

SEPTEMBER 2020 TO JUNE 2021 COURSES AND WORKSHOPS



LIFELONG LEARNING



STRANMILLIS UNIVERSITY COLLEGE
A College of Queen's University Belfast

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COURSES AND WORKSHOPS FOR PERSONAL ENRICHMENT

This is a year like no other. We have all felt the effects of social distancing over the past few months and we are hopeful that the future will provide opportunities to engage once more in workshops and courses delivered by our dedicated lifelong learning tutors. Now, more than ever, we all need to feel connected and engaged. It has been reinforced through media how remarkably resilient and optimistic people are - we hope that you will find inspiration from the fabulous range of new and favourite courses and workshops available both online and on campus.

As an intergenerational programme, Lifelong Learning has an important role to play 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. The College's 2020-21 Lifelong Learning Programme provides the opportunity to expand not only our community of learners but our commitment to intergenerational learning.

Lifelong Learning is a wonderful way to connect with new people - people from all walks of life and age groups who want to share learning experiences and expand their knowledge, skills or interests.

So, join with likeminded individuals and continue lifelong learning.

Professor Anne Heaslett, BA MA DPhil MSc FRSA
Principal



Semester One is going ONLINE

The Coronavirus pandemic has brought about changes to how we work and operate in our everyday lives. The 2020-21 Lifelong Learning programme contains a mix of online and classroom courses and workshops from which to choose. We are so delighted that many tutors have embraced blended learning. They are ready to support you, so take a look at what is on offer.

LOOK FOR THE ICONS



ONLINE



BOTH



CLASSROOM

IMPORTANT
Online courses
require you to use
GOOGLE CHROME
as your browser.



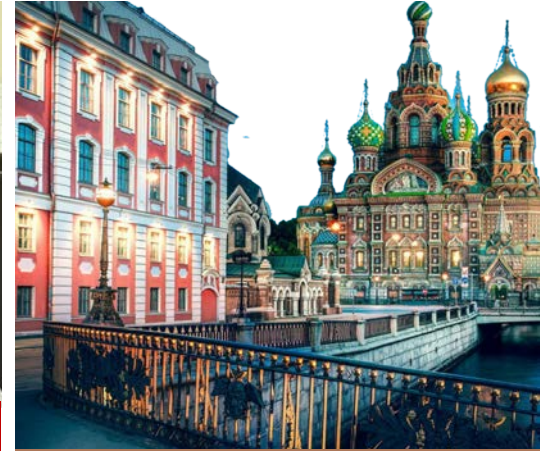
ART HOBBIES AND CREATIVE DESIGN

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ROBERT PETERS, BA Fine Art MA

“
As an artist and facilitator, I have over thirty years’ experience delivering visual art based workshops and courses.
 ”



CULTURE HISTORY AND ARCHAEOLOGY

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Catherine Russell, BA PGCE GTCE

“
With over 10 years' teaching experience at all levels from nursery to university level - I am patient and enjoy creating well planned, fun lessons.
 ”



LANGUAGE

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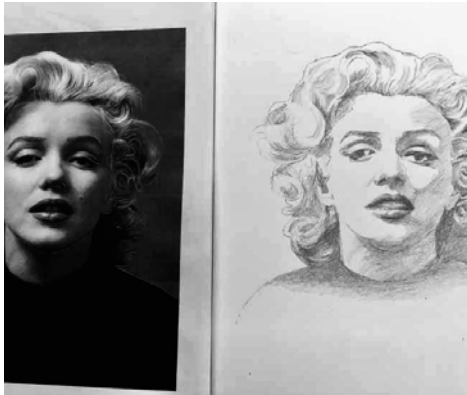
WORLD AROUND US

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ART, HOBBIES AND CREATIVE DESIGN



Creative activities offer an outlet from the 'always-connected' world we live in.



SKETCHING AND DRAWING

Robert Peters, BA Fine Art MA



Participants will be supported throughout to hone their observation skills, enhance their control of drawing media and increase their ability to reproduce drawings accurately. Techniques and methods used by artists from different eras will be shared and 'hacks' revealed. Suitable for complete beginners or those wishing to improve their drawing skills. You may need access to a printer to print off support material.

IMPORTANT: Participants will need an A4 sketch pad, drawing pencils ranging from 2H to 4B.

CODE	TIME	START	DAY	PRICE	WKS
AHC212	18:30-20:30	30/09/2020	WED	£49.00	6
AHC229	18:30-20:30	11/11/2020	WED	£49.00	6



CREATIVE HOME OR GARDEN PROJECT

Kelli Johnston, MA BSc ILM Level 3



Decoupage is the art of decorating an object by pasting coloured paper (eg magazines, books, cards etc) onto the object and adding special paint effects. You may choose any object from the home or garden for your project e.g. watering can, tray, plant pot or coffee table. This workshop is suitable for beginners and is a great technique to learn to apply to other projects for the home and garden!

IMPORTANT: You will need to collect or purchase items from the list provided after enrolment.

CODE	TIME	START	DAY	PRICE	WKS
AHC206	10:00-11:30	06/10/2020	TUE	£23.00	3
AHC207	10:00-12:30	12/03/2021	FRI	£26.00	2



CREATIVE FLOWER ARRANGING

Kelli Johnston, MA BSc ILM Level 3



During this course participants will create bespoke floral displays using seasonal flowers and foliage. Learn to expand your creativity by practising a different element of arranging. Numbers are limited and early booking is recommended.

IMPORTANT: Please have your choice of flowers, scissors or secateurs and a vase.

CODE	TIME	START	DAY	PRICE	WKS
AHC219	10:00-11:30	03/11/2020	TUE	£26.00	4
AHC220	10:00-12:30	16/04/2021	FRI	£57.00	6



TRADITIONAL WOODCARVING

Steve Ryan, BA (Hons)



This traditional woodcarving class is suitable for both beginners and improvers. During this course, Steve will teach you a range of woodcarving techniques, help you master the skills needed to use different types of woodcarving chisels safely and effectively and support you as you produce woodcarvings of your own design or ideas and designs supplied by Steve.

IMPORTANT: No experience necessary. All tools and materials are supplied. Due to the use of sharp tools during this class, sturdy boots or shoes should be worn.

CODE	TIME	START	DAY	PRICE	WKS
AHC226	18:30 – 20:30	18/01/2021	MON	£128.00	10



SPOON CARVING WORKSHOP

Steve Ryan, BA (Hons)



The beauty of unseasoned, green wood is its ability to be easily worked with hand tools. Spoon carving from green wood using traditional tools is a pleasure that is hard to match. Steve will teach you the axe and knife carving skills needed to become a traditional spoon carver and produce your own spoon, from locally sourced, freshly cut wood. No experience necessary.

IMPORTANT: All tools and materials are supplied. Due to the use of sharp tools during the class, sturdy boots or shoes should be worn.

CODE	TIME	START	DAY	PRICE	WKS
AHC217	09:30 – 17:00	26/02/2021	FRI	£86.00	1
AHC218	09:30 – 17:00	12/03/2021	FRI	£86.00	1



INTRODUCTION TO WOODCARVING

Steve Ryan, BA (Hons)



Do you appreciate the beauty and flowing lines of a woodcarving? If so, this one-day introduction to woodcarving class is for you. Under the expert guidance of Steve Ryan, you will learn basic woodcarving techniques and create your own relief woodcarving. With no experience necessary, the class is perfect for those wanting to try something new.

IMPORTANT: All tools and materials are supplied. Due to the use of sharp tools during the class, sturdy boots or shoes should be worn.

