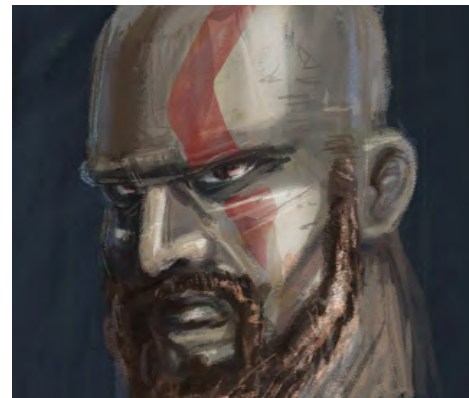
### LOVE ART: SO START

Mo McDevitt, *Dip AD ATC BA (Hons) NICVA INSEA*

During this painting course you will explore art materials and processes used to create a project supporting personal style. The use of images from Art History sources allows for comparison and motivation. Includes an outing to a local gallery. Some art experience is necessary. Celebrate and set free the artist within.

**IMPORTANT:** Please bring your own art supplies

CODE	TIME	START	DAY	PRICE	WKS
AHC132	10:00-13:00	27/02/2020	THU	£74.00	6




### ART PORTFOLIO PREPARATION

Mo McDevitt, *Dip AD ATC BA (Hons) NICVA INSEA*

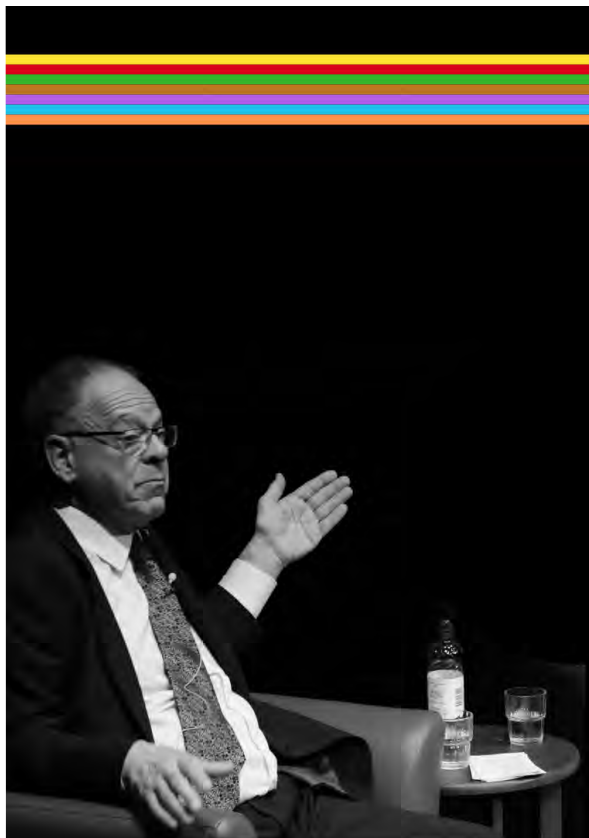
Ideal for those seeking to apply for third level placements and suitable for second level pupils and adults. To realise your full potential and allow for research and improvement, these consecutive days encourage self-motivation and personal confidence. Preparation and confidence are key to success.

**IMPORTANT:** Some materials are provided

CODE	TIME	START	DAY	PRICE	DAYS
AHC141	10:00-15:00	28/10/2019	MON	£100.00	4

A photograph of a crowd of people clapping, with warm, golden-brown lighting. The focus is on the hands and arms in the foreground, with a man's face visible in the center. The background is blurred, showing more people clapping.

**‘To make sense of  
current affairs we  
need to  
understand and  
appreciate the  
past’**



# an audience with...

From the people who brought you Living History, a new series of live interviews with special guests from the worlds of film, television, music, sport and business.

Don't miss out. Register now at [lifelong@stran.ac.uk](mailto:lifelong@stran.ac.uk)



## 20TH CENTURY REVOLUTIONS

Chris Wilson, MA (Cantab) MA Cert Ed (PCE) ACP MTA



The 20th century was defined by social and political upheaval. Democracy struggled with rising threats from political extremes. This course examines the similarities between the revolutions of Russia and Cuba, the events that led to Hitler's rise and the radical reforms under Attlee in post-war Britain.

**NO CLASS:** 28th October 2019



## INTRODUCING POLITICAL PHILOSOPHY

Chris Wilson, MA (Cantab) MA Cert Ed (PCE) ACP MTA



Baffled by the 'isms'? Liberalism, Socialism, Marxism? Confused by Mill and Marx. What is meant by Liberty or Equality? Political Philosophy is concerned with the Big Ideas. What does a good society really look like? Is a strong state a help, a hindrance or a conspiracy against working people? Come along and find out!

**NO CLASS:** 28th October 2019



## HISTORY OF ART 1: MODERNISM, THE REVOLUTION BEGINS, 1770-1860

Dr John Nixon, BA (Hons) DPhil



The course looks at art, architecture, craft and design from 1770-1860, the years that witnessed the emergence of Modernism, led by Jacques-Louis David, painter to France's Louis XVI and Napoleon. The course provides a working knowledge and understanding of: art history concepts and issues; the roles and achievements of artists who defined the period; and the relationship between society and art.

**NO CLASS:** 29th October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA237	14:00-16:00	02/09/2019	MON	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
CHA217	18:30-20:30	02/09/2019	MON	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
CHA221	19:00-21:00	10/09/2019	TUE	£66.00	12





## 1918-1919: THE LAST YEAR OF WAR, THE FIRST YEAR OF PEACE

Ronnie Hanna, BA (Hons) MA Modern History

The last year of the Great War - the Germans come close to winning, the great spring offensive fails and the Allies launch a counter-offensive that brings victory. Peace, controversy, civil war, attempted revolution and widespread industrial and civil unrest. Just how peaceful was the year 1919?

**NO CLASS:** 29th October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA201	14:00-16:00	17/09/2019	TUE	£66.00	10



## GREAT WORKS THAT SHAPED CLASSICAL MUSIC

Samuel Q. Smith, MMus BMus (Hons) LRAM NYCOS KMus2

Discover the great leaps and developments made in music, listening, exploring and analysing great landmark pieces to arrive at an enriched and deeper understanding of the music. This introductory course is suited to anyone with a love of classical music and an inquisitive mind. No formal musical training is necessary.

**NO CLASS:** 28th October 2019

**RECOMMENDED READING:** *The Cambridge Music Guide*, Edited by Stanley Sadie and Alison Latham, The Press Syndicate of the University of Cambridge.

CODE	TIME	START	DAY	PRICE	WKS
CHA203	18:30-20:30	23/09/2019	MON	£50.00	8



## THE OFFICE OF THE AMERICAN PRESIDENCY

Dr Daniel Brown, PhD MA BA History

This course charts the history of the Office, from its first incumbent, George Washington, to the present day. Explore key Presidencies that steered the Republic through Civil War, world wars and the Great Depression, to the rise of Reaganomics and how we arrived at Donald Trump's tenure.

**NO CLASS:** 29th October 2019, 7th and 14th April 2020

CODE	TIME	START	DAY	PRICE	WKS
CHA233	19:00-21:00	24/09/2019	TUE	£66.00	10
CHA234	11:00-13:00	21/01/2020	TUE	£66.00	10



### HISTORY OF THE RUSSIAN SECRET SERVICE

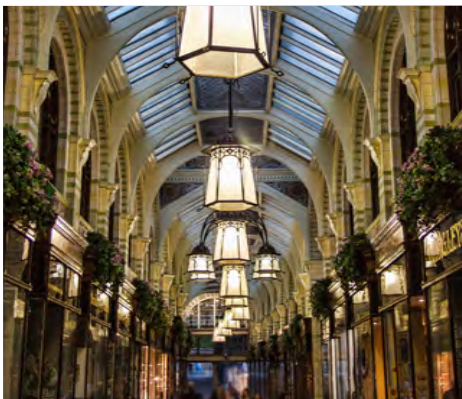
Angela Hunt, BA MA DELE MIR



The Russian Secret Service under the Csars or the Supreme Soviet is characterised by its obsession with the tactics of the agent provocateur. Russia has always employed more secret agents than any other power and spent more on intelligence and its espionage network. We open the doors for a sneak peak!

**NO CLASS:** 29th October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA218	12:00-14:00	24/09/2019	TUE	£66.00	10
CHA220	10:00-12:00	30/01/2020	THU	£66.00	10



### THE VICTORIAN CITY

Lucy Wray, BA MA



The Victorian City has long captured the imagination, depicted through literature, television and film. This course explores the cultural and social history of this phenomenon, from the decadence of department stores to the squalor of the slums, and how society's richest and poorest lived in an urban space.

**NO CLASS:** 31st October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA214	19:00-20:30	10/10/2019	THU	£37.00	6
CHA215	11:00-12:30	07/02/2020	FRI	£37.00	6



### 1945 AND ALL THAT!

Chris Wilson, MA (Cantab) MA Cert Ed (PCE) ACP MTA



The end of World War II witnessed a social revolution in Britain. The Labour Government swept to power. The Empire was dismantled. NATO was established. The NHS was set-up. 20% of the British economy was nationalised. Why did it happen? What is the legacy? How was it managed when the UK was broke?

