



# Empowering Women Through Education

Short Courses  
Spring and  
Summer 2017



**NEW**



**2020 Beyond  
Education Programme**

## Welcome

This course guide will tell you about the opportunities available to you at Hillcroft College. We hope you will find something to interest and inspire you.

If you need more advice about the right course for you please give us a call, come in and talk to us or find more information on our website: [www.hillcroft.ac.uk](http://www.hillcroft.ac.uk).

We're a little bit different from other colleges because we specialise in intensive, residential education designed specifically for women aged over 19. We're a small college where our friendly staff understand the needs of women learners and provide a wide range of wrap-around support to help you focus on achieving your potential, whatever your starting point may be.

Start your own learning journey with us today - we look forward to welcoming you.

## Stay and Study: About Residential Learning

Students who study at Hillcroft often want to make a positive change in their lives, develop their personal potential and increase their opportunities.

Our students come from a wide range of backgrounds, but many left school with no formal qualifications and fairly negative experiences of learning.

Our residential courses play an important part of the learning experience and our facilities are open 24 hours a day enabling you to focus on your development, learn with other students and support each other through shared experiences.

We provide:

- Offsite Ofsted registered childminders (age three months to 11 years)
- Kitchen and laundry facilities
- TV and recreational facilities
- Woodland gardens
- Easy access to station and shops (only 20 minutes from central London)
- An enrichment programme
- Catering for different diets and faiths
- Intensive study without distraction
- Private rooms and night security
- A unique learning experience
- A safe setting and relaxed atmosphere for both you and your child.

**“The staff are so friendly, professional and treat each person as an individual with so much respect.”**

## How can I get more help with my course choices?

If you are unsure about your current skills levels, or do not know which course to choose, you can:

- Look at the more detailed course descriptions available on the website or request a copy by post.
- Phone our friendly Admissions team on 020 8399 2688.
- Come to 'Starting Points', our introductory short course designed for new students.
- Come to an Open Day, held every Thursday between 10am and 1pm.

## Frequently asked questions

### What will it cost me?

For all students 19 and over there is a small enrolment fee of £20 for most courses with the exception of English and Maths, which are free. Many students are able to receive special bursaries to support residential accommodation, childcare provision and travel costs if they meet the eligibility criteria. If you do not meet the criteria we have several affordable options available. Learners who are 19 and over can now apply for an Advanced Learner Loan to help with the costs of a Level 3 or 4 course.

### Who is eligible for courses?

Women aged 19 or over who have been resident in the UK for the last three years. To qualify for a bursary you must have settled status, have been in the UK for the last three years and have not attended an institution for Higher Education or completed a degree in the UK, EU or overseas. Tuition fees are free for those on means tested benefits (except when the Advanced Learner Loan applies). Women who have been granted refugee status can also be eligible. If you are an asylum seeker or have any other questions about eligibility please contact the Admissions team.

### Why are the courses residential?

Residence at the college throughout the course is an important part of the learning experience as it allows you to concentrate on your goals.

### What study support can you provide?

We provide a wide range of services and support to help you learn, including a library and resource centre through to a virtual learning environment and open access learning zone.

We also support additional learning needs such as dyslexia and dyspraxia, literacy, numeracy, ESOL and can advise on appropriate support for learners with disabilities including visual or hearing impairment, mental health or mobility.

**“Support  
for students  
is excellent.”**

Ofsted 2014



## Spring/Summer Courses - ENROL NOW!

Our courses are flexible and tailored to suit your needs enabling you to enhance your skills, achieve your learning goals and maximise your potential.

Course Title	Start Date	End Date
Level 3 Certificate in Massage Therapy	Wed 26 Apr	Fri 23 Jun
IT - Beginners	Fri 5 May	Sun 7 May
Introduction to Word Processing	Fri 12 May	Sun 14 May
Introduction to Filmmaking	Fri 12 May	Sun 14 May
Maths Confidence: Time & Money	Fri 12 May	Sun 14 May
Dyslexia/Dyspraxia: Reading	Fri 12 May	Sun 14 May
Better English: Writing for Organisers	Fri 19 May	Sun 21 May
Supporting your Dyslexic / Dyspraxic Child	Tue 30 May	Fri 2 Jun
Digital Filmmaking – Documentary	Tue 30 May	Fri 2 Jun
Introduction to Health and Science	Mon 5 Jun	Wed 5 Jul
Maths Confidence: Practical Percentages	Fri 9 Jun	Sun 11 Jun
Dyslexia / Dyspraxia: Maths	Fri 9 Jun	Sun 11 Jun
Better English: Questions & Answers	Fri 16 Jun	Sun 18 Jun
Maths Confidence: Questions & Answers	Fri 23 Jun	Sun 25 Jun
Dyslexia / Dyspraxia: Creativity	Fri 23 Jun	Sun 25 Jun

For more information contact the Admissions Team on **020 8399 2688**, email [enquiry@hillcroft.ac.uk](mailto:enquiry@hillcroft.ac.uk) or visit [www.hillcroft.ac.uk](http://www.hillcroft.ac.uk)

# School of Natural Building



In addition to our short courses, we are pleased to announce our partnership with the School of Natural Building.

Offered as eight separate weekend residential courses, you will have the unique experience of learning how to construct a small straw bale building which will be used as an intimate space at the college. Book on the whole course or just those weekends you are interested in. If you want to enhance and develop your DIY skills with like-minded people, this is the ideal course for you.

## Week 1: Baseplate Carpentry

28 – 30 April

What is a baseplate and what does it do? How to understand construction drawings and the process for making the actual baseplate for the micro-building.