CODE	TIME	START	DAY	PRICE	WKS
AHC221	10:00 – 17:00	05/03/2021	FRI	£85.00	1



INTRODUCTION TO HOME PRINTMAKING

Hannah Ferguson, BA (Hons) MSc



This short course focuses on lino cutting and mono printing - two techniques that can be used to create beautiful prints without expensive specialist materials and equipment, making them perfect to work on at home or in the classroom.

IMPORTANT: All materials are provided.

CODE	TIME	START	DAY	PRICE	WKS
AHC228	10:00 – 13:00	03/02/2021	WED	£56.00	4



PRINTMAKING WITH PLANTS

Ruth Osborne, BA (Hons) MLit



This workshop will provide a short overview of the history of the art of nature printing, followed by a practical printmaking session exploring mark making, pattern and design using a range of fresh and dried plants. Participants will create a range of unique prints using Irish linen and Italian papers and will have the option to frame a work at the end of the session.

IMPORTANT: All materials are provided.

CODE	TIME	START	DAY	PRICE	WKS
AHC225	10:30 – 15:30	17/04/2021	SAT	£36.00	1



INTAGLIO PRINTMAKING

Robert Peters, BA Fine Art MA



Intaglio printmaking involves the creation of a textured surface on a flat plate using a range of incising techniques, eg. by using a sharp scribe (drypoint) whilst etched textures or using chemicals on metals. Participants will be introduced to drypoint, salt-etch and photo-intaglio techniques and learn how to prepare their plates, ink, wipe and print in both black and coloured inks. No previous art experience is required.

IMPORTANT: All materials are provided.

CODE	TIME	START	DAY	PRICE	WKS
AHC209	18:00 – 20:30	21/04/2021	WED	£80.00	8



THE ART OF MOBILE PHOTOGRAPHY

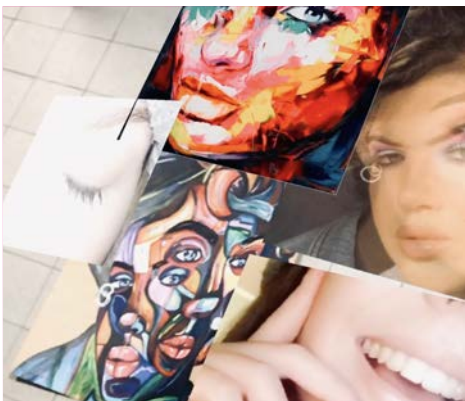
Gerry Coe



The course, led by international award-winning photographer Gerry Coe, will equip you with the skills and techniques to use a range of photograph apps that will help you enhance and transform your photographs into amazing works of art. Students will also learn retouching skills and how to prepare their photographs for printing.

IMPORTANT: Students must have access to a smartphone or tablet (eg. iPhone, Android or Windows device). When booking, please advise what device you will be bringing to class.

CODE	TIME	START	DAY	PRICE	WKS
AHC211	19:00 – 21:00	01/02/2021	MON	£52.00	8



INTRODUCTION TO AUGMENTED REALITY

Robert Peters, BA Fine Art MA



Imagine receiving a postcard from a family member that transforms into a video, capturing the sights and sound of their trip when viewed through a smartphone or tablet. All possible using technology called augmented reality (AR). Participants will learn to use the Artivive App which enables the layering of video and sound onto static images. Suitable for anyone who has a smartphone and access to a PC or MAC. The course may be of particular interest to A-level students, art students, artists or designers.

IMPORTANT: Requires participants to sign up to a free account on Artivive. Must have access to a smart phone or tablet.

CODE	TIME	START	DAY	PRICE	WKS
AHC208	12:30 – 15:00	06/02/2021	SAT	£39.00	3



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 of photographic successes and failures!

NO CLASS: 2 weeks at Easter 2021

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
AHC210	19:00 – 21:00	24/03/2021	WED	£65.00	10



**FACE VALUE:
EXPLORING PORTRAITURE**

Sean White, BA (Hons) PGCE



Looking at the face in art history and popular culture, this course will take you on an adventure of discovery. Consider the face and its associations, identity, fame, communication, impact and commodity. Getting to know the face and realising that drawing portraits can be very stimulating when you master the craft through continual practice. Who would you like to paint?

IMPORTANT: You will need an A2 drawing pad, a mirror (Roughly A4 size), a range of pencil weights / paints and a canvas for use with oils or acrylics (size 20 by 30 inch)

CODE	TIME	START	DAY	PRICE	WKS
AHC230	10:00 – 12:00	02/10/2020	FRI	£49.00	6
AHC233	10:00 – 12:00	16/04/2021	FRI	£69.00	8



PAINTING IN OILS AND ACRYLIC

Vivien Palmer, BA (Hons) ATD



Aimed at beginners and improvers, Vivien covers introductory painting techniques such as colour mixing, brushwork, composition and perspective, as well as more advanced techniques such as under-painting, impasto and the use of glazing, all in a relaxed and supportive learning environment.

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

CODE	TIME	START	DAY	PRICE	WKS
AHC213	11:00 – 13:30	22/01/2021	FRI	£81.00	10



PAINTING IN WATERCOLOUR

Vivien Palmer, BA (Hons) ATD



Suitable for both beginners and improvers, the course covers introductory watercolour techniques such as colour mixing, mark making, washes, blending, layering and masking. You will also learn how to plan compositions and create different textures and tone.

IMPORTANT: Please bring your own art materials. Quality artist's easels and a file of images are available.

CODE	TIME	START	DAY	PRICE	WKS
AHC214	18:30 – 21:00	03/02/2021	WED	£48.00	6
AHC215	18:30 – 21:00	14/04/2021	WED	£48.00	6



INTRODUCTION TO DORSET BUTTON MAKING

Debbie McCann, BA (Hons)



Button making was a thriving cottage industry in Dorset in the 18th and 19th centuries and is now a heritage craft. Debbie will demonstrate how to make a simple button and then guide you in the creation of your own sets of buttons, brooches, earrings or necklace.

IMPORTANT: All materials and equipment provided.

CODE	TIME	START	DAY	PRICE	WKS
AHC204	10:30 – 13:00	05/02/2021	FRI	£44.00	4
AHC205	18:30 – 21:00	01/03/2021	MON	£44.00	4



PUNCH NEEDLE EMBROIDERY

Hannah Ferguson, BA (Hons) MSc



What is punch needle? A current trend in embroidery that has really been around since the 15th century! It's easy to learn and this course will teach you how to use the technique to create artworks, accessories and home furnishings. You'll find out how to draw your own patterns, create different textures and finish your work so it will last for years.

IMPORTANT: All materials and equipment provided.

CODE	TIME	START	DAY	PRICE	WKS
AHC227	11:00 – 12:30	04/02/2021	THU	£49.00	6



BASKETS AND BOXES

Janette 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 or other special occasions. The workshop is also great for those looking for ideas to create unique wedding favours.

NO CLASS: 17th March 2021

IMPORTANT: All materials and equipment provided.

CODE	TIME	START	DAY	PRICE	WKS
AHC231	10:00 – 12:30	03/03/2021	WED	£43.00	4
AHC232	18:00 – 20:30	19/05/2021	WED	£43.00	4



SLATE PAINTING WORKSHOP

Joanne Campbell, *BSc (Hons) MSc PGCE*



In this creative workshop, you will learn to hand paint a heart shaped piece of blue slate using acrylic paints. Your bespoke piece can be used as a door number/name, a personalised gift or a garden sign. Joanne will finish the piece with a varnish to enable it to be used externally and return it to the College for collection.

IMPORTANT: You will need an apron and a size 1 or 2 thin painting brush. All other items will be provided by the tutor.