**NO CLASS:** 16th March 2020

**RECOMMENDED READING:** Mastering Modern British History, Norman Lowe, Palgrave

CODE	TIME	START	DAY	PRICE	WKS
CHA207	14:00-16:00	13/01/2020	MON	£66.00	10



### RUSSIA IN REFORM AND REVOLUTION

Chris Wilson, MA (Cantab) MA Cert Ed (PCE) ACP MTA



For some, this marked a new golden age; for others, a descent into totalitarianism and tyranny. Even now, countries are influenced by the legacy of the 'Ten days that shook the world'. This course examines the events that brought the Bolsheviks to power, and then invites the consideration – was it worth it?

**NO CLASS:** 16th March 2020

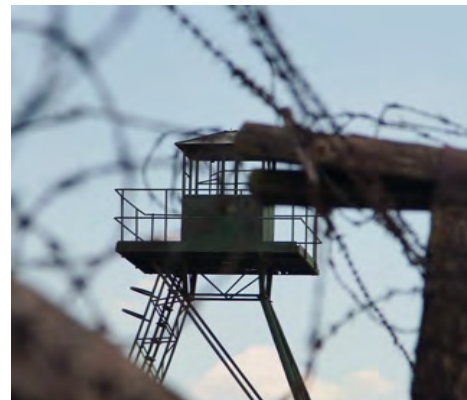


### LET THE WORD GO FORTH

Ronnie Hanna, BA (Hons) MA Modern History



When elected as America's youngest ever president, John Fitzgerald Kennedy heralded a new era of optimism and vitality. The verdict on his presidency is still a divided one, partly because it is difficult to separate JFK the man from the myth. This course will attempt to do just that.



### IRON CURTAIN: THE CRUSHING OF EASTERN EUROPE 1944-56

Angela Hunt, BA MA DELE MIR



Post WWII, the Soviet Union radically transformed Central Europe. By the early 50s, the grey, war-damaged capitals of 'ancient states' of the region and the cult of Stalinism were visible and the phrase 'Iron Curtain' was more than just a metaphor: walls, fences and barbed wire literally separated East from West.

CODE	TIME	START	DAY	PRICE	WKS
CHA208	18:30-20:30	20/01/2020	MON	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
CHA202	14:00-16:00	21/01/2020	TUE	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
CHA224	14:00-16:00	29/01/2020	WED	£66.00	10

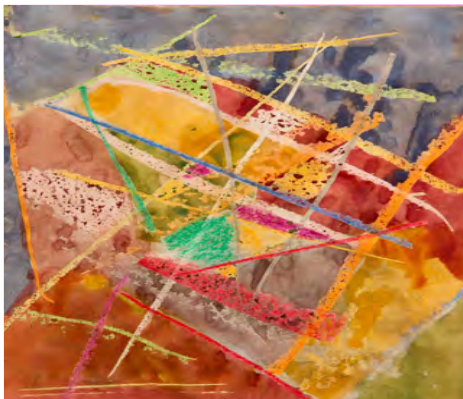


### FROM PETER THE GREAT TO GORBACHEV

Angela Hunt, BA MA DELE MIR



The course examines Tsarist Russia from Peter the Great to the Russian Bolshevik Revolution, involvement in the World Wars and Stalin's iron rule, right up to the fall of communism. Russia's history is significant as a shaper of world history and a story of Russian human experience.



### HISTORY OF ART 2: REALISM TO ABSTRACTION 1860-1914

Dr John Nixon, BA (Hons) DPhil



By 1880, Post-Impressionism was proposing radical alternatives to traditional Renaissance-style ways of seeing and representing – alternatives both informed by and reacting to photography. 1890–1914 saw Matisse and Fauvism, Picasso and Cubism, along with Expressionism, Futurism and Abstraction, build on these developments, before World War I interrupted matters, permanently for several leading artists.

**NO CLASS:** 7th and 14th April 2020



### GREAT MUSIC OF THE 20TH AND 21ST CENTURY

Samuel Q. Smith, MMus BMus (Hons) LRAM NYCOS KMus2



How did the 20th and 21st century relate to tonality? What is Serialism? What is Spectralism? How has technology played a role in contemporary classical music? As we look at great pieces, a picture will be painted of a dynamic mountainous musical landscape where musical ideas clash and converge.

**RECOMMENDED READING:** *The Cambridge Music Guide*, Edited by Stanley Sadie and Alison Latham, The Press Syndicate of the University of Cambridge

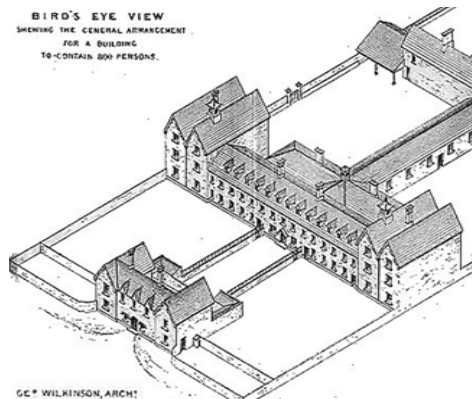
CODE	TIME	START	DAY	PRICE	WKS
CHA223	13:00-15:00	30/01/2020	THU	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
CHA222	19:00-21:00	04/02/2020	TUE	£66.00	12

CODE	TIME	START	DAY	PRICE	WKS
CHA204	18:30-20:30	04/02/2020	TUE	£50.00	8



## CULTURE, HISTORY AND ARCHAEOLOGY



### CHILDHOOD IN THE IRISH WORKHOUSE

Simon Gallaher, BA History MPhil



This course explores the experiences of children who grew up in the workhouse institutions of Ireland (1840 – 1920), looking at topics such as the process of admission into a workhouse, education in the workhouse school and the impact these institutions had upon children's health.

**NO CLASS:** 29th October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA238	19:00-21:00	24/09/2019	TUE	£66.00	10



### A HISTORY OF THE LOCAL LINEN INDUSTRY

John Bradbury, BA (Hons) TCD



This course covers all aspects of our linen heritage; from production techniques to an overall picture of the industry; the mills and factories and Belfast's Linen Quarter; life in the Lagan Valley; and social life and history surrounding the industry.

**RECOMMENDED READING:** *Linen Houses of County Antrim and North Down*, Dr Kathleen Rankin, Ulster Historical Foundation

CODE	TIME	START	DAY	PRICE	WKS
CHA209	14:00-16:00	24/09/2019	TUE	£45.00	6
CHA219	11:00-13:00	25/02/2020	TUE	£45.00	6



### A BRIEF HISTORY OF THE IRISH LANGUAGE

Dr Ian Malcolm, BA PhD



The Irish language is regarded by experts as Europe's oldest vernacular tongue. This course explores its richness from Indo-European roots to the Latin and Norse role in shaping the vocabulary. The politics of language will also be discussed to provide an honest picture of Irish in the 21st century.

**NO CLASS:** 31st October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA216	15:00-17:00	26/09/2019	THU	£50.00	8



**IRISH ICONS: THOSE WHOSE CONTRIBUTIONS MADE IRELAND GREAT**  
Clive Scoular, MSSc

Join Clive as he examines the lives of Maud Gonne, Ethne Carberry, Roger Casement and others who were trailblazers and influencers in Ireland's history and learn more about the formation of organisations such as the Irish Citizen Army and Cumann na mBan. Lively group discussions guaranteed!

**NO CLASS:** 30th October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA211	11:00-13:00	02/10/2019	WED	£50.00	8



**HIDDEN BELFAST: PAST, PRESENT AND FUTURE**  
Arthur Magee, BA MsC

In a fast changing world, where does Belfast stand? Take a look back at our radical history and consider the future of Belfast. This is an interactive and active course that will alternate between the classroom and walking tours of Belfast.

**NO CLASS:** 31st October 2019

**RECOMMENDED READING:** *The Little Book of Belfast*, Raymond O'Regan and Arthur Magee, History Press

CODE	TIME	START	DAY	PRICE	WKS
CHA212	14:00-16:00	17/10/2019	THU	£45.00	6
CHA235	14:00-16:00	23/01/2020	THU	£45.00	6



**LOST VILLAGES OF BELFAST**  
Dr Des O'Reilly, BA (Hons), MA, EdD

Many townland names have been forgotten, but many districts still bear their Gaelic denominations. Dr Des O'Reilly examines the history and assesses the extent the individuality of areas like Ballymacarrett, Ballynafeigh, Cregagh, Malone, Edenderry, Ballygomartin, Ligonell and Skegonnell has been retained.

**NO CLASS:** 16th March 2020

CODE	TIME	START	DAY	PRICE	WKS
CHA232	10:30-12:30	20/01/2020	MON	£66.00	10



## HANCOCK'S HALF HOUR TO DERRY GIRLS

Dr Daniel Brown, PhD MA BA History



This course traces the evolution of British television sitcoms, unpacking their political, cultural and historical significance from *Only Fools and Horses* and *Thatcher's Britain* to how *Absolutely Fabulous* denotes changing perceptions of gender roles – context, clips and conversation that will put a smile on your face.

**NO CLASS:** 28th October 2019

CODE	TIME	START	DAY	PRICE	WKS
CHA205	19:00-21:00	23/09/2019	MON	£66.00	10
CHA206	11:00-13:00	20/01/2020	MON	£66.00	10



## THE UNITED IRISHMEN AND THE 1798 REBELLION

Elaine Coyle, BA MSc



During this course you'll delve into the Society of United Irishmen; the political climate and origins of the movement, the rebellion and the impact they had and continue to have. What was the state response to the movement and the Act of Union? How does society think of the Rebellion today?

