

FREE COURSES this autumn	Day and Time
<p>FREE YOURSELF: Personal Development to help you explore new approaches in life. Learn healthy living, how to manage your money, eating on a budget, cope with stress or depression, build your self-confidence and develop your style.</p>	<p>Mondays for ten weeks 9.30 am to 12.30</p>
<p>ART ADVENTURES: try using different materials and techniques, including drawing and painting (depending upon your interests) to gain insight and try out new ways of looking at the world.</p>	<p>Mondays for ten weeks 1.30 pm to 4.30 pm</p>
<p>WORKING EFFECTIVELY: developing your skills for employment and volunteering. You will learn about what makes a good first impression, how to write an effective letter and CV and how to give yourself an advantage in an interview.</p>	<p>Wednesdays for ten weeks 9.30 am to 12.30</p>
<p>MARGINS: for people who want to develop a talent for creative writing for pleasure and profit. We look at design and layout, as well as publishing. developing your IT skills and also surf the web - without falling in!</p>	<p>Wednesdays for ten weeks 1.30 pm to 4.30</p>

All the courses take place at **North Sands Business Centre**, which is on Liberty Way, near the National Glass Centre, Sunderland SR6 0QA.

This first series of courses are FREE, with only £15 fee for registration/certification. We particularly want to encourage people who have been excluded or faced barriers due to disability, age, race, gender, sexuality and faith, to take part.



Phone RON- 0191 5675931

To book or to ask any questions about the courses

Suite 1R North Sands Business Centre, Liberty Way, Sunderland SR6 0QA

Registration Number: 05107253