CODE	TIME	START	DAY	PRICE	WKS
AHC201	11:00 – 14:00	12/02/2021	FRI	£24.00	1
AHC202	18:00 – 21:00	23/03/2021	TUE	£24.00	1
AHC203	18:00 – 21:00	28/04/2021	WED	£24.00	1



INTRODUCTION TO BASKET MAKING

Sabine Wolniczak



This one-day workshop is an ideal way to find out if willow is for you! Supported by master basket maker, 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.

CODE	TIME	START	DAY	PRICE	WKS
AHC222	10:00 – 17:00	06/03/2021	SAT	£75.00	1
AHC223	10:00 – 17:00	27/03/2021	SAT	£75.00	1



PICTURE IN A DAY

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



A superb one-day painting workshop, the tutor will help guide and support you to produce your own masterpiece in a day; demonstrating, in easy-to-follow steps, how you can create a beautiful landscape or still-life painting. Some art experience is necessary. Celebrate and set free the artist within. Light refreshments provided at lunchtime.

IMPORTANT: Please bring your own materials and advise of any food allergies.

CODE	TIME	START	DAY	PRICE	WKS
AHC216	10:00 – 15:30	20/04/2021	TUE	£40.00	1



To make sense of current affairs we need to understand and appreciate the past.



an audience with...

In 2019, we brought you live, candid interviews with Lady Mary Peters, Marie Heaney, Marie Jones, Sir John Gillen, and Snow Patrol's Gary Lightbody.

Register now with lifelong@stran.ac.uk to be the first to find out who we have in store for 2021.



CHILDHOOD IN THE IRISH WORKHOUSE

Dr Simon Gallagher, *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.



A BRIEF HISTORY OF THE IRISH LANGUAGE

Dr Ian Malcolm, *BBA 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.



AN IRISH MISCELLANY - HEROINES, HEROES AND HAPPENINGS

Clive Scoular, *MSSc*



As an Irish historian, Clive Scoular, shares information about some of Ireland's history which is unknown and yet fascinating; women and men whose contributions have helped shape our country. What do you really know about Hazel Lavery or the truth about Oscar Wilde; the effect of the catastrophic Spanish flu or the enslavement of an Irish village in the 17th century? Or the Pirate Queen? The answer is probably 'not a lot'.

CODE	TIME	START	DAY	PRICE	WKS
CHA309	19:00 – 21:00	29/09/2020	TUE	£45.00	8

CODE	TIME	START	DAY	PRICE	WKS
CHA316	15:30 – 17:30	01/10/2020	THU	£47.00	8

CODE	TIME	START	DAY	PRICE	WKS
CHA311	11:00 – 13:00	20/01/2021	WED	£56.00	8



**HIDDEN HISTORY:
VICTORIAN BELFAST UNCOVERED**
Jim McDermott

While on guided walks with Jim, you will trace the footsteps of the Rev WM O’Hanlon in his ‘Walks Among the Poor’ of Belfast in the 1850s, pause at the statue of Dr Henry Cooke, visit the impressive Customs House and Clarendon Dock and experience the nautical themes of Sinclair Seaman’s Church. You will follow the ‘grand thoroughfare’ of Royal Avenue with its late Victorian footprint, re-discovering the history of York St and old Smithfield with its pipe-making industry. Moderate walking involved in central Belfast.



Jim McDermott

“
I am looking forward to returning and venturing out and about with keen learners.
”



HIDDEN HISTORY: BETWEEN THE MOUNTAINS AND THE GANTRIES
Jim McDermott

Venture out and about on a series of guided walks that will focus on the big houses, factories, cemeteries and churches of the Lagan Valley, tracing the industrial revolution from Belfast to Dunmurry, from Lambeg to Lisburn and examining the changes that linen production made to Derrriaghy. A comparison will be made of the development of linen production in Dunmurry against the linen mills of Belfast.

CODE	TIME	START	DAY	PRICE	WKS
CHA310	10:00 – 12:30	03/02/2021	WED	£48.00	6

CODE	TIME	START	DAY	PRICE	WKS
CHA312	10:00 – 12:30	21/04/2021	WED	£54.00	8



HISTORY OF ART 2: REALISM TO ABSTRACTION 1860-1914 (PART 2)

Dr John Nixon, BA (Hons) DPhil



Of scientific, technological and social developments 1860–1914, probably the most challenging for painting was photography, invented 1838–9 by Daguerre in France and Talbot in England. 1890–1914 saw Matisse and Fauvism, Picasso and Cubism, along with Expressionism, Futurism and Abstraction, build on these developments, before the 1914–18 World War interrupted matters, permanently for several of the leading artists.



A SNAPSHOT OF HISTORY: PHOTOGRAPHY AND THE WEST

Lucy Wray, BA MA



The invention of photography changed the world. This course provides an overview of the history of this fascinating art and practice. Beginning with its origins in the 1830s, this course delivers a snapshot of photography's inception and development, charting the ways in which it recorded and shaped history, from the daguerreotype to the digital image. The press, war and leisure are just a few of the areas explored. This easy-going overview is perfect for those who love looking at old photos, and would love to learn more about them.



HISTORY OF ART 3: MODERNISM IN WAR AND PEACE 1914 - 1945

Dr John Nixon, BA (Hons) DPhil



Sickened by the industrialised slaughter of WWI, German war veteran and architect Walter Gropius undertook to harness art and technology to improve living conditions for all. In 1919 he launched the Bauhaus art and design school in Weimar. The Bauhaus indeed improved aspects of all our lives, but its influence is not without criticism. Meanwhile, within fine art, Matisse and Picasso were still vying for leadership, and Surrealists were mining the ideas of Freud and Jung in ways both shockingly new and as old as man himself.

NO CLASS: 6th April 2021

CODE	TIME	START	DAY	PRICE	WKS
CHA301	19:00 – 21:00	15/09/2020	TUE	£42.00	6

CODE	TIME	START	DAY	PRICE	WKS
CHA315	11:00 – 12:30	22/02/2021	MON	£38.00	6

CODE	TIME	START	DAY	PRICE	WKS
CHA302	19:00 – 21:00	02/02/2021	TUE	£74.00	12



SHATTERED DREAMS, UNENDING NIGHTMARE?

Chris Wilson, MA (Cantab) MA Cert Ed (PCE) FRSA



Communism and Fascism were tyrannies brought on by the collapse of the old order. Do we just dismiss them as aberrations of history? Was the Russian Revolution a revolution for the better or simply a well-presented 'coup d'etat' masquerading as a people's revolt? Were NAZI Germany and Soviet Russia just different side of the same totalitarian coin? Different ideologies propelling gangsters into power, whose only real objective was power itself. Or again, is that view also too simplistic. Join Chris for an exciting and provocative journey.

RECOMMENDED READING: Mastering Modern European History, Stuart Miller (Palgrave)

CODE	TIME	START	DAY	PRICE	WKS
CHA317	14:00 – 16:00	18/01/2021	MON	£66.00	10



THE EVE OF DESTRUCTION: THE WORLD IN 1968

Ronnie Hanna, BA (Hons) MA Modern History



This course revisits the dramatic events of 1968, when the world appeared to be 'on the eve of destruction'. Ronnie Hanna attempts to analyse 12 months that saw the Tet offensive in Vietnam, the assassinations of Martin Luther King and Robert Kennedy, the Prague Spring, Enoch Powell's 'Rivers of Blood' speech, an Olympics overshadowed by Black Power protests and Apollo 8 making the first manned spaceflight around the moon.