**RECOMMENDED READING:** *Who Fears to Speak of 98: Commemoration and the continuing impact of the United Irishmen*, Peter Collins, Ulster Historical Foundation

CODE	TIME	START	DAY	PRICE	WKS
CHA213	18:30-20:30	28/01/2020	TUE	£66.00	10



## SPORT AND SOCIETY IN THE 20TH CENTURY UNITED STATES

Dr Daniel Brown, PhD MA BA History



Sport has played a key role in changing 20th century society, whether confronting Nazism at the Berlin Olympics or Communism at the Moscow Olympics to pioneering African-American athletes who have challenged America's 'colour line' or the sexual revolution that opened the field of play for women.

CODE	TIME	START	DAY	PRICE	WKS
CHA236	11:00-13:00	23/01/2020	THU	£66.00	10

A woman with brown hair tied back, wearing a light blue tank top and dark leggings, is crouching in a grassy field. She is wearing white earphones and looking towards the camera with a slight smile. The background is a bright sunset with the sun low on the horizon, creating a warm, golden glow. Trees are visible in the distance.

**‘Keeping active  
is beneficial for  
both your  
physical and  
mental health’**





## DANCERCISE

Adele Marsh



A fun and effective workout to Latin, Pop and Disco music, Dancercise is great for stress relief, improved coordination and cardiovascular fitness, and you'll learn new moves and make new friends. All levels welcome, no experience necessary. It's as easy as ABCD because Any Body Can Dance!

**NO CLASS:** 31st October, 19th-31st December 2019, 2nd January, 4th-19th April 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues. Dance trainers or appropriate footwear is required.

CODE	TIME	START	DAY	PRICE	WKS
HF116	13:00-14:00	05/09/2019	THU	£45.00	10
HF117	13:00-14:00	21/11/2019	THU	£45.00	10
HF118	13:00-14:00	13/02/2020	THU	£45.00	10



## STRICTLY STRANMILLIS

Adele Marsh



You've seen it on Strictly, now Ballroom and Latin dance comes to Stranmillis. Come and learn to Waltz, Foxtrot and Quickstep your way around the Dance Studio. Take your partner for a lively Cha Cha, Jive or Samba as you become a confident social dancer. You will never get bored!

**NO CLASS:** 31st October, 19th-31st December 2019, 2nd January, 4th-19th April 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HF113	11:00-12:30	05/09/2019	THU	£45.00	10
HF114	11:00-12:30	21/11/2019	THU	£45.00	10
HF115	11:00-12:30	13/02/2020	THU	£45.00	10



## MOVERS AND SHAKERS

Leah Henderson



An exhilarating exercise and dance class, you'll forget you're working out. Best of all, you don't need any previous dance experience! The workout is basically watch and follow. Movers and Shakers is fun and effective, so be sure to bring family and friends along.

**NO CLASS:** 30th October 2019

**IMPORTANT:** Please inform instructor of any medical issues

CODE	TIME	START	DAY	PRICE	WKS
HF125	18:00-19:00	25/09/2019	WED	£45.00	10
HF132	18:00-19:00	22/01/2020	WED	£45.00	10



## GENTLE FLOW YOGA

Orla Wallace



This is a gentle meditative Yoga class, great for beginners and those who want a slower paced and relaxing Yoga practice. Gentle Flow Yoga guides you towards flexibility, strength and mental clarity. The Chakra system helps us identify areas of the mind and body which need awakened or balanced. Enjoy deep relaxation at the end of each class.

**NO CLASS:** 28th and 29th October 2019, 7th and 14th April and 19th May 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW140	17:30-19:00	16/09/2019	MON	£55.00	10
HFW141	17:30-19:00	17/09/2019	TUE	£55.00	10
HFW142	17:30-19:00	06/01/2020	MON	£55.00	10
HFW143	17:30-19:00	14/01/2020	TUE	£55.00	10
HFW145	17:30-19:00	24/03/2020	TUE	£55.00	10



## CHAKRA FLOW YOGA

Orla Wallace



Chakra Flow Yoga guides you to better flexibility, strength and mental clarity. Each class begins with breath work and core strengthening. Sharpen your awareness as you move through challenging poses using the breath as your guide. Enjoy deep relaxation at the end of each class.

**NO CLASS:** 28th and 29th October 2019, 7th and 14th April and 19th May 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW146	19:00-20:30	16/09/2019	MON	£55.00	10
HFW147	19:00-20:30	17/09/2019	TUE	£55.00	10
HFW148	19:00-20:30	13/01/2020	MON	£55.00	10
HFW149	19:00-20:30	14/01/2020	TUE	£55.00	10
HFW151	19:00-20:30	24/03/2020	TUE	£55.00	10



## MINDFUL MEDITATION

Orla Wallace



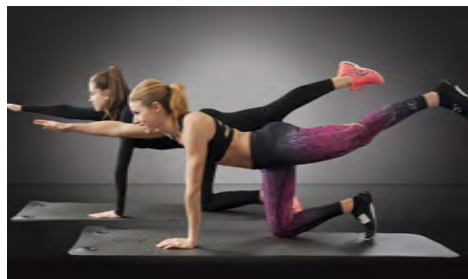
Evidence has shown that Mindful Meditation can help us manage stress, anxiety and depression. In this course we will learn how to establish a daily meditation practice and how to bring mindfulness into all aspect of our day, so we can cope better with life's ups and downs.

**NO CLASS:** 31st October 2019, 9th and 16th April 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW144	12:30-14:00	19/09/2019	THU	£55.00	10
HFW150	12:30-14:00	16/01/2020	THU	£55.00	10
HFW152	12:30-14:00	26/03/2020	THU	£55.00	10

## HEALTH, FITNESS AND WELLBEING



### YOGALATES

David Ogborn, BA(Hons) MIB NIIC OCR CYQ



Yogalates brings together the fluid movement of Yoga and core control of Pilates. Activities will help protect the spine against injury, support the internal organs and promote good posture. The focus is on balance, muscle toning, strength and equilibrium of the mind, soul and body.

**NO CLASS:** 30th October 2019

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW135	11:00-12:00	11/09/2019	WED	£45.00	10
HFW136	11:00-12:00	22/01/2020	WED	£45.00	10
HFW137	11:00-12:00	22/04/2020	WED	£45.00	10



### BODY TONING WITH XTRAS

Leah Henderson



This class will sort out those problem areas through a variety of fun exercises. Body Toning helps shape your shoulders, arms, legs, bum and abs. This class is ideal for both beginners and more experienced individuals. With a well-toned body, you are set for life.

**NO CLASS:** 30th October 2019

**IMPORTANT:** Hand held weights and hoola hoops will be incorporated

CODE	TIME	START	DAY	PRICE	WKS
HFW133	19:30-20:30	25/09/2019	WED	£45.00	10
HFW134	19:30-20:30	22/01/2020	WED	£45.00	10



### YOGA WELLBEING

Laura Matthews, SYQ 200 Hr Yoga Teacher



A breath-led class focusing on introducing the foundations of yoga through asana, Pranayama and meditation practices. The training aims to strengthen the body whilst calming the mind. Equipment is provided, however, you are welcome to bring your own.

**NO CLASS:** 1st November 2019, 10th and 17th April

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW119	11:00-12:00	20/09/2019	FRI	£45.00	10
HFW120	11:00-12:00	10/01/2020	FRI	£45.00	10
HFW121	11:00-12:00	20/03/2020	FRI	£45.00	10



## PILATES FOR BEGINNERS

Jacquleen Henderson



Regular Pilates classes can help create a lean and toned body. Other benefits include enhanced flexibility, stronger bones and improved balance skills. Pilates is an exercise programme dating back to 1920 and is proven to help with core activation. Mats are provided, however you are welcome to bring your own.

**NO CLASS:** 22nd and 31st October 2019, 7th and 14th April 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW107	11:00-12:00	03/09/2019	TUE	£45.00	10
HFW108	11:00-12:00	07/01/2020	TUE	£45.00	10
HFW109	11:00-12:00	17/03/2020	TUE	£45.00	10



## PILATES FOR IMPROVERS

Jacquleen Henderson



The course focuses on spinal, core and flexibility awareness. The exercises performed aim to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. Mats are provided, however you are welcome to bring your own.

**NO CLASS:** 22nd and 31st October 2019, 7th and 14th April 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW101	12:00-13:00	03/09/2019	TUE	£45.00	10
HFW104	13:00-14:00	03/09/2019	TUE	£45.00	10
HFW102	12:00-13:00	07/01/2020	TUE	£45.00	10
HFW105	13:00-14:00	07/01/2020	TUE	£45.00	10
HFW103	12:00-13:00	17/03/2020	TUE	£45.00	10
HFW106	13:00-14:00	17/03/2020	TUE	£45.00	10



## TAI CHI FOR HEALTH AND WELLBEING

Jane Burke



Discover the soothing, fortifying effects of slow movement with focused intent. Tai Chi is designed to promote all aspects of physical and mental health, creating a feeling of wellbeing. Derived from martial arts, it is practised for its health benefits. It is ideal for beginners, as well as seasoned practitioners.

