

Free* Local Learning Activities with Community Learning in Surrey

*Each OCN course is 10 weeks (x 2 hours) and free for adults who have yet to achieve 5 x GCSEs at grades A-C, or equivalent

OCN Art or Craft



A variety of art, and craft courses are available. You will learn techniques and an understanding of the materials, tools and equipment needed for the art or craft chosen. You will, with health and safety measures in place, plan and complete a project.



OCN Begin (Healthy) Cooking



This is a basic cookery course to boost confidence and increase skills in the kitchen. This course covers a range of techniques, includes lots of tasty dishes and encourages eating healthily.



OCN Improve your Confidence

This course will help to develop personal confidence and self-awareness. You will have an understanding of reasons for feeling confident and lacking confidence. Learn more about how to manage stress and how to participate more effectively. You will set a personal objective and work towards meeting that goal.



NEW - OCN Return to Work or Volunteering with Confidence

This course will help you to understand how to improve your own confidence, discover your personal strengths and improve your communication skills. You will learn how to respond to an advertisement, prepare a 'CV', how to present yourself at interview.

NEW - Work Skills – 3 x 4hr Modules

This is a new 12 hour course that can be attended as 3 separate 4 hour modules in any order. You can participate in any or all of the modules as you wish.

Module 1 – Improve your Confidence –

Where are you now? This will help you to understand how to improve your own confidence so that you will be able to consider returning to work.

Module 2 – CV writing – This will help you to prepare your 'CV'.

Module 3 – Interview Skills – You will learn how to improve your communication skills and how to present yourself at interview.



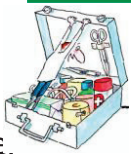
OCN Horticulture – 'Edible Gardening'



In this course you will learn how to propagate plants and vegetables. How to grow and care for plants grown from seed. You will become more aware of produce and how to control weeds. Courses start between March and May.

NEW - OCN First Aid

This course will help you to recognise the purpose of a first aid kit and its contents. You will learn to recognise various medical conditions and treatments that you can deal with yourself. You will also learn the reasons for summoning professional medical help and be aware of how to use the emergency service.



NEW - Internet & Email – 6 hr course

This course will get you using the Internet. You will use a browser to find websites, and use a search engine to look for and find information. You will create an email account and send and receive emails.



If you are interested in any of the above courses and would like to learn locally in a small group. please contact:

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Our courses are **FREE** and **FUN** – why not contact us for more information