NO CLASS: 11th May 2021

CODE	TIME	START	DAY	PRICE	WKS
CHA305	14:00 – 16:00	13/04/2021	TUE	£66.00	10



AN INTRODUCTION TO ISLAM

Pádraig Fitzpatrick, MA BEng CELTA



The course aims to provide an understanding of Islam and is an ideal introduction to Islam for individuals who work with Muslims or want to know more about the religion. In this introduction we will journey through its development, learn about the Prophet Muhammad, his world, the religion's foundational sources, beliefs and pillars, its history, sectarian developments, as well as its place in the modern world both culturally and politically.

NO CLASS: 11th May 2021

CODE	TIME	START	DAY	PRICE	WKS
CHA314	19:00 – 20:30	07/10/20	WED	£33.00	6
CHA306	19:00 – 21:00	20/01/2021	WED	£66.00	10



FIVE KEY MOMENTS IN STALIN'S RUSSIA

Angela Hunt, BA MA DELE MIR



Joseph Stalin's rule of the Soviet Union was characterized by sweeping dramatic changes punctuated by significant moments that facilitated those changes. This course looks at five important moments from when Stalin became undisputed leader of the CPSU through to his death in 1953. It focuses on Stalin's victory in the 1920s power struggle, the decision to modernise the economy, the turn towards terror, the Nazi invasion of the USSR and the spoils of victory. By looking at these key moments and their consequences, the story of Stalin's Russia can be told.

CODE	TIME	START	DAY	PRICE	WKS
CHA231	19:00 – 20:30	27/01/2021	WED	£29.00	6



RUSSIAN HISTORY: THE ROMANOV'S DYNASTY 1613-1917

Angela Hunt, BA MA DELE MIR



The course looks at the rise of the Romanovs – the second and last Imperial Dynasty of Russia until the abolition of the crown in 1917 and the Russian Revolution – introspectively delving into the reign and legacy of Peter the Great, Catherine the Great, Alexander I, Alexander II and Nicholas II, the last Russian tsar.

CODE	TIME	START	DAY	PRICE	WKS
CHA319	19:00 – 20:30	21/09/2020	MON	£35.00	8



TREASURES OF THE RUSSIAN CZARS

Angela Hunt, BA MA DELE MIR



During the Romanov dynasty, the art, history and heritage of the Russian people were hidden from Western eyes in a cloud of mystery and intrigue behind the towering walls of the Kremlin. This course looks at some of the most significant collections, including rare works of Russian craftsmen of the 4th - 20th centuries and priceless artefacts that were part of daily life at the royal court, used as regalia of state in solemn ceremonies.

CODE	TIME	START	DAY	PRICE	WKS
CHA321	18:30 – 20:30	26/01/2021	TUE	£52.00	8



AN ILLUSTRATED GUIDE TO THE CAMPAIGNS OF ALEXANDER THE GREAT

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



Alexander was an ancient Macedonian ruler and one of history's greatest military minds who established the largest empire the ancient world had ever seen. The course will highlight eight major campaigns stretching from the Mediterranean to India (336-323 BC). Each will be based on presentations consisting of maps, battle scenes and images of places and people involved.

CODE	TIME	START	DAY	PRICE	WKS
CHA304	10:30 - 12:00	28/09/2020	MON	£44.00	10



A HISTORY OF THE ULSTER LINEN INDUSTRY

John Bradbury, BA (Hons) TCD



A History of the Ulster Linen Industry is a short course that will focus on all aspects of the local industry, including production, the mills, model villages, the workers, the 'Big Houses' and above all the importance of the industry itself; both locally and internationally.

RECOMMENDED READING: Picking up the Linen Threads

CODE	TIME	START	DAY	PRICE	WKS
CHA303	14:00 - 16:00	03/02/2021	WED	£46.00	6



THE USSR - PORTRAIT OF A SUPER POWER

Angela Hunt, BA MA DELE MIR



The USSR had a distinctive history that continues to influence today's Russia such as the tradition of autocracy. The Role of the State has always been extensive in both pre- and post-revolutionary Russia. The course looks at the Russian land and the people of the Soviet Union; ideology of the Communist Party, Soviet society, dissent and opposition; the Soviet political system, economy, industrialisation and collectivisation; women and families; alcohol as a social problem; Orthodox faith; and social and political changes since Stalin.

CODE	TIME	START	DAY	PRICE	WKS
CHA322	18:30 - 20:30	15/04/2021	THU	£66.00	10



Keeping active with regular activity is beneficial for your physical and mental health.

**SWING INTO JIVE**

Adele Marsh, CIPD NATD ISTD



With all the fun of East Coast Swing and the music of the 1940s to present day, Social Jive is a blend of East Coast Swing, Rock'n'Roll and Ballroom Jive. Taught with both faster and slower options so that all dancers can go at their own pace. Great fun, easy to pick up and a great way to keep fit.

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

CODE	TIME	START	DAY	PRICE	WKS
HFW201	19:00 – 20:00	01/09/2020	TUE	£19.00	6
HFW203	18:15 – 19:15	09/02/2021	TUE	£23.00	7

**BEGINNERS' BALLROOM - LEVEL 1**

Adele Marsh, CIPD NATD ISTD



You've seen it on Strictly, now Ballroom and Latin dance comes to Stranmillis. Come and learn to Waltz, Foxtrot, Quickstep or Tango your way around the Ballroom. Then take your partner for a Rumba, Cha Cha, Jive or Samba as you become a confident social dancer. Ballroom and Latin dance is fun, energetic, inclusive and helps with social skills, confidence, coordination and memory.

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

CODE	TIME	START	DAY	PRICE	WKS
HFW204	11:00 – 12:30	03/09/2020	THU	£26.00	6
HFW206	15:00 – 16:30	14/01/2021	THU	£42.00	10

**STRICTLY STRANMILLIS - LEVEL 2**

Adele Marsh, CIPD NATD ISTD



A Ballroom and Latin dancing class for those who know the basics of Waltz, Foxtrot, Quickstep and Tango. This is a follow-on course from Beginners Level 1, but is also suitable for those that have done some Ballroom dancing in the past. No knowledge of Latin dances required as these will be taught from the beginning each term. Any queries please contact the tutor directly.

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

CODE	TIME	START	DAY	PRICE	WKS
HFW207	19:30 – 21:00	12/01/2021	TUE	£42.00	10
HFW209	11:00 – 12:30	14/01/2021	THU	£42.00	10

HEALTH, FITNESS AND WELLBEING



DANCERCISE

Adele Marsh, *CIPD NATD ISTD*



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!

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



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

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



YOGALATES

David Ogborn



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: 17th March 2021

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

CODE	TIME	START	DAY	PRICE	WKS
HF210	13:00 – 14:00	14/01/2021	THU	£35.00	10

CODE	TIME	START	DAY	PRICE	WKS
HF235	11:00 – 12:00	02/10/2020	FRI	£26.00	8
HF251	11:00 – 12:00	29/01/2021	FRI	£32.00	8
HF239	11:00 – 12:00	16/04/2021	FRI	£32.00	8

CODE	TIME	START	DAY	PRICE	WKS
HF236	11:00 – 12:00	20/01/2021	WED	£45.00	10
HF237	11:00 – 12:00	14/04/2021	WED	£45.00	10



GENTLE FLOW YOGA

Orla Wallace



MINDFUL MEDITATION

Orla Wallace



CHAKRA FLOW YOGA

Orla Wallace



This is a gentle meditative Yoga class, great for beginners or for 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.

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

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.

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

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.