**NO CLASS:** 30th October 2019 and 29th January 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW110	19:00-20:30	11/09/2019	WED	£55.00	10
HFW111	19:00-20:30	22/01/2020	WED	£55.00	10
HFW114	19:00-20:30	22/04/2020	WED	£55.00	10





### PEACE AND MINDFULNESS

Marie Neeson, BEd (Hons) Eng Lit



Feeling exhausted? Not enough hours in the day? Make a positive change today with meditation and breathing techniques. There will be an opportunity to develop a 'Gratitude Attitude' while learning a range of relaxation techniques. Learn techniques that allow you to have more peace, calm and happiness in your life.

**NO CLASS:** 28th October 2019 and 19th May 2020

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW122	19:00-20:30	30/09/2019	MON	£50.00	8
HFW123	10:00-11:30	20/01/2020	MON	£50.00	8
HFW124	19:00-20:30	21/04/2020	TUE	£50.00	8



### PILATES FOR BEGINNERS

Jonny Logue



Regular Pilates classes can help create a lean and toned body. Other benefits include enhanced flexibility, stronger bones and improved balance skills. Pilates is an exercise programme dating back to 1920 and is proven to help with core activation. Mats are provided, however you are welcome to bring your own.

**NO CLASS:** 31st October 2019

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW129	10:00-11:00	12/09/2019	THU	£45.00	10
HFW130	10:00-11:00	23/01/2020	THU	£45.00	10
HFW131	10:00-11:00	23/04/2020	THU	£45.00	10



### PILATES FOR IMPROVERS

Jonny Logue



The course focuses on spinal, core and flexibility awareness. The exercises performed aim to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing. Mats are provided, however you are welcome to bring your own.

**NO CLASS:** 31st October 2019

**IMPORTANT:** Please inform instructor of any physical or medical issues

CODE	TIME	START	DAY	PRICE	WKS
HFW126	11:00-12:00	12/09/2019	THU	£45.00	10
HFW127	11:00-12:00	23/01/2020	THU	£45.00	10
HFW128	11:00-12:00	23/04/2020	THU	£45.00	10

A smile is the  
same in any  
language'



# LANGUAGE

## LANGUAGE – WHICH LEVEL?

If you are not sure which level is appropriate, ask the tutor for advice and guidance on your first evening.

### Beginners Level 1:

You are a complete beginner, with no experience of the language.

### Beginners Level 2:

You will have attended Beginners Level 1 course or similar and can use everyday expressions and basic phrases.

### Beginners Level 3:

You will have 20+ weeks taught experience and be able to understand short sentences and frequently used expressions related to simple and routine tasks.

### Holiday:

Aimed at learners planning to travel, participants will have a basic knowledge of the language.

### Lower Intermediate:

You are more than a beginner and can deal with many common 'survival' situations confidently.

### Intermediate:

You have a reasonable foundation in the language (e.g. to 'O' Level/GCSE level or equivalent) and can deal with most common 'survival' situations confidently.

### Upper Intermediate:

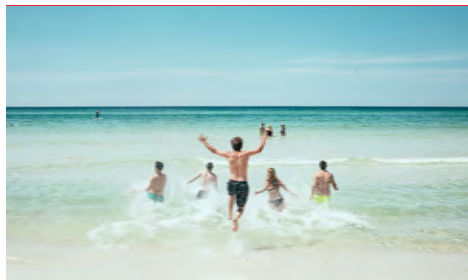
You will have a good vocabulary and an advanced understanding of grammatical rules and your speaking and listening skills allow you to be relatively confident in most social or work settings.

### Conversational:

You are a confident speaker and can converse easily in the language.







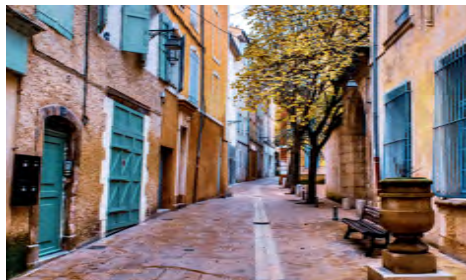
## TRAVELLER'S GUIDE TO FRENCH

Marianne Casal, MA



This course is ideal for business or leisure travellers. Participants will have a basic knowledge of the language and will learn helpful phrases to use while travelling. By the end of the course you will be able to order food in restaurants, buy a bus or train ticket and converse with locals.

**NO CLASS:** 13th and 20th May 2020



## FRENCH CONVERSATION FOR BEGINNERS - LEVEL 2

Marianne Casal, MA



It is time to move on and further develop your French language skills. The aim of this course is to build confidence and the classes are conducted in English. However, you will be encouraged to converse in French as much as possible, as this is by far the best way to learn a language.

**NO CLASS:** 28th October 2019 and 16th March 2020



## CONVERSATIONAL FRENCH

Marianne Casal, MA



Designed to help confident French speakers converse in the language, the tutor will provide opportunities to improve reading and comprehension skills in a fun and lively environment, with group discussions on news and current affairs to improve your conversation skills.

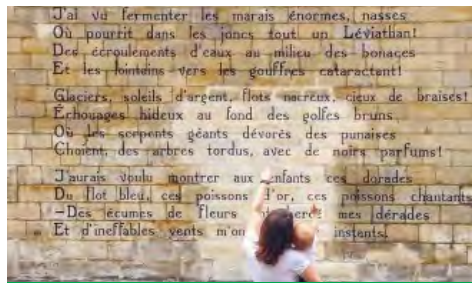
**NO CLASS:** 30th October 2019

CODE	TIME	START	DAY	PRICE	WKS
LNG137	13:00-14:30	11/09/2019	WED	£50.00	7
LNG138	13:00-14:30	22/04/2020	WED	£50.00	7

CODE	TIME	START	DAY	PRICE	WKS
LNG136	13:00-14:30	30/09/2019	MON	£55.00	10
LNG133	13:00-14:30	20/01/2020	MON	£55.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG134	16:00-17:30	25/09/2019	WED	£55.00	10
LNG135	16:00-17:30	29/01/2020	WED	£55.00	10





**UPPER INTERMEDIATE FRENCH  
CONVERSATION**

Brigitte Gourley, BA (Hons) PGCE DE MA



Aimed at enthusiastic French language learners, the course will extend your practical skills of reading, listening, speaking and writing and explore different cultural aspects of France using a variety of French media. Classes are primarily conducted in French and include discussions, role play and debates.

**NO CLASS:** 29th October 2019, 7th, 15th April and 19th May 2020

CODE	TIME	START	DAY	PRICE	WKS
LNG130	18:30-20:30	24/09/2019	TUE	£66.00	10
LNG131	18:30-20:30	14/01/2020	TUE	£66.00	10
LNG132	18:30-20:30	24/03/2020	TUE	£66.00	10



**CAFÉ CULTURE FRANCAIS**

Brigitte Gourley, BA (Hons) PGCE DE MA

A new concept in developing your French language conversation skills, the course focuses on French cinema. The group will meet in Scholars Bar to share their interest and love of French films and culture. During the Spring and Summer months the course will include 'le grand quiz Français' and concours de petanque/boules.

CODE	TIME	START	DAY	PRICE	WKS
LNG129	12:00-15:00	19/10/2019	SAT	£15.00	1
LNG143	12:00-15:00	09/11/2019	SAT	£15.00	1
LNG144	12:00-15:00	07/12/2019	SAT	£15.00	1
LNG145	12:00-15:00	18/01/2020	SAT	£15.00	1
LNG146	12:00-15:00	22/02/2020	SAT	£15.00	1





## BEGINNERS' IRISH - LEVEL 1

Dr Ian Malcolm, BA PhD



This popular course is aimed at those who would like to start learning Irish, with an emphasis on Ulster Irish. The course will provide a strong foundation in spoken Irish, but care is taken to make sure that learners achieve a solid understanding of essential grammar.

**NO CLASS:** 30th October 2019

**RECOMMENDED READING:** Irish for Beginners, Angela Wilkes, Usborne



## BEGINNERS' IRISH - LEVEL 2

Dr Ian Malcolm, BA PhD



A great opportunity for 'rusty returners', who may have learned some Irish in the past, to get back up to speed. The course will provide a strong foundation in spoken Irish, but care is taken to make sure that learners achieve a solid understanding of essential grammar.

**RECOMMENDED READING:** Irish for Beginners, Angela Wilkes, Usborne



## BEGINNERS' IRISH - LEVEL 3

Dr Ian Malcolm, BA PhD



The course will provide a strong foundation in spoken Irish but care is taken to make sure that learners achieve a solid understanding of essential grammar points. The class will be useful for students who would like to move on to the Conversational Irish course.

**RECOMMENDED READING:** Irish for Beginners, Angela Wilkes, Usborne

CODE	TIME	START	DAY	PRICE	WKS
LNG128	19:00-21:00	18/09/2019	WED	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG127	19:00-21:00	22/01/2020	WED	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG126	19:00-21:00	22/04/2020	WED	£66.00	10



**LOWER INTERMEDIATE IRISH CONVERSATION**

Dr Ian Malcolm, BA PhD



This course is for learners who'd like to start putting their cupla focal into action and get talking as Gaeilge. It's aimed at those who have a basic grasp of the language but want to learn essential conversational skills. It will cover everyday situations, from talking about yourself and your family to ordering food and drink.

