

- Beginners IT — every Monday from 22 January
- Needles & Pins — every Monday from 22 January
- Manual Handling Workshop (NHS Healthy Working Lives) — 5 February (1/2 day course)
- CAB Drop In Sessions — every Tuesday from 9 January
- Scottish History — every fortnight starting 17 January
- Employability Plus — starting 21 February (5 weeks)
- Therapeutic Massage — starting 25 January £5 a session
- Aerobics — every Thursday from 11 January £2 per class
- Job Search — every Thursday
- Free Internet every week — subject to staff availability
- REHIS Cooking Skills — starting 24 Jan (5 weeks) & 28 Feb (5 weeks)
- Community Lunch — 31 January **\*\*All Welcome\*\***
- Money Talks Workshop (MAS) — 7 February (2 hours)
- Raising Children with Confidence — starting 1 February (6 weeks)
- Homework SpACE — every Thursday starting 1 February
- First Aid—Emergency & 3 Day First Aid at Work — dates tbc
- REHIS Elementary Food Hygiene £90 — 13 February 2018

ESH Communities  
The Stafford Trust  
Garfield Weston Foundation  
NHS Forth Valley Health Promotion Service



Registered Charity  
SC025482

**For more information contact:**  
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Registered in Edinburgh as a Company. No.SC265663

# ACE CORNTON January—March 2018

## Adult Learning

For people in the Stirling area  
**NEW CLASSES**

**Make friends / have fun / learn**



**FREE  
CLASSES**  
FOR QUALIFYING  
LEARNERS



- **Free Internet Use**
- **Guidance and advice on Adult Learning**



# ACE CORNTON JANUARY—MARCH 2018

\* Subject to staff availability

<b>Monday</b>	<b>Beginners IT</b> <b>9.30—11.30</b> <b>Starts 22 Jan (10 weeks)</b>	<b>Needles &amp; Pins</b> <b>9.30—12.00</b> <b>Starts 22 Jan (10 weeks)</b>	<b>Free Internet *</b> <b>12.30—3.00</b>  <b>Manual Handling Workshop</b> <b>1.00—4.00</b> <b>On 5 Feb (1/2 day)</b>
<b>Tuesday</b>	<b>CAB Drop In Sessions</b> <b>Every Tuesday</b> <b>10.00—12.30 &amp; 1.00—4.00</b> <b>Starts 9 Jan</b> <b>REHIS Elementary Food Hygiene (1 day) £90 - 13 February 2018</b>		
<b>Wednesday</b>	<b>REHIS Cooking Skills</b> <b>9.30—11.30</b> <b>Starts 24 Jan (5 weeks)</b> <b>&amp; 28 Feb (5 weeks)</b>  <b>Employability Plus</b> <b>9.30—12.00</b> <b>Starts 21 Feb (5 weeks)</b>	<b>Scottish History</b> <b>10.00—12.00 (fortnightly)</b> <b>Starts 17 Jan (6 weeks)</b>  <b>Community Lunch</b> <b>12.30—2.30</b> <b>On 31 Jan</b>	<b>Free Internet *</b> <b>12.30—3.00</b>  <b>Money Talks Workshop</b> <b>(Money Advice Scotland)</b> <b>1.00—3.00</b> <b>On 7 Feb</b>
<b>Thursday</b>	<b>Aerobics (£2 per class)</b> <b>10.00—11.00</b> <b>Starts 11 Jan (12 weeks)</b>  <b>Raising Children with Confidence</b> <b>9.15—11.15</b> <b>Starts 1 Feb (6 weeks)</b>	<b>Therapeutic Massage</b> <b>1/2 hour appointments</b> <b>10.00—2.00</b> <b>£5 per session</b> <b>Starts 25 Jan (9 weeks)</b>	<b>Universal Credit &amp; Job Search</b> <b>12.00—2.00</b>  <b>Homework SpACE *</b> <b>3.30—5.00</b> <b>Starts 1 Feb (8 weeks)</b>
<b>Friday</b>	<b>Emergency First Aid (1 day) £95 - date to be confirmed</b> <b>First Aid at Work (3 days) - dates to be confirmed</b>		<b>Free Internet *</b> <b>2.00—3.00</b>

**One to one support available—please call 01786 445619 or pop into office to find out more**