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

CODE	TIME	START	DAY	PRICE	WKS
HFW240	17:30 – 19:00	14/09/2020	MON	£45.00	10
HFW241	17:30 – 19:00	15/09/2020	TUE	£45.00	10
HFW242	17:30 – 19:00	18/01/2021	MON	£55.00	10
HFW243	17:30 – 19:00	19/01/2021	TUE	£55.00	10
HFW245	17:30 – 19:00	13/04/2021	TUE	£55.00	10

CODE	TIME	START	DAY	PRICE	WKS
HFW234	12:30 – 14:00	17/09/2020	THU	£45.00	10
HFW233	12:30 – 14:00	21/01/2021	THU	£55.00	10
HFW238	12:30 – 14:00	15/04/2021	THU	£55.00	10

CODE	TIME	START	DAY	PRICE	WKS
HFW246	19:30 – 21:00	14/09/2020	MON	£45.00	10
HFW247	19:30 – 21:00	15/09/2020	TUE	£45.00	10
HFW248	19:00 – 20:30	18/01/2021	MON	£55.00	10
HFW249	19:00 – 20:30	19/01/2021	TUE	£55.00	10
HFW244	19:00 – 20:30	13/04/2021	TUE	£55.00	10

HEALTH, FITNESS AND WELLBEING



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.

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

CODE	TIME	START	DAY	PRICE	WKS
HFW228	11:00 – 12:00	19/01/2021	TUE	£42.00	10
HFW229	11:00 - 12:00	13/04/2021	TUE	£42.00	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: 17th and 31st March and 7th April 2021

IMPORTANT: Please inform instructor of any physical or medical issues. The tutor will advise in advance when there will be no scheduled classes.

CODE	TIME	START	DAY	PRICE	WKS
HFW250	19:00 – 20:30	03/02/2021	WED	£56.00	12



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. The programme is delivered to encourage progress in a series of repetitive exercises to suit an individual's needs.

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

CODE	TIME	START	DAY	PRICE	WKS
HFW222	12:00 – 13:00	19/01/2021	TUE	£42.00	10
HFW223	12:00 – 13:00	13/04/2021	TUE	£42.00	10
HFW225	13:00 – 14:00	19/01/2021	TUE	£42.00	10
HFW226	13:00 – 14:00	13/04/2021	TUE	£42.00	10



PILATES FOR BEGINNERS

Jonny Logue



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



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. The programme is delivered to encourage progress in a series of repetitive exercises to suit an individual's needs. Mats are provided, however you are welcome to bring your own.

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

“
Pilates has helped
strengthen my core
and I've noticed
improved joint
movement.

”

CODE	TIME	START	DAY	PRICE	WKS
HFW212	10:00 – 11:00	08/10/2020	THU	£25.00	8
HFW219	10:00 – 11:00	21/01/2021	THU	£37.00	8
HFW220	10:00 – 11:00	15/04/2021	THU	£37.00	8

CODE	TIME	START	DAY	PRICE	WKS
HFW230	11:30 – 12:30	08/10/2020	THU	£25.00	8
HFW231	11:00 – 12:00	21/01/2021	THU	£37.00	8
HFW232	11:00 – 12:00	15/04/2021	THU	£37.00	8



Multilingual people are considered perceptive and mindful.





THE SOUND OF FRENCH: LOWER INTERMEDIATE LEVEL

Céline Holmes, BA *FLS*



This course is aimed at pre-intermediate to intermediate learners who are keen to develop their pronunciation skills in French. Rather than being an in-depth scientific approach to phonetics, this course is designed to help learners master the sounds of French, through practical exercises and fun activities such as tongue twisters, poetry reading and acting. This course will help students to build confidence in their speaking and listening skills. Classes will be conducted in English.

RECOMMENDED READING: Les 500 exercices de phonétique, niveau A1/A2, Dominique Abry, Marie-Laure Chalaron, Hachette

CODE	TIME	START	DAY	PRICE	WKS
LNG214	11:00 – 13:00	21/01/2021	THU	£65.00	10



CONVERSATIONAL FRENCH: INTERMEDIATE LEVEL

Marianne Casal, MA



Designed to help confident French speakers converse in the language, the course 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 CLASSES: 17th and 31st March 2021

CODE	TIME	START	DAY	PRICE	WKS
LNG236	15:00 – 17:00	27/01/2021	WED	£78.00	12



UPPER INTERMEDIATE FRENCH

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: 17th and 31st March 2021

CODE	TIME	START	DAY	PRICE	WKS
LNG233	18:30 – 20:30	06/10/2020	TUE	£38.00	6
LNG234	18:30 – 20:30	19/01/2021	TUE	£65.00	10
LNG235	18:30 – 20:30	13/04/2021	TUE	£65.00	10



BEGINNERS' IRISH - LEVEL 1

Dr Ian Malcolm, BA PhD



BEGINNERS' IRISH - LEVEL 2

Dr Ian Malcolm, BA PhD



LOWER INTERMEDIATE IRISH CONVERSATION

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.

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.

This course is for learners of Irish 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. Not forgetting the weather, of course (or that all-important shopping trip)! This lively course is the perfect start for those who want to take their Irish from the classroom into the real world. Not suitable for fluent or near-fluent speakers.

RECOMMENDED READING: Irish for Beginners, Angela Wilkes, Usborne

RECOMMENDED READING: Irish for Beginners, Angela Wilkes, Usborne

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

CODE	TIME	START	DAY	PRICE	WKS
LNG228	19:00 – 21:00	21/01/2021	THU	£52.00	8

CODE	TIME	START	DAY	PRICE	WKS
LNG226	19:00 – 21:00	15/04/2021	THU	£65.00	10

CODE	TIME	START	DAY	PRICE	WKS
LNG225	19:00 – 21:00	23/09/2020	WED	£38.00	6
LNG224	19:00 – 21:00	04/11/2020	WED	£38.00	6
LNG240	19:00 – 21:00	20/01/2021	WED	£65.00	10
LNG223	19:00 – 21:00	07/04/2021	WED	£65.00	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.



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.



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?).

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

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

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

CODE	TIME	START	DAY	PRICE	WKS
LNG222	15:30 – 17:30	21/01/2021	THU	£52.00	8

CODE	TIME	START	DAY	PRICE	WKS
LNG201	09:30 – 11:30	15/09/2020	TUE	£43.00	8
LNG202	09:30 – 11:30	03/02/2021	WED	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG203	13:00 – 15:00	14/09/2020	MON	£43.00	8
LNG204	13:30 – 15:30	01/02/2021	MON	£78.00	12



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.

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



LOWER INTERMEDIATE ITALIAN CONVERSATION

Dr Stefania Faraone, PhD Anglistics BA (Hons) CLTA



This course is designed for people who have some knowledge of the basic structures of the language, for example, present and past tense. 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.

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.

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

CODE	TIME	START	DAY	PRICE	WKS
LNG205	13:30 – 15:30	16/09/2020	WED	£43.00	8
LNG206	13:30 – 15:30	03/02/2021	WED	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG207	12:00 – 14:00	15/09/2020	TUE	£43.00	8
LNG208	11:30 – 13:30	03/02/2021	WED	£78.00	12

CODE	TIME	START	DAY	PRICE	WKS
LNG209	11:00 – 13:00	16/09/2020	WED	£43.00	8
LNG210	11:30 – 13:30	01/02/2021	MON	£78.00	12



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.

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

CODE	TIME	START	DAY	PRICE	WKS
LNG229	10:00 – 12:00	14/09/2020	MON	£43.00	8
LNG230	09:30 – 11:30	01/02/2021	MON	£78.00	12



Dr Kris Baraniuk BSc (Hons) PhD Computational Linguistics

“
‘I am of Polish origin and thoroughly enjoy meeting students and teaching Polish language.’
 ”



LET'S TALK POLISH
 Dr Kris Baraniuk *BSc (Hons) PhD Computational Linguistics*

An introduction to Polish language by a native speaker and experienced teacher. This course will equip you to converse in Polish at a basic level. You will gain knowledge of the rudiments of grammar, but the emphasis will be 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.