**NO CLASS:** 31st October 2019

**RECOMMENDED READING:** Caint agus Comhra, Mile Failte, Mile Failte

CODE	TIME	START	DAY	PRICE	WKS
LNG125	19:00-21:00	19/09/2019	THU	£66.00	10
LNG124	19:00-21:00	23/01/2020	THU	£66.00	10
LNG123	19:00-21:00	23/04/2020	THU	£66.00	10



**UPPER INTERMEDIATE IRISH CONVERSATION**

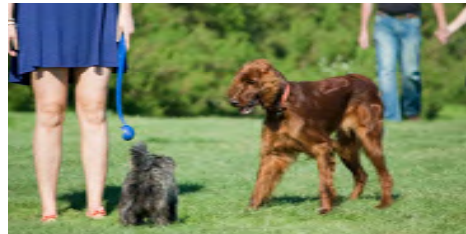
Dr Ian Malcolm, BA PhD



This course is for those who are already competent in the language. Students are encouraged to consider a range of material, including Irish language poetry and television programmes 'as Gaeilge' with the aim of developing the ability to critique and express opinions in Irish. Not suitable for beginners or improvers.

**RECOMMENDED READING:** Caint agus Comhra, Mile Failte, Mile Failte

CODE	TIME	START	DAY	PRICE	WKS
LNG122	15:00-17:00	23/04/2020	THU	£66.00	10





## BEGINNERS' ITALIAN - LEVEL 1

Dr Stefania Faraone,  
PhD Anglistics BA (Hons) CLTA



Participants will be introduced to the language through listening, reading, writing and speaking. This is a practical course, based on a range of everyday situations that will help you communicate in Italian and enjoy the wealth of experiences Italy has to offer.

**NO CLASS:** 30th October 2019, 8th and 15th April 2020

**RECOMMENDED READING:** Nuovo Espresso 1, Luciana Ziglio, G. Rizzo, Alma Edizioni



## BEGINNERS' ITALIAN - LEVEL 2

Dr Stefania Faraone,  
PhD Anglistics BA (Hons) CLTA



Students wishing to join this class should have attended at least 12 weeks of a beginners class or be familiar with the following grammar rules: introductions (Tu/Lei), present tense of regular and some irregular verbs, the articles, masculine and feminine and plurals of nouns, basic questions and answers (Come ti chiami, Di dove sei?).

**NO CLASS:** 29th October 2019, 6th and 14th April 2020

**RECOMMENDED READING:** Nuovo Espresso 2, Luciana Ziglio, G. Rizzo, Alma Edizioni



## BEGINNERS' ITALIAN - LEVEL 3

Dr Stefania Faraone,  
PhD Anglistics BA (Hons) CLTA



Students should have attended at least 24 weeks of a beginners class or be familiar with grammar rules: present and past tense of regular verbs; masculine, feminine and plural of nouns; and basic questions and answers (Come ti chiami, Di dove sei?), Lei/Tu, the verb 'piacere', pronouns (mi/a me), imperative and imperfect tense.

**NO CLASS:** 30th October 2019, 8th and 15th April 2020

**RECOMMENDED READING:** Nuovo Espresso 2, Luciana Ziglio, G. Rizzo, Alma Edizioni

CODE	TIME	START	DAY	PRICE	WKS
LNG102	09:30-11:30	11/09/2019	WED	£78.00	12
LNG101	09:30-11:30	29/01/2020	WED	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG103	13:30-15:30	09/09/2019	MON	£78.00	12
LNG104	13:30-15:30	27/01/2020	MON	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG106	13:30-15:30	11/09/2019	WED	£78.00	12
LNG105	13:30-15:30	29/01/2020	WED	£78.00	12





## LOWER INTERMEDIATE ITALIAN CONVERSATION

Dr Stefania Faraone, PhD Anglistics BA (Hons) CLTA



This course is designed for those with some knowledge of the basic structures of the language. You will revise and develop the knowledge you already have, and the course aims to develop your confidence in speaking and listening, with an emphasis on the spoken language and communication.

**NO CLASS:** 30th October 2019, 8th and 15th April 2020

**RECOMMENDED READING:** Nuovo Espresso 3, Maria Bali, Luciana Ziglio, Alma Edizioni



## ITALIAN LANGUAGE FOR INTERMEDIATE LEVEL

Dr Stefania Faraone, PhD Anglistics BA (Hons) CLTA



The course will revise and develop the knowledge you already have, including grammatical structures and aims to develop your confidence in understanding, speaking and reading Italian, making you feel more at ease in communicating with native speakers.

**NO CLASS:** 29th October 2019, 6th and 14th April 2020

**RECOMMENDED READING:** Nuovo Espresso 4, Maria Bali, Irene Dei, Alma Edizioni



## UPPER INTERMEDIATE ITALIAN CONVERSATION

Dr Stefania Faraone, PhD Anglistics BA (Hons) CLTA



This course will revise and develop the knowledge you already have. It aims to extend the practical skills of understanding, speaking and reading Italian and will use a mixture of news and general interest articles as the basis for conversation practice. Grammar points will be addressed where necessary.

**NO CLASS:** 29th October 2019, 6th and 14th April 2020

**RECOMMENDED READING:** Nuovo Espresso 4, Maria Bali, Irene Dei, Alma Edizioni

CODE	TIME	START	DAY	PRICE	WKS
LNG108	11:30-13:30	11/09/2019	WED	£78.00	12
LNG107	11:30-13:30	29/01/2020	WED	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG110	11:30-13:30	09/09/2019	MON	£78.00	12
LNG109	11:30-13:30	27/01/2020	MON	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG140	09:30-11:30	09/09/2019	MON	£78.00	12
LNG141	09:30-11:30	27/01/2020	MON	£78.00	12



## LET'S TALK POLISH

Dr Kris Baraniuk,  
BSc (Hons) PhD Computational Linguistics



This course will equip you to converse in Polish at a basic level with an emphasis on spoken communication in everyday situations. Should you be considering a visit to Poland or you are a teacher with Polish pupils in your class, this is a great course to develop your language skills in a relaxed and enjoyable environment.

**NO CLASS:** 30th October 2019



## HOLIDAY SPANISH

Dr Dayna Jost, EdD TESOL MA TESOL



Whether you need to learn Spanish for personal reasons or holiday purposes, this Spanish course will start you off on the right foot. By the end of the courses you will be able to order food in restaurants, buy a bus or train ticket and even converse with locals.

**NO CLASS:** 28th October 2019



## BEGINNERS' SPANISH - LEVEL 1

Jim McCavery, BA MPhil PGCE



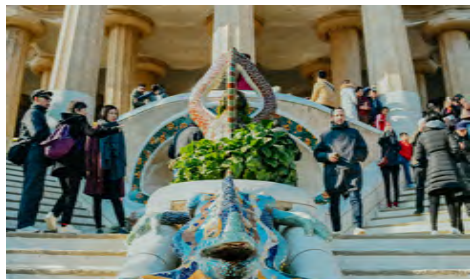
This course is for absolute beginners or those with very little experience of Spanish language. You will learn to have a conversation about yourself and your family, ask for directions, tell the time and, by the end of the course, order food in restaurants, buy a bus or train ticket and converse with locals.

**NO CLASS:** 29th October 2019

CODE	TIME	START	DAY	PRICE	WKS
LNG120	19:00-21:00	16/10/2019	WED	£49.00	6
LNG121	19:00-21:00	19/02/2020	WED	£49.00	6

CODE	TIME	START	DAY	PRICE	WKS
LNG111	18:30-20:30	23/09/2019	MON	£66.00	10
LNG142	10:00-12:00	22/01/2020	WED	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG118	10:00-12:00	17/09/2019	TUE	£66.00	10
LNG119	10:00-12:00	28/01/2020	TUE	£66.00	10



## LOWER INTERMEDIATE SPANISH CONVERSATION

Pamela Ritchie, BA (Hons) PGCE



This course is designed for those who have completed a beginners' course and have a grasp of the basics. There will be an emphasis on speaking and listening as well as learning more about Spanish culture.

**NO CLASS:** 30th October 2019



## INTERMEDIATE SPANISH CONVERSATION

Pamela Ritchie, BA (Hons) PGCE



This course offers the students the opportunity to expand their knowledge of Spanish. It aims to extend the practical skills of speaking through a mixture of news, general interest, culture and current issues.

**NO CLASS:** 8th and 15th April, 13th and 20th May 2020



## UPPER INTERMEDIATE SPANISH CONVERSATION

Pamela Ritchie, BA (Hons) PGCE



This course is designed for those with a relatively advanced level of competency in Spanish who want to improve their vocabulary and ease of communication. The classes explore expressions and common phrases around a different topic each week.

**NO CLASS:** 8th and 15th April, 13th and 20th May 2020

CODE	TIME	START	DAY	PRICE	WKS
LNG115	13:00-15:00	11/09/2019	WED	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG116	10:00-12:00	11/09/2020	WED	£66.00	10
LNG112	13:00-15:00	15/01/2020	WED	£66.00	10
LNG117	13:00-15:00	25/03/2020	WED	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG114	10:00-12:00	15/01/2020	WED	£66.00	10
LNG113	10:00-12:00	25/03/2020	WED	£66.00	10

**‘Ability to  
express  
ourselves well’**







## THE PLANTER AND THE GAEL

Trevor Neilands, BA PGCE MA



Many of our greatest writers have sought to explore and challenge how we express the Northern Irish identity. We will use a range of extracts from poetry, prose and drama of Northern Irish writers to stimulate discussion of our own experiences in relation to our history, culture, religion, work and family.

