

FIRST AID

ESSENTIAL FIRST AID ALL AGES

A St John Ambulance certificated course. This course deals with serious conditions and incidents. It is ideal if you want to know what to do when faced with an emergency involving a casualty of any age. Course fee includes workbook and St John Ambulance registration and certification. Leaflet available.

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Fee	Concessions
Wed	CRHS	Q3968	Essential First Aid for – All Ages CRHS AUTUMN	09/10/19	18.00 – 21.00	1 day	£34	N/A
Wed	RGS	Q3516	Essential First Aid for – All Ages RGS SPRING	11/03/20	18.00 – 21.00	1 day	£34	N/A
Thu	QEII	Q3513	Essential First Aid for – All Ages QEII SPRING	13/02/20	18.00 – 21.00	1 day	£34	N/A
Sat	UCM	Q3540	Essential First Aid for – All Ages UCM AUTUMN	19/10/19	09.30 – 12.30	1 day	£34	N/A
Sat	UCM	Q3541	Essential First Aid for – All Ages UCM SUMMER	04/04/20	09.30 – 12.30	1 day	£34	N/A

HEALTHY EATING

BEING A SUCCESSFUL VEGAN/VEGETARIAN

This course will educate you in a practical and informative way on how to obtain all the nutritional requirements through vegan/vegetarian diets and their health benefits, incorporating variety and balance of foods and eating out as a vegan/vegetarian.

LOSING WEIGHT EFFECTIVELY – THE HEALTHY WAY

Learn all about what works and what doesn't in tackling obesity/overweight and weight maintenance. Gain understanding on smart eating, incorporating physical activity and behavior modification that suits you.

HEALTHY EATING – ALL YOU NEED TO KNOW TO EAT WELL, LIVE WELL AND STAY WELL

A practical approach to learning all about eating well and the role of nutrients in our body; separating the wheat from the chaff. Eating well on a budget, menu plans, eating out healthily and how best to achieve ideal nutrition.

FOOD AND THE MOOD CONNECTION

This course will teach you all about the food and the mood connection, and the importance of good nutrition.

EATING WELL FOR DISEASE PREVENTION AND AGEING WELL

This course will educate you on how eating well and living well can prevent the onset of diseases such as diabetes, high cholesterol, cardiovascular, cancer and obesity, and learn all about ageing well in an informative and interesting way.

NUTRITION AND GUT CONNECTION – PROMOTING GOOD DIGESTIVE HEALTH

This course will help you to learn how to achieve and maintain good gut health through good food.

LOVELY LUNCH BOX IDEAS: FOR CHILDREN AND ADULTS

This course looks at practical ways to incorporate well-balanced packed lunches and at home/take away lunches for children and adults, includes recipes.

“I enjoyed this course very much. I will be able to transfer what I’ve learnt to my everyday life.”

– Vegetarian cooking course student

In order to be sure of securing a place on the course of your choice, please enrol at least two weeks prior to the start date.

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Fee	Concessions
Wed	UCM	Q3506	Being a Successful Vegan/Vegetarian UCM AUTUMN	02/10/19	18.30 – 20.30	1 day	£13	N/A
Wed	UCM	Q3507	Losing Weight Effectively – The Healthy Way UCM AUTUMN	20/11/19	18.30 – 20.30	1 day	£13	N/A
Wed	UCM	Q3508	Healthy Eating – all you need to know to Eat Well, Live Well and Stay Well UCM SPRING	22/01/20	18.30 – 20.30	1 day	£13	N/A
Wed	UCM	Q3511	Food and the Mood Connection UCM SPRING	26/02/20	18.30 – 20.30	1 day	£13	N/A
Wed	UCM	Q3509	Eating Well for Disease Prevention and Ageing Well UCM SPRING	11/03/20	18.30 – 20.30	1 day	£13	N/A
Wed	UCM	Q3512	Nutrition and Gut Connection – Promoting Good Digestive Health UCM SUMMER	22/04/20	18.30 – 20.30	1 day	£13	N/A
Wed	UCM	Q3510	Lovely Lunch Box Ideas: For Children and Adults UCM SUMMER	06/05/20	18.30 – 20.30	1 day	£13	N/A

PILATES

PILATES IN THE POOL

The principles of Pilates with the therapeutic effect of movement of joints and muscles within water. The body is virtually weightless in water. Pilates in standing exercises are transformed into a new dimension when supported by water – the whole body and mind is involved. Emphasis can also be directed to injuries. A unique way of keeping fit whatever age or fitness level. Highly recommended by the medical profession. Leaflet available.

PILATES FOR BEGINNERS (BEMAHAGUE)

Course for complete beginners, or those with limited knowledge of Pilates techniques who want to progress and learn the correct methods and gain a true understanding of Pilates. Suitable for men and women of all ages, abilities and fitness levels. Course will progress to include the use of some Pilates Studio equipment. Leaflet available.

PILATES – INTERMEDIATES (BEMAHAGUE)

Learn to focus the mind as you exercise your body. The Pilates technique teaches a unique method of body control, posture, flexibility and balance which is suitable for all, in everyday life and can also be of benefit to sportsmen and women to help reduce the risk of injury and strain. Course suitable for men and women of all ages, abilities and fitness levels who wish to enhance existing Pilates knowledge or skills, including its application to a range of activities such as a particular sport/exercise/lifestyle, if desired. Includes the use of some Pilates studio equipment. Leaflet available.

PILATES FOR ALL (RAMSEY GRAMMAR)

Learn to focus the mind as you exercise the body. This low-impact movement technique teaches a unique method of body conditioning and control that will stay with you long after your session! When practiced consistently, Pilates can help to improve posture, mobility, core stability, strength, balance, co-ordination, flexibility, relaxation and general wellbeing. It can also aid in the prevention and rehabilitation of low back pain and injury.

The first two sessions will provide an “Introduction to Pilates” for anyone new to Pilates, or for those wishing to “go back to basics”, to refresh or refine their technique. During these sessions, you will have an opportunity to explore some of the basic fundamentals and key principles of Pilates, enabling you to gain a greater awareness and understanding of movement and posture. You will learn how to set the body up correctly by working through a number of introductory exercises, helping you to learn and master your ABCs (Alignment, Breathing and Core Stability).

Following completion of the intro sessions, each week we will work through a number of Pilates exercises, helping to promote and enhance both physical and mental well-being. This course is suitable for men and women of all ages, abilities and fitness levels - options will be offered for different levels. Sessions may include the use of small props such as balls, foam rollers or ‘therabands’ to give you a unique, full body movement experience. Own mat and blanket required. All other equipment will be provided.