CODE	TIME	START	DAY	PRICE	WKS
LNG220	19:00 – 21:00	13/01/2021	WED	£46.00	6
LNG221	19:00 – 21:00	14/04/2021	WED	£46.00	6



BEGINNERS' SPANISH

Catherine Russell, BA PGCE GTCE



This course is open to everyone wanting to learn the basics of Spanish. The students will learn to use everyday Spanish, helping them to communicate effectively. All skills of language learning will be developed: reading, writing, listening and speaking. By providing in a safe, happy class environment the learner will feel comfortable to discover and learn through instruction and repetition. I will use a range of lessons to appeal to the different learning styles. The students will begin with basic vocabulary which will include some grammar, morphology, syntax and phonetics. Spanish culture will also be integrated into many fun lessons!

NO CLASSES: 1st and 8th April 2021

CODE	TIME	START	DAY	PRICE	WKS
LNG227	11:00 – 13:00	24/09/2021	THU	£32.00	6
LNG237	11:00 – 13:00	04/02/2021	THU	£78.00	12



HOLIDAY SPANISH

Dr Dayna Jost, EdD TESTOL MA TESTOL



Get ready to travel to your favourite Spanish-speaking destination with this practical approach to language learning. This course has an emphasis on speaking and using vocabulary related to the context of food, accommodation, transport and other aspects of travel. As a bonus, those interested in travelling to Central or South America will gain insight into the cultural customs specific to that region, as the instructor's experience comes from the Andean region. The classes are dynamic and fun. By the end of the class, you will feel more confident in navigating your way around your holiday destination!



SPANISH CONVERSATION - LEVEL 3

Catherine Russell, BA PGCE GTCE



Students will continue to develop their Spanish language skills in reading, writing, speaking and listening. Students will build on existing knowledge and expand upon vocabulary and grammar. Students will also be exposed to authentic material to strengthen cultural awareness. Upon completion learners will be able to communicate in and understand Spanish in many practical everyday matters related to various aspects of culture.

NO CLASS: 30th April and 6th April 2021

CODE	TIME	START	DAY	PRICE	WKS
LNG212	18:30 – 20:30	12/01/2021	TUE	£56.00	8
LNG213	18:30 – 20:30	13/04/2021	TUE	£56.00	8

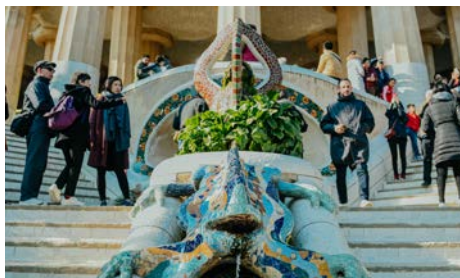
CODE	TIME	START	DAY	PRICE	WKS
LNG239	19:00 – 21:00	02/03/2021	TUE	£78.00	12



BEGINNERS' SPANISH - LEVEL 2
 Jim McCavery, BA MPhil PGCE



This course is for those learners with some experience of Spanish language who wish to expand their vocabulary and conversation skills. 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.



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: 17th February 17th and 31st March and 7th April 2021

RECOMMENDED READING: Aula Internacional 2 nueva edición

CODE	TIME	START	DAY	PRICE	WKS
LNG218	10:00 – 12:00	15/09/2020	TUE	£32.00	5
LNG219	10:00 - 12:00	03/11/2020	TUE	£32.00	5
LNG238	10:00 – 12:00	19/01/2021	TUE	£65.00	10



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. Each week there is a class discussion of current affairs, exploration of a theme and plenty of opportunities to improve listening and speaking skills.

NO CLASS: 17th February 17th and 31st March and 7th April 2021

RECOMMENDED READING: Aula Internacional 3 Nueva Edición

CODE	TIME	START	DAY	PRICE	WKS
LNG217	13:00 – 15:00	20/01/2021	WED	£78.00	12


CODE	TIME	START	DAY	PRICE	WKS
LNG231	10:00 - 12:00	20/01/2021	WED	£78.00	12



The ability to express ourselves well.




YOUR WORDS MATTER
 Mo McDevitt, *BDip AD ATC BA (Hons) NICVA INSEA*



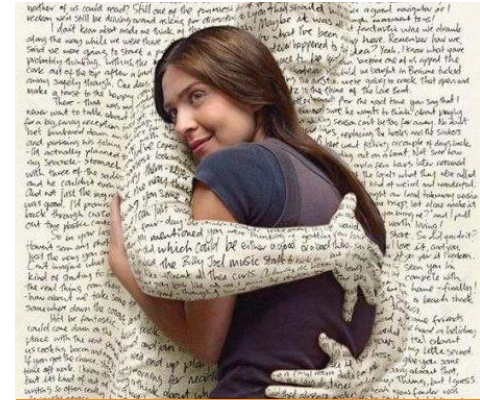
The classes offer a safe and relaxed atmosphere for developing your confidence as a writer, editing your work and preparing it for publication. Prompts will include poems and stories, picture and music. Suitable for beginners as well as more experienced writers.



BOOST YOUR WRITING BRAIN
 David Tierney, *BA (Hons) MA BTEC CMI*



Revolutionise your writing goals to achieve significant results with this short course. The course 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. Using music, video and short stimulating exercises and presentations, the course will ignite your curiosity about the writing process.



MINDFUL WRITING AND JOURNALING FOR MENTAL WELLNESS
 David Tierney, *BA (Hons) MA BTEC CMI*



This is a fun and interactive short course 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.

CODE	TIME	START	DAY	PRICE	WKS
LCW206	18:30-20:30	21/01/2021	THU	£58.00	10
LCW208	18:30-20:30	15/04/2021	THU	£58.00	10

CODE	TIME	START	DAY	PRICE	WKS
LCW210	10:00 – 12:00	09/11/2020	MON	£23.00	3
LCW212	10:00 – 16:00	22/02/2021	MON	£28.00	1

CODE	TIME	START	DAY	PRICE	WKS
LCW205	10:00 – 12:00	06/10/2020	TUE	£23.00	3
LCW207	10:00 – 16:00	16/02/2021	TUE	£28.00	1



WRITING WITH FOREIGN FLAIR

Céline Holmes, BA FSL



CÉLINE HOLMES, BA FSL

Designed for those who have little or no creative fiction writing experience but have a keen interest in writing, especially about foreign countries and culture. How do you choose a name? How do you create a fictional place? Learn to describe somewhere you've never visited. Throughout the course Céline will help you develop your inner creativity and research skills needed to write a fictional story set abroad.

“
I am passionate about passing on my skills and experience and inspiring my students to better themselves.
 ”

CODE	TIME	START	DAY	PRICE	WKS
LCW201	10:30-11:30	07/11/2020	SAT	£18.00	4
LCW202	10:30-12:30	17/04/2021	SAT	£21.00	2



THE EXPLORATION OF RUSSIAN WRITERS AND THEIR FAMOUS MASTERPIECES

Angela Hunt, BA MA DELE MIR



Prose fiction has a more prominent position in the literature of Russia than any other great country. Turgenev, Chekov, Dostoevsky, and Tolstoy occupy in their own land not only the place of Dickens, Thackeray, and George Eliot in England, but also to some degree that of Carlyle, Matthew Arnold, or Ruskin. This serious character of Russian fiction is due in some degree to the development of Russian literature under a despotism that forbade or at least hampered open discussion of public questions. Their works are regarded as not merely diverting tales over which to spend pleasantly an idle hour, but as books full of suggestive and inspiring teaching on moral and social questions.