**NO CLASS:** 29th October 2019

**IMPORTANT:** The course will conclude with a visit to the Seamus Heaney Centre in Bellaghy.

CODE	TIME	START	DAY	PRICE	WKS
LCW102	10:00-12:00	01/10/2019	TUE	£58.00	8
LCW103	10:00-12:00	04/02/2020	TUE	£58.00	8



## BRIAN MOORE'S BELFAST

Trevor Neilands, BA PGCE MA



This course will use two of the great Belfast-born novelist's books – The Lonely Passion of Judith Hearne and The Emperor of Ice Cream – to explore his perspective of his native city, Belfast. Discover Moore's wider life and career.

**RECOMMENDED READING:** The Lonely Passion of Judith Hearne and The Emperor of Ice Cream; Author: Brian Moore

CODE	TIME	START	DAY	PRICE	WKS
LCW101	19:00-21:00	05/02/2020	WED	£54.00	6



## WRITING FANTASY AND FICTION

Jo Zebedee, BA (Hons) MINSTLM



Have you got an imaginary world inside you bursting to get out? This course looks at how to write a speculative fiction book, including how to build your world, how to get information across and how to drive that story with great characters, dialogue and structures. With a useful session on getting your work out to the market, and the business of writing.

**NO CLASS:** 1st November 2019

CODE	TIME	START	DAY	PRICE	WKS
LCW105	10:30-12:30	27/09/2019	FRI	£67.00	10
LCW106	10:30-12:30	31/01/2020	FRI	£67.00	10

## LITERATURE AND CREATIVE WRITING

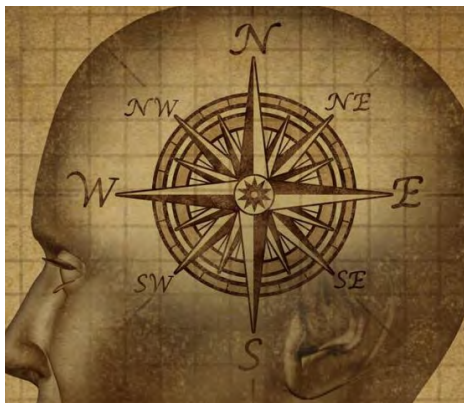


### POETRY FOR PLEASURE

Joanne Elliott



Challenge your assumptions. Discover new ways of looking at the world through its oldest literary form – poetry. Poems make us laugh. They make us cry. They tap into every area of human experience, fill the imagination and occupy the mind. Recall old favourites and find new ones. Enjoy time reading and discussing poetry.



### MINDFUL WRITING AND JOURNALING FOR MENTAL WELLNESS

David Tierney, BA (Hons) MA BTEC CMI

This is a fun and interactive workshop packed with techniques to help you make mindful observations and to live fully in the present. Using simple meditation and writing exercises, you'll learn how to move through creative blocks caused by over-thinking or self-criticism.



### BOOST YOUR WRITING BRAIN

David Tierney, BA (Hons) MA BTEC CMI

Revolutionise your writing goals to achieve significant results with this one-day workshop. It is packed with proven techniques and strategies to help you become a more effective writer based on research from neuroscience, psychology, personal development and author experience. This fun and interactive workshop uses music, video and short stimulating exercises and presentations to ignite your curiosity about the writing process.

**NO CLASS:** 29th October 2019

CODE	TIME	START	DAY	PRICE	WKS
LCW111	14:00-16:00	08/10/2019	TUE	£62.00	8

CODE	TIME	START	DAY	PRICE	WKS
LCW104	10:00-16:00	07/10/2019	MON	£40.00	1
LCW107	10:00-16:00	10/03/2020	TUE	£40.00	1

CODE	TIME	START	DAY	PRICE	WKS
LCW108	10:00-16:00	30/09/2019	MON	£40.00	1
LCW109	10:00-16:00	05/03/2020	THU	£40.00	1



## EARTH SONGS: ECOPOETRY

Fiona Gault



What is Ecopoetry? Ecopoetry is a mode of expression which emerged most fully in the twentieth century. Throughout this course we will explore a range of approaches to ecopoetry, develop new writing skills and techniques, read the work of classic and contemporary poets and writers in the field.

**NO CLASS:** 28th October 2019

**RECOMMENDED READING:** Earth Songs: A Resurgency anthology of contemporary eco-poetry, Peter Abbs (ed), Green Books Ltd



## ECOPOETRY: SOCIAL REVOLUTION

Fiona Gault



This form of poetry has secured its deepest roots in the US, mainly due to the countercultural Beat movement, which has had a powerful influence on the American cultural scene. It has been associated with the development of the civil rights movement and environmental social changes which prioritise inclusivity, equality and freedom.

**RECOMMENDED READING:** Earth Songs: A Resurgency anthology of contemporary eco-poetry, Peter Abbs (ed), Green Books Ltd: Howl and Other Poems, Allen Ginsberg, City Lights, Martino Publishing



## NOMADIC POETRY

Fiona Gault



We will look at poets who have worked deliberately outside the academic establishment and any single cultural tradition. We will consider the way they present the world, folk traditions and the commonality of the human spirit and discuss how this is relevant to our understanding of what identity means and how this is meaningful for our lives today.

**RECOMMENDED READING:** Earth Songs: A Resurgency anthology of contemporary eco-poetry, Peter Abbs (ed), Green Books Ltd

CODE	TIME	START	DAY	PRICE	WKS
LCW110	18:30-20:30	02/09/2019	MON	£67.00	10

CODE	TIME	START	DAY	PRICE	WKS
LCW112	18:30-20:30	28/01/2020	TUE	£67.00	10

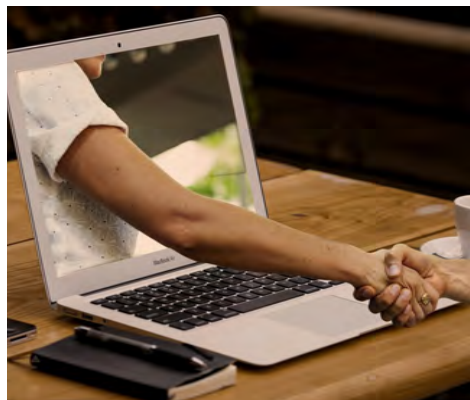
CODE	TIME	START	DAY	PRICE	WKS
LCW113	18:30-20:30	30/01/2020	THU	£67.00	10



**‘Social and  
emotional  
connection  
between all  
members of our  
society’**







### DEVELOPING YOUR COMPUTER SKILLS

Anne Lennon



This course is designed for beginners and those who wish to build on their current IT skills in areas such as email, internet, spreadsheets, word processing and storing documents in the cloud.

**NO CLASS:** 29th October 2019



### MAXIMISING YOUR MOBILE DEVICE

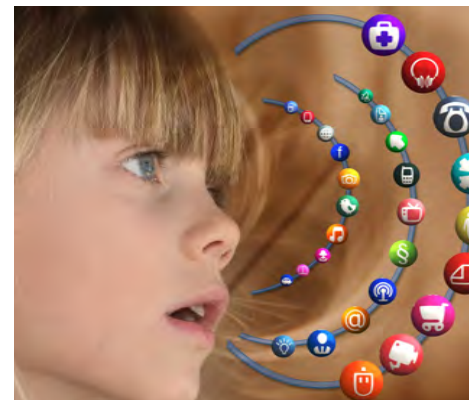
Anne Lennon



This course is designed to help you get the best out of your phone or tablet. Topics include: personalising your device; using the array of apps that are already on your device; and searching for, downloading and installing new apps for games, music and reading books.

**NO CLASS:** 30th October 2019

**IMPORTANT:** At time of enrolment, please advise what product you will be bringing to class.



### GUARDIANS GUIDE TO CYBERBULLYING

Emalyn Turkington, BSc Cert in Teaching STEPS

Unlike traditional forms of bullying, cyberbullying takes place 24/7, often with the perpetrators remaining anonymous. This session helps to enable parents and guardians to identify and explore the different manifestations of cyberbullying and considers both proactive and reactive intervention methods.

CODE	TIME	START	DAY	PRICE	WKS
PMM112	11:00-13:00	03/09/2019	TUE	£66.00	10
PMM105	11:00-13:00	28/01/2020	TUE	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
PMM106	11:00-13:00	04/09/2019	WED	£66.00	10
PMM107	11:00-13:00	29/01/2020	WED	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
PMM124	18:00-21:00	11/09/2019	WED	£17.00	1
PMM125	10:00-13:00	27/01/2020	MON	£17.00	1



### MUSIC: THEORY FOR BEGINNERS

Samuel Q. Smith, *MMus BMus (Hons) LRAM NYCOS KMus2*



This course is designed to make music theory accessible and straightforward. You will have the opportunity to learn and explore the basics of music theory, an essential skill for anyone seeking to learn music. All aspiring musicians should seek to develop their ability to read music and understand all aspects of sheet music

**NO CLASS:** 28th October 2019

**RECOMMENDED READING:** Music Theory in Practice, Grade 1, Eric Taylor, ABRSM

CODE	TIME	START	DAY	PRICE	WKS
PMM130	18:30-20:30	24/09/2019	TUE	£58.00	8
PMM131	18:30-20:30	20/01/2020	MON	£58.00	8



### GUITAR FOR BEGINNERS

Maria T. McConville, *NVQ 3 AOR Reflexology*



Is music and sound important to you? Enjoy the benefits of learning this new skill and enhance your love of music. Discover how to transition between chords, strum and pluck. You will be taught how to tune a guitar. Classes are relaxed and enjoyable. Yes, you can learn to play guitar.

