

Courses starting **April 2018**

17 St Wilfrid's Square, Calverton NG14 6FP Tel: 0115 8470551 Email: corecentre@btconnect.com www.calvertoncore.org.uk

COURSE	DAY	TIME
Job Club (FREE)	MON	11.00 – 13.00
Drop In Computers – Beginners	MON	13.15 – 14.45
Computing Beginners/Improvers	TUE	10.00 – 12.00
Card Making Workshop	TUE	11.00 – 13.00
Computing Beginners/Improvers	TUE	13.00 – 15.00
Chairbased Exercise (FREE)	TUE	14.00 – 15.00
Knitting for Beginners	TUE	09.30 – 11.30

COURSE	DAY	TIME
Trace Your Ancestors	WED	10.00 - 12.00
Card Making Workshop	WED	11.00 – 13.00
Job Club (FREE)	THUR	11.00 – 13.00
Bobbin Lace Making	THUR	10.00 – 12.00
Head, Neck & Shoulder Massage & Evening Makeup - Aim Award	THUR	13.15 -15.15
Seated Yoga (FREE)	THUR	14.00 – 15.00

Citizens Advice Bureau free Every Monday - limited appointments; first come, first served

Hearing Clinic free Every First Thursday 1.00 – 2.00 pm

Dementia Carers Club free Every Second Thursday 1.30 – 3.30 pm

(A pleasant change and support for those who care for people with dementia)

Stop Press!!!

Chiropody with Wendi McKenna by appointment

Stop Press!!!

Counselling Therapy with Lynda Britchford (Dip Hyp CS) nominal £10 per session by appointment

Lauren Greenhalgh – Family Solicitor - free family legal advice by appointment

Places are limited so put your name down as soon as possible. Courses commence January 2018. Fees from only £3 per hour, payable at registration with Inspire or on the first day of your course with Nottingham College. If you receive benefits you may qualify for free learning; bring evidence of benefits with you on the first day of your course. For further information about course content, start dates and duration, call into The CORE Centre or telephone for a chat or email us.

We have a chairlift to classroom and IT suite on upper floor.



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