CODE	TIME	START	DAY	PRICE	WKS
LCW219	19:00 – 20:30	06/10/2020	TUE	£38.00	8

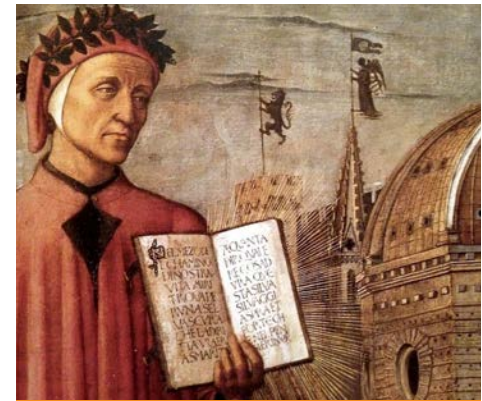


POETRY FOR PLEASURE

Joanne Elliott, BA MA



DR VIVIANA FIORENTINO, MSc PHD



ITALIAN POETRY AND LITERATURE

Dr Viviana Fiorentino, MSc PhD



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.

“
I love words in all their forms, from reading to writing.
 ”

Come and learn Italian from the inspiring perspective of Italian poetry! Journey through Italy and its wonderful landscapes with the most famous Italian poets. Discover the magical music of words and their multiple meanings with an interactive and fun approach. The musical power of poetic words will help you memorise new words, expand your vocabulary, learn pronunciation and idiomatic expressions in an easier way. You will have the opportunity to look at Italian culture from the deep perspective of poets. The course is suitable for all levels. So, come along if you just love poetry!

CODE	TIME	START	DAY	PRICE	WKS
LCW211	14:00 – 16:00	02/02/2021	TUE	£60.00	8

CODE	TIME	START	DAY	PRICE	WKS
LCW203	11:00-12:30	01/02/2021	MON	£46.00	8
LCW204	11:00-12:30	27/04/2021	TUE	£46.00	8



Social and emotional connection between all members of our society.



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
PMB205	10:00 – 12:00	23/11/2020	MON	£10.00	1
PMB206	18:00 – 21:00	22/03/2021	MON	£18.00	1



HELPING A CHILD WHO STAMMERS

Peter Bradley



Stammering from the age of 7, Peter struggled with everyday tasks in school like reading aloud, talking to friends and fully expressing himself. Explore techniques that are designed to give you the tools and confidence to achieve the following main objectives:

1. To educate people on how to limit the marginalisation associated with stammering;
2. To empower people with knowledge around stammering and helping them to deal with a child that stammers effectively.

RECOMMENDED READING: Paperboy, Vince Vawter, This Newbery Honor winner, Dell Publishing

CODE	TIME	START	DAY	PRICE	WKS
PMB213	18:30 – 20:00	08/02/2021	MON	£23.00	2
PMB214	18:30 – 20:00	02/03/2021	TUE	£23.00	2



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 CLASSES: Two weeks at Easter 2021

CODE	TIME	START	DAY	PRICE	WKS
PMB202	11:00 – 13:00	23/02/2021	TUE	£65.00	10



MAXIMISING YOUR MOBILE DEVICE

Anne Lennon



This course is designed to help you get the best out of your mobile 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: Two weeks at Easter 2021

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

CODE	TIME	START	DAY	PRICE	WKS
PMB204	11:00 – 13:00	24/02/2021	WED	£65.00	10



EMOTIONAL WELLBEING

Emalyn Turkington, *BSc Cert in Teaching STEPS*



Students will learn about self-belief and how what you say to yourself is important and influences your self-esteem and confidence both positively and negatively. There will be discussion on negative self-talk and how it can have a big influence on your feelings and behaviour. How many times do we call ourselves names, or put ourselves down without even realising we are doing this? Students will look at being positive and learn to recognise their positive qualities and strengths.

CODE	TIME	START	DAY	PRICE	WKS
PMB207	10:00 – 12:00	19/10/2020	MON	£10.00	1
PMB208	10:00 – 13:00	06/03/2021	SAT	£18.00	1



SELF CONFIDENCE

Emalyn Turkington, *BSc Cert in Teaching STEPS*



Self-Confidence is something we all want to have, yet at times we lack self-confidence. In this session learners will discuss:

What self-confidence is and why at times we lack confidence.

- Raise awareness on negative thinking and learn how to change it.
- Introduce positive qualities and positive affirmations.

Self-Confidence is lifelong and we all need healthy tips to be able to look after our confidence.

CODE	TIME	START	DAY	PRICE	WKS
PMB211	10:00 – 12:00	12/10/2020	MON	£10.00	1
PMB212	18:00 – 21:00	19/04/2021	MON	£18.00	1



STRESS MANAGEMENT

Emalyn Turkington, *BSc Cert in Teaching STEPS*



Stress management is about moving from powerlessness to feeling in control. Students will look at what stress is and the causes of stress. Discussion will be based on how stress can very much impact both your physical and mental health. Students will look at unhealthy coping mechanisms of stress (drink, drugs, smoking etc) and also healthy coping mechanisms. There will be different exercises throughout the session to help students with their stress.



BUSINESS SKILLS: INTRODUCTION TO SELLING

Christine Hammond, *BA ASET*



Getting to grips with how to sell your product/service can be challenging, especially if you are new to the process. This workshop will introduce you to the basic steps involved in the business journey. You'll learn how to manage each, from those early conversations through to making sales and building relationships based on trust. Fun and interactive, you'll take away plenty of new skills, tips and techniques to help grow resilience and develop new business.



BUSINESS SKILLS: FINDING NEW CLIENTS

Christine Hammond, *BA ASET*



Maintaining a steady flow of opportunities is the lifeblood of your business and having a "Prospecting" plan is the way to achieve this. In this fun, interactive workshop you'll learn the differences between Prospecting and Marketing, how to evaluate and select suitable methods of reaching potential clients and how to manage your time and activities effectively. You'll also have an opportunity to put together a short pitch to ensure your first impressions really count!

CODE	TIME	START	DAY	PRICE	WKS
PMB209	10:00 – 12:00	05/10/2020	MON	£10.00	1
PMB210	18:00 – 21:00	22/02/2021	MON	£18.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMB226	11:00 – 13:30	19/01/2021	TUE	£20.00	1
PMB216	18:00 – 20:30	26/01/2021	TUE	£20.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMB215	11:00 – 13:30	09/02/2021	TUE	£20.00	1
PMB225	18:00 – 20:30	16/02/2021	TUE	£20.00	1



**SOCIAL MEDIA FOR BUSINESS:
FACEBOOK**

Christine Hammond, BA ASET



**BUSINESS SKILLS: QUESTIONING
AND LISTENING**

Christine Hammond, BA ASET



**BUSINESS SKILLS: WINNING BUSINESS
WITH CONFIDENCE**

Christine Hammond, BA ASET



Leverage the power of social selling with Facebook. In this workshop we'll go from the "ground up" to start both a page and a group. You'll learn the basic settings that will quickly raise your business profile and encourage engagement with your target audience. We'll also look at different types of posts and what to select in order to plan ahead with the right message.

Effective communication is the foundation of business success, which means questioning and listening skills are key. In this fun, interactive workshop you'll learn how to apply various question types and techniques in your business meetings. You'll also find out what meaningful listening really is, how to practise it and why it helps to build solid business relationships. We also take a brief look at non-verbal communication and how you can build trust quickly with others through personal presentation.