**NO CLASS:** 30th October 2019

**IMPORTANT:** Bring your own guitar

CODE	TIME	START	DAY	PRICE	WKS
PMM127	18:30-20:30	02/10/2019	WED	£58.00	8
PMM128	18:30 -20:30	12/02/2020	WED	£58.00	8



### A CHOIR TO INSPIRE

Maria T. McConville, *NVQ 3 AOR Reflexology*



Whether you wish to develop or renew your skills in choral singing or simply discover your own voice, this fun and lively course incorporates a wide range of musical styles from pop to classical. The course will culminate in a short performance at the Annual Lifelong Learning Event in June 2020!

CODE	TIME	START	DAY	PRICE	WKS
PMM129	18:30-20:30	28/01/2020	TUE	£40.00	10



### GUARDIANS GUIDE TO FAMILY CHILL SKILLS

Marie Neeson, *BEd (Hons) Eng Lit*



Are you a parent, grandparent or guardian? Make a positive change today with meditation and breathing techniques. This short course will support the family unit introducing mindful skills and techniques throughout.

**IMPORTANT:** Please inform instructor of any additional needs, physical or medical issues.

CODE	TIME	START	DAY	PRICE	WKS
PMM103	18:30-20:00	23/09/2019	MON	£40.00	5
PMM104	18:30-20:00	25/02/2020	TUE	£40.00	5



### PIPS: SUICIDE AWARENESS PIPS

An introductory session about suicide awareness and prevention. Discover intervention tools and increase your knowledge on topics such as suicide prevention, self-harm, eating disorders, self-care and befriending. Learn how to create an environment in which young people feel it is healthy to talk through emotional and other difficulties.

CODE	TIME	START	DAY	PRICE	WKS
PMM109	19:00-21:00	30/9/2019	MON	£5.00	1
PMM111	10:00-12:00	27/01/2020	MON	£5.00	1



### COPING WITH GRIEF

Emalyn Turkington, *BSc Cert in Teaching STEPS*

It is often a struggle to deal with bereavement and loss. This workshop addresses the anxieties often faced by a child, young person and their family and offers practical strategies to adopt a consistent, considered and appropriate response based on good communication with the bereaved individual and their family.

CODE	TIME	START	DAY	PRICE	WKS
PMM122	18:00-21:00	21/10/2019	MON	£17.00	1
PMM123	10:00-13:00	04/03/2020	WED	£17.00	1

## PARENTING, MEDIA AND MUSIC



### PERSONAL DEVELOPMENT

Emalyn Turkington, *BSc Cert in Teaching STEPS*



Looking after your personal development helps your emotional wellbeing. This course looks at issues that affect your everyday life such as recognising your skills and qualities setting personal goals. Topics covered include self-esteem, self-confidence, stress management, dealing with anxiety, learning to deal with change.



### PRODUCE A WINNING DISSERTATION

David Tierney, *BA (Hons) MA BTEC CMI*

Writing a dissertation is a daunting prospect and it is difficult to know where to start or how to keep momentum going. This workshop can help eradicate procrastination and stress by helping you develop a clear sense of direction, with tips on how to organise, plan and monitor your activities to achieve the best result.



### 50 WAYS TO MAKE YOUR CV STAND OUT

David Tierney, *BA (Hons) MA BTEC CMI*

During this engaging session we share 50 proven ways on how to write a winning CV that will help you stand out from the crowd. You will learn strategies on CV structure, content and design to help you produce a unique CV that proves your value to the organisation and gets you the interview you deserve.

CODE	TIME	START	DAY	PRICE	WKS
PMM117	19:00-21:00	04/11/2019	MON	£57.00	6
PMM118	19:00-21:00	20/02/2020	THU	£57.00	6

CODE	TIME	START	DAY	PRICE	WKS
PMM108	10:00-13:00	25/02/2020	TUE	£24.00	1
PMM110	13:00-16:00	02/04/2020	THU	£24.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMM114	13:00-16:00	25/02/2020	TUE	£24.00	1
PMM113	10:00-13:00	02/04/2020	THU	£24.00	1





### LOOK GOOD, FEEL GOOD

Maria T. McConville, NVQ 3 AOR Reflexology



Present the best you for that all-important interview. During this course you will develop makeup and skincare skills that will result in improved self-assurance. Discover the correct colour palette to use for your skin type.

**IMPORTANT:** Bring along your own makeup and skincare products

CODE	TIME	START	DAY	PRICE	WKS
PMM119	18:00-20:30	16/01/2020	THU	£73.00	8



### IMPROVISATION FOR BEGINNERS

Paul Mone



Participants will learn the skills necessary to perform short, comic scenes without a script. The group will play games and complete exercises that build confidence, improve communication and unlock creativity. No previous performance experience is required.

CODE	TIME	START	DAY	PRICE	WKS
PMM126	11:00-13:00	10/9/2019	THU	£35.00	6



### SELF CONFIDENCE

Emalyn Turkington, BSc Cert in Teaching STEPS

Self-confidence is something we all desire. It is lifelong and we all need healthy tips to be able to look after our own confidence and those dearest to us. The workshop explores what self-confidence is and why at times we lack it; negative thinking and how to change it; and positive qualities and positive affirmation.

CODE	TIME	START	DAY	PRICE	WKS
PMM115	10:30-13:30	21/03/2020	SAT	£24.00	1
PMM116	10:30-13:30	25/04/2020	SAT	£24.00	1



**‘Appreciate  
the nature  
and wonder  
of the world’**





### GENERAL GARDENING

Linda McKeown



During this hands on course participants will be introduced to garden design concepts, seasonal gardening, gardening for wildlife, herbs and aromatic planting and edible plants. Discover the right plant for the right place in your garden.

**NO CLASS:** 8th, 9th, 15th and 16th April 2020

**IMPORTANT:** ALL pots, compost, seeds, bulbs, labels, plants and paper are provided

CODE	TIME	START	DAY	PRICE	WKS
WAU117	10:00-12:30	04/09/2019	WED	£85.00	8
WAU118	10:00-12:30	22/01/2020	WED	£85.00	8
WAU119	10:00-12:30	18/03/2020	WED	£85.00	8
WAU120	10:00-12:30	19/03/2020	THU	£85.00	8



### GARDENING WORKSHOPS

Dawn Aston, BA (Hons) Fine Art HNC Horticulture

Gardening can provide effective gentle exercise, motivation, improved self-esteem and mental health benefits. Working with nature you can enjoy the satisfaction of cultivating your own plants and learn new horticulture skills.

Workshop One: Companion Planting  
 Workshop Two: Gorgeous Grasses  
 Workshop Three: The three B's (bees, butterflies and birds)

**IMPORTANT:** A list of items you will need to bring along to these workshops will be provided at time of enrolment. All other items will be provided by the tutor.

CODE	TIME	START	DAY	PRICE	WKS
WAU1	10:00-15:30	19/11/2019	TUE	£41.00	1
WAU2	10:00-15:30	31/03/2020	TUE	£41.00	1
WAU3	10:00-15:30	02/06/2020	TUE	£41.00	1



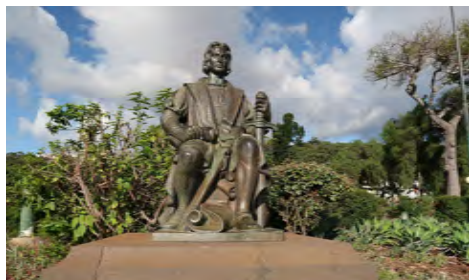
### FORAGING FOR FUN

Garreth Falls, BTh Adv Dip BMP

No food in the fridge? Discover the outdoor pantry on your doorstep. On this one-day workshop, you will learn how to forage responsibly and safely and identify edible weeds and berries while walking along the Lagan towpath and through the Lagan meadow.

**IMPORTANT:** Please bring a suitable carry bag and wear comfortable shoes and a waterproof.

CODE	TIME	START	DAY	PRICE	WKS
WAU131	14:00-16:30	27/03/2020	FRI	£17.00	1
WAU132	14:00-16:30	22/05/2020	FRI	£17.00	1



## EUROPEAN COLONISATION OF THE AMERICAS

Dr Des O'Reilly, BA (Hons), MA, EdD



Discover the history of settlement and control of the continents of the Americas by most of the naval powers of Europe. After the voyage of Christopher Columbus in 1492, the Spanish began to build their American empire in the Caribbean part of the 'new world'. Other powers such as France founded colonies in Eastern North America and Caribbean Islands. Learn more about conquistadors.

**NO CLASS:** 28th October 2019

CODE	TIME	START	DAY	PRICE	WKS
WAU106	10:30-12:30	23/09/2019	MON	£66.00	10



## BREXIT AND THE BIGGER PICTURE

Dr Daniel Brown, PhD MA BA History



In voting for Brexit, the United Kingdom became the first country opting to leave the European Union. In this course we trace its evolution as well as British dissent from it. We consider early twentieth century pan-Europa ideas that informed the development of the EU after the Second World War. We explore the political and economic reasoning behind the project, focusing on the role of France and Germany, and examine the expansion to 28 countries. The course provides the historical background to Brexit – one of the defining political issues of the early twenty first century.