## Week 2: Flooring Carpentry

5 – 7 May

Learn how to cut and fit floor joists, insulate the floor cavity, and cut the floor itself using a range of tools and techniques.

## Week 3: Wallplate Carpentry

13 – 15 May

Using similar tools and techniques to the baseplate carpentry course you will learn to suspend the wallplate to fixing posts.

## Weekend 4: Straw Bale Wall Raising

2 – 4 June

Learn how to make the straw bales fit together in the best possible way to make the walls strong and straight.

## Weekend 5: Roof Carpentry

9 – 11 June

This process will involve building a curved roof using a powered jigsaw, powered plane and maybe a powered sander, as well as the good old hammer and nails!

## Weekend 6: Roof Covering

24 – 26 June

During this weekend we finish the roof carpentry before fitting the covering and waterproof layer.

## Weekend 7: Lime and Clay Plastering Pt1

1 – 3 July

Applying the plaster really transforms the look of the building and is a hugely enjoyable process. Here we apply plaster by hand and tools, including a professional plaster mixer.

## Weekend 8: Lime and Clay Plastering Pt2

TBC

Complete the plastering, add a door and windows – time to celebrate our achievements!

For details visit the website

[www.hillcroft.ac.uk/courses/professional-development/](http://www.hillcroft.ac.uk/courses/professional-development/)

## 2020 Beyond Education

FREE workshops for women of all ages and abilities!



2020 Beyond Education is an exciting new initiative from Hillcroft that supports women looking to explore new opportunities through a wide range of activities, to gain new skills, develop confidence and improve wellbeing.



### LOTTERY FUNDED

Funded by the Big Lottery Fund's Women and Girls initiative, the project offers activities to women from all walks of life enabling them to fulfil their potential. If you missed out on your earlier education, lack confidence or need assistance, our specialist team is there to assist you throughout the programme and beyond.

We are pleased to announce new workshops taking place this summer. Whether you are looking to improve your overall sense of wellbeing, gain a new skill or just have some fun, there is something to suit you - what's more there are no restrictions on eligibility and all activities are FREE!

### Chocolate Truffle Making

Learn all you could possibly wish to know about everyone's favourite treat. Hear about the history of chocolate, gain practical skills and get to keep everything you make!

Wed 19 April | 6.30 - 8pm

### Yoga

Gentle stretching and breathing exercises. Join in on a yoga mat or from a chair.

Mondays 24 April | 8 May | 22 May  
5 Jun | 12 Jun | 19 Jun | 26 Jun  
6.30 - 7.30pm

### Five Ways to Wellbeing

How to improve your general and overall wellbeing through learning about the five ways to wellbeing.

Wed 26 April | 6.30 - 8pm

### Ukelele

Bring your smiles and rhythm and learn basic chords, strumming and easy songs on real ukuleles (provided).

Fridays 28 April | 26 May | 30 June  
6.30 - 7.30pm

### Healing the Past

Learn how to relax, to find calm, and gently transform how you feel about past events. Gain skills to develop the confidence to break down the barriers that are holding you back.

Sat 29 April | 1 - 5pm

### Soap and Bath Bomb Making

Be prepared for loads of information, learning and fun, as well as lots of soap and bath bomb making including traditional soap, jelly soap and bath bombs.

Wed 10 May | 6.30 - 8pm

### Hillcroft Choir

An uplifting way to express and build confidence with a motivating and talented gospel singer.

Saturdays 13 May | 3 June | 1 July  
2 - 4pm

### Creative Writing for Self-Development

An introduction to studying and writing about your personal narrative, landmark events in your life and your story.

Mon 15 May | 6.30 - 8pm

### **Natural Beauty Product Making**

Create your very own homemade, natural beauty products with the help of experienced beauticians and instructors – plus take home everything you make!

Wed 24 May | 6.30 – 8pm

### **Nail Art**

A two-hour nail art workshop where you'll be guided through everything from French manicures, glitter polish and bling nails to nail stickers and bows!

Wed 7 June | 6.30 – 8pm

### **Creating Wellness**

Discover how to transform your feelings towards optimum expression and become your best self in a supportive environment.

Sat 10 June | 1pm – 5pm

### **Stand Up to Stand Out**

Build your confidence with this two-hour workshop introducing you to the techniques of stand-up comedy.

Sat 17 June | 2 – 4pm

### **Therapeutic Dance**

Let us guide you through movement explorations enabling you express emotions that may be difficult to verbalise and reach a fuller understanding of yourself.

Wednesdays 6.30 – 7.30pm:

26 April | 3, 10, 17, 24 & 31 May  
14 & 21 June

Saturdays 10.30 – 11.30am: 29 April

6 & 13 May | 10, 17 & 24 June | 1 July

### **Book online or email**

[hillcroft2020@hillcroft.ac.uk](mailto:hillcroft2020@hillcroft.ac.uk)

**JOIN  
LEARN  
GROW**

**Find out more  
about the activities  
available and  
book today**

**[www.hillcroft.ac.uk/  
2020-beyond-education/](http://www.hillcroft.ac.uk/2020-beyond-education/)**



**OPEN DAYS:**  
**Every**  
**Thursday**  
**10am - 1pm**

**For more information about courses at Hillcroft College or to discuss how we can help you take the next step in the right direction:**

Call our Admissions Team:  
**020 8399 2688**

Email us at:  
**[enquiry@hillcroft.ac.uk](mailto:enquiry@hillcroft.ac.uk)**

Visit our website:  
**[www.hillcroft.ac.uk](http://www.hillcroft.ac.uk)**



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