In business, there's a difference between "telling" and "selling" which can often result in no deal being done! This workshop will teach you how to ask for business with confidence. By utilising a range of ethical selling skills for effective communication, you'll be able to set yourself apart from competitors and start facilitating positive client buying decisions.

CODE	TIME	START	DAY	PRICE	WKS
PMB217	11:00 – 13:30	02/03/2021	TUE	£20.00	1
PMB224	18:00 – 20:30	23/03/2021	TUE	£20.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMB222	11:00 – 13:30	13/04/2021	TUE	£20.00	1
PMB223	18:00 – 20:30	20/04/2021	TUE	£20.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMB203	11:00 – 13:30	11/05/2021	TUE	£20.00	1
PMB219	18:00 – 20:30	25/05/2021	TUE	£20.00	1



**SOCIAL MEDIA FOR BUSINESS:
TWITTER**

Christine Hammond, BA ASET



**BUSINESS SKILLS: BUSINESS
PRESENTATION SKILLS**

Christine Hammond, BA ASET



**BUSINESS SKILLS:
NEGOTIATING WITH CONFIDENCE**

Christine Hammond, BA ASET



As one of the largest social media platforms, Twitter is a great way to promote your business, keep up to date with the latest news and connect with a worldwide audience. In this workshop, you'll go from the "ground up" to start an account and learn how to utilise a range of powerful tools and settings to have you up and running quickly. You'll also be able to embed hints and practical tips to help forward plan and join conversations locally and globally as well as starting your own!

To be effective in delivering persuasive business presentations, you and your message alone aren't enough! You need to be professionally competent in the communication of that message to ensure the audience will visualise the transformation you and your product or service can provide. Come along to this highly practical, interactive workshop and learn how to create your own powerful, persuasive presentation. From planning tools through to delivery, getting your "ask" out there and managing nerves, you'll get the inside track to success.

Effective negotiation requires skill, judgement and self-control to ensure successful, equitable outcomes. This highly interactive, fun workshop will offer you first-hand experience of live, team negotiations with fellow attendees and introduce you to different techniques and behaviours. By the end of the session, you'll have a vital take-away framework to structure and plan your own negotiations for great results.

IMPORTANT: Light lunch provided. Please advise food allergies.

IMPORTANT: Light lunch provided. Please advise food allergies.

CODE	TIME	START	DAY	PRICE	WKS
PMB221	11:00 – 13:30	01/06/2021	TUE	£20.00	1
PMB201	18:00 – 20:30	08/06/2021	TUE	£20.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMB218	10:00 – 15:30	27/04/2021	TUE	£30.00	1

CODE	TIME	START	DAY	PRICE	WKS
PMB220	10:00 – 15:30	18/05/2021	TUE	£30.00	1



Appreciate the nature and wonder of the world.



GARDENING WORKSHOPS

Linda McKeown, *PTLLS SGD GLDA*



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.

WAU01: Lawn Care

WAU02: Concerning Roses

WAU03: All about herbs (includes herb tea tasting)

WAU04: 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
WAU01	10:00 – 12:00	29/09/2020	TUE	£16.00	2
WAU02	10:00 – 12:00	20/10/2020	TUE	£16.00	2
WAU03	10:00 – 15:30	09/03/2021	TUE	£23.00	1
WAU04	10:00 – 15:30	15/06/2021	TUE	£23.00	1



GENERAL GARDENING

Linda McKeown, *PTLLS SGD GLDA*



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.

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

CODE	TIME	START	DAY	PRICE	WKS
WAU206	10:00 – 12:30	26/01/2021	TUE	£62.00	6
WAU207	10:00 – 12:30	16/03/2021	TUE	£62.00	6



**THE BELFAST REGION:
THE DEVELOPMENT OF A PHYSICAL
AND CULTURAL ENVIRONMENT**

Martin Thom, *BA (Hons) PGCE*



The theme of the course is a study of the Belfast region from its geological foundations through geomorphological changes associated with glaciation to the arrival and increasing influence of people on the environment. A physical and cultural palimpsest concluding with an eye to the future. Envisioned in six parts: Bedrock, Landscape, Pre-history, History, the Planned City and Potential futures.

CODE	TIME	START	DAY	PRICE	WKS
WAU202	10:00 – 12:00	09/02/2021	TUE	£39.00	6

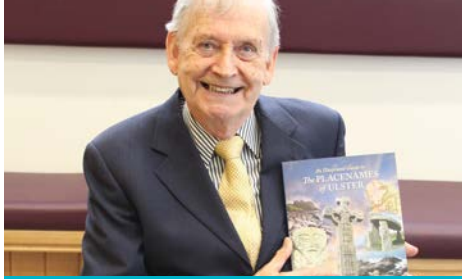


EUROPEAN COLONISATION OF THE AMERICAS

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



This course describes the history of the settlement and establishment of control of the Americas by European naval powers. Each session will highlight different episodes over the three centuries of their rule and exploitation.



AN ILLUSTRATED GUIDE TO THE PLACENAMES OF ULSTER

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



Many of the placenames of Ulster are based on the Irish language. The course will focus on the linguistic elements that form the placenames over a wide range of themes. These themes, such as 'homes and habitations' and 'animals and birds', will form the basis for each session.



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 and current projects are investigating the genes of the people of these islands and their 'deep history'. Join like-minded individuals to understand and discuss the many aspects of human evolution.

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

CODE	TIME	START	DAY	PRICE	WKS
WAU208	10:30 – 12:30	25/01/2021	MON	£45.00	8

CODE	TIME	START	DAY	PRICE	WKS
WAU209	10:30 – 12:30	13/04/2021	TUE	£56.00	10

CODE	TIME	START	DAY	PRICE	WKS
WAU201	10:00 – 12:00	15/04/2021	THU	£45.00	8

IMPORTANT INFORMATION



COVID-19

The Coronavirus pandemic has brought about changes to how we work and operate in our everyday lives. Planning will constantly be reviewed and evaluated to ensure the health, wellbeing and safety of all campus users. Please ensure that you protect yourself and others by using hand sanitisers regularly. We appreciate you keeping a minimum of one metre plus away from persons who are not in your social bubble



ADMINISTRATION

To avoid missing out on forthcoming events and key information, keep your contact details updated. A decision to cancel a course is made a week before a course is due to commence. Enrol early to avoid disappointment. 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.



KEEP US UPDATED

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



TRAVEL

The University College is not responsible for the provision of transport or private arrangements made between course participants in travelling to and from course venues.



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
First Floor, Main Building
Stranmillis University College
Belfast
BT9 5DY

Telephone: 028 9038 4345

Email: lifelong@stran.ac.uk

Web: 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.



PAYMENT INFORMATION

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

By Post: Please make cheques payable to 'Stranmillis University College' and include a completed enrolment form.

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.



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 are 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.



WANT TO FIND OUT MORE?

Visit the Lifelong Learning web page: 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



RECYCLE

If you no longer need this book, please pass it on to a relative, friend, colleague or your local library or coffee shop.



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 appreciate 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.

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.

RECYCLE

If you no longer need this programme, please pass it on to your local library, a relative, friend or work colleague.



REFRESHMENTS AVAILABLE FOR YOU TO

ENJOY:

Coffee Dock

CHATZ Restaurant

Betty's Coffee Shop

ENGAGING WITH THE COMMUNITY

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

GIFT CERTIFICATES

Are you looking for a gift for a friend or family member? Birthday, Christmas, Easter or any special occasion.



WI-FI ACCESS

Available to registered Lifelong Learners



WWW.STRAN.AC.UK

ONLINE

Book courses through our online payment system
Stran eShop

LIFELONG LEARNING

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