**NO CLASS:** 30th October 2019

CODE	TIME	START	DAY	PRICE	WKS
WAU104	19:00-21:00	25/09/2019	WED	£66.00	10
WAU105	10:00-12:00	22/01/2020	WED	£66.00	10



## HUMAN EVOLUTION: WHERE DO THE IRISH AND BRITISH COME FROM?

Dr Brian Wisdom, BA PhD FHEA



In the last decade, new genetic techniques have built on fossil finds to provide more detailed knowledge of our origins and current projects are investigating the genes of the people of these islands and their 'deep history'. Join like-minded individuals to learn about and discuss the many aspects of human evolution.

**NO CLASS:** 31st October 2019

**RECOMMENDED READING:** A Brief History of Everyone who ever lived, Adam Rutherford, Widenfield and Nicholson (2016)

CODE	TIME	START	DAY	PRICE	WKS
WAU107	10:00-12:00	03/10/2019	THU	£58.00	8



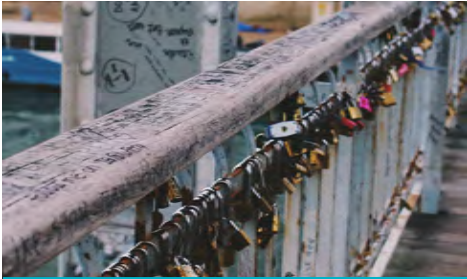


**PLACENAMES AND PHYSICAL  
FEATURES OF ULSTER**

Dr Des O'Reilly, BA (Hons) MA EdD



In linguistic terms, Ulster placenames reveal an enormously rich heritage that encompass natural features, flora and fauna, land divisions, settlement patterns, land clearance, historical events and religious or mythological content. Ordinate Survey Maps will be used to identify the location of the placenames as well as consultation with academic journals.

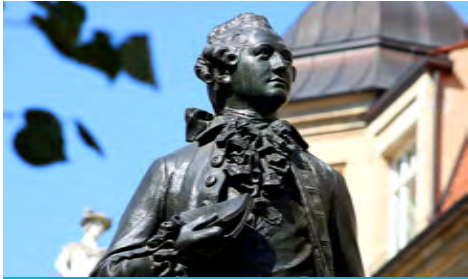


**APPRECIATING MASONRY STRUCTURES  
AND ARCHITECTURE**

Dr John Lyness, CEng MICE MStructE CMath MIMA



An illustrated programme of talks following the development of masonry structures from monastic 'beehive cells' to major European styles. A qualitative, diagrammatic approach is used to explain stability. Following each talk, a small conservation problem will be discussed.



**GOETHEAN SCIENCE**

Jonathan McMurray



Are there any alternative approaches to obtaining Scientific Knowledge about the world, other than empiricism? The 18th century playwright famous for writing 'Faust' came up with his own theories about how to arrive at truth. Goethe expounds on how a method of subjective inquiry can be utilised. He developed a theory of colour that opposes Newtown's, as well as correctly finding the intermaxillary bone was common to all mammals. This course provides an introduction to the life, works and scientific method of Goethe.

CODE	TIME	START	DAY	PRICE	WKS
WAU101	10:30-12:30	21/01/2020	TUE	£66.00	10

CODE	TIME	START	DAY	PRICE	WKS
WAU103	19:00-21:00	05/02/2020	WED	£58.00	8

CODE	TIME	START	DAY	PRICE	WKS
WAU102	18:00-20:00	06/02/2020	THU	£49.00	6

# IMPORTANT INFORMATION

---

## ADMINISTRATION

To avoid missing out on forthcoming events and key information, keep your contact details updated. Please do not purchase 'recommended reading' until you are certain the course is going ahead.

## DATA PROTECTION

You are not required to give your personal contact information to any course tutor. This information is maintained by Lifelong Learning administrative staff.

## ENROLMENT INFORMATION

Enrol early through our online payment system, Stran eShop. Our courses will only run if the minimum number is met. Please direct Lifelong Learning enquiries to:

### Lifelong Learning

Main Building, Stranmillis University College,  
Belfast BT9 5DY

**Telephone:** 028 9038 4345

**Email:** [lifelong@stran.ac.uk](mailto:lifelong@stran.ac.uk)

**Web:** [www.stran.ac.uk](http://www.stran.ac.uk)

## PAYMENT INFORMATION

**Online:** Book courses through our online payment system, Stran eShop.

**By Post:** Please make cheques payable to 'Stranmillis University College'.  
Mark envelope for the attention of 'Finance Office'.

**In Person:** We are happy to accept cash, cheque, debit or credit card payments.  
Office opening hours are Monday-Friday from 9.30am-4.00pm.

**Telephone:** You may pay by phone (028 9038 4345) using your debit or credit card.

## KEEP US UPDATED

Changes are a fact of life. If you change your address, phone number or email address, please let us know.

## SMOKING POLICY

The University College aims to promote the health and well-being of its students, staff and visitors and provide a healthy working and educational environment for all. Smoking tobacco and e-cigarettes is prohibited in all University College buildings (including the Halls of Residence), temporary buildings and within three metres of an entrance to a building. Further information can be found on the website [www.stran.ac.uk](http://www.stran.ac.uk).

## PARKING

Stranmillis University College is committed to reducing environmental pollution from transport. Consequently, the College wishes to actively encourage users to choose alternative modes of transport. We are delighted to note that many people are using such alternatives - public transport, walking, running, cycling, car share, taxi, or having a friend or family member to provide drop-off and/or collection. Regrettably, there is limited parking on campus and the College is unable to accommodate all requests for parking, however priority will be given to Blue Badge holders. The Security Team will advise on arrival if parking spaces are available and will direct visitors accordingly. Please show consideration to College staff as they carry out their duties.

## STRAN eSHOP CANCELLATION POLICY

You have the right to cancel and withdraw during a 14-day period from the date the contract is entered into (notification of acceptance on a course).

## REFUNDS

**Do you offer refunds?** We regret that fees cannot be refunded except when a course does not run or if your application is rejected because the course is full. The University College is unable to refund fees when, for whatever reason, the participant fails to attend. The full fee will be refunded when a course does not run or if your application is rejected because the course is full.

**What happens if my course is cancelled?** We know how much you look forward to your course and we are committed to ensuring that every course takes place. We'll only cancel a course as a last resort, for example if a tutor is unavailable or if we can't recruit enough students for the course to run. If we do need to cancel your course, and can't offer a suitable alternative, we'll provide you with a £5.00 reduction off the price of your next course. We won't be able to refund you if we need to change the tutor for your course.

## WANT TO FIND OUT MORE?

Visit the Lifelong Learning web page: [www.stran.ac.uk](http://www.stran.ac.uk)

OR

LIKE and SHARE the Stran Lifelong Learning Facebook Page

OR

You can find us on LinkedIn and TWITTER

OR

Register for our mail out [lifelong@stran.ac.uk](mailto:lifelong@stran.ac.uk)

## RECYCLE

If you no longer need this book, please pass it on to a relative, friend or colleague.

[WWW.STRAN.AC.UK](http://WWW.STRAN.AC.UK)



### ONLINE

Book courses through our  
online payment system  
**Stran eShop**

### WI-FI ACCESS

Available to registered  
Lifelong Learners



### GIFT CERTIFICATES

Available for friends or  
family members. Great for  
any special occasion.



### REFRESHMENTS

CHATZ restaurant  
Betty's Coffee Shop  
The Coffee Dock



### SOCIAL MEDIA

To keep updated with  
news and events, please  
follow us on facebook  
**StranLifelongLearning**

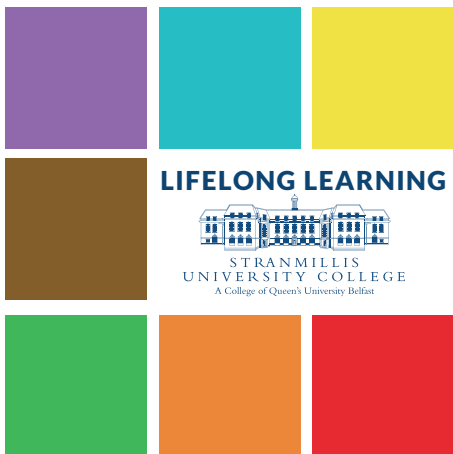
### ENGAGING WITH THE COMMUNITY

Enquiries welcome from  
schools, libraries,  
museums, local councils  
and community centres.

### SMART TIP

Early bird discount of  
£10.00 for bookings made  
4 weeks prior to course  
commencement date.  
**Selected courses only.**





Administrative Officer  
Lifelong Learning  
Stranmillis University College  
Belfast BT9 5DY

T: +44 (0) 28 90384345  
E: [lifelong@stran.ac.uk](mailto:lifelong@stran.ac.uk)  
[www.stran.ac.uk](http://www.stran.ac.uk)

**EARLY  
BIRD  
OFFER**

**ENROL EARLY AND  
SAVE  
£10**



Consider your life and lifestyle as you plan  
for those precious hours of 'free' time.

Receive early bird discount of £10.00 for  
bookings made 4 weeks prior to course  
commencement date. Selected courses only,  
does not apply to one off events.