



# Autumn 2026

**AUTUMN TERM 14/9/26- 26/11/26**

**ENROLMENT IN July and Aug 2026**

**HALF TERM: MON 26/10/26 - FRI 30/10/26**

**Course Reg. Fee: £15    Creche Reg: £15**

## ENGLISH CONVERSATION

**HAVE FUN SPEAKING & LISTENING!**

**\*FREE: PRE-ENTRY CONVERSATION**

Monday 9:45-11:45 and 12:15-2:15pm  
(14/9/26 - 23/11/26)

**BEGINNERS:**

Tuesdays and Wednesdays  
9:45am - 11:45am (15/9/26 - 25/11/26)

**IMPROVERS:**

Tuesdays and Wednesdays  
12:15pm - 2:15 pm (15/9/26 - 25/11/26)

**INTERMEDIATE:**

Mondays and Wednesdays  
9:45am- 11:45 am (14/9/26 - 25/11/26)

## SEWING SKILLS

**LEARN TO MAKE A SKIRT, DRESS OR SHALWAR KAMEEZ: £5 RESOURCES**

**BEGINNERS:** Tuesdays  
9:45am - 11:45 am (15/9/26 - 24/11/26)

**IMPROVERS:** Tuesdays  
12:15pm - 2:15 pm (15/9/26 - 24/11/26)

## LOOKING GOOD, FEELING GOOD

**BEAUTY CARE AND CONFIDENCE-BUILDING: Resource Contribution £5**

Thursdays 12:15 - 2:15 pm  
(17/9/26 - 26/11/26)

## BEGINNERS I.T.

**IF YOU'VE NEVER USED A COMPUTER**

Thursday 12:15pm -2:15 pm  
(17/9/26 - 26/11/26)

## ENGLISH READING & WRITING

**BEGINNERS:**

Wednesdays: 12:15-2:15 pm (16/9/26 - 25/11/26)

**IMPROVERS:**

Mondays: 12:15-2:15pm (14/9/26 - 23/11/26)

**\*FREE: WELLBEING & SELF-CARE COURSE**

**MASTER STRESS, PRACTICE MINDFULNESS FOR LASTING WELLBEING**

Tuesday 1/12/26 and Wednesday 2/12/26

**\*FREE: ESOL SKILLS 4 HEALTH**

**LEARN ESOL WITHIN THE CONTEXT OF HEALTH FOR OVER 50'S WOMEN**

Thursdays 10am- 12pm  
(17/9/26 - 26/11/26)

**\*FREE: Pre-entry Conversation for Afghan Women: FREE**

Mon and Thu 9:45 am - 11:45 am  
(14/9/26 - 26/11/26)

**\*FREE: SEATED YOGA: ONLINE**

**GENTLE EXERCISES DESIGNED FOR OLDER WOMEN**

Mondays for 10 weeks  
11am-12 pm (14/9/26 -23/11/26)

**PLEASE NOTE:**

- ✓ All classes are for **women only**
- ✓ If you do not attend class on **3 consecutive dates** without informing RCLC you will be withdrawn as our waiting lists are long.
- ✓ Refunds **ONLY** given up to **3 weeks** before the class start date