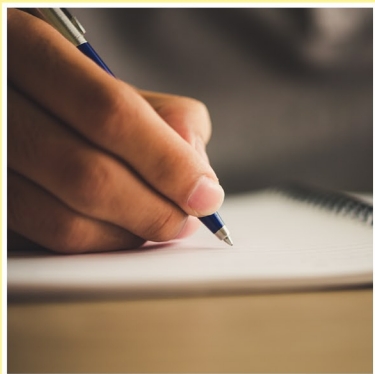


NEW FOR SPRING 2023!

We're pleased to offer some exciting new creative courses this year.

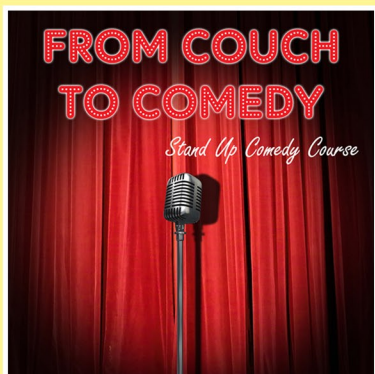


Creative Writing Course with Wersha Bharadwa

Our brand new Creative Writing course is perfect for anyone who loves to write, and wants to learn a range of new skills and techniques to make your writing stand out!

Led by journalist and writer Wersha Bharadwa, (featured in The Guardian, The Independent & Cosmopolitan), discover different styles of prose, and explore how to edit and revise your work, as well as getting published.

Tuesdays 17 Jan-28 Mar, 2pm-4pm
£100 per person (10 weeks)



From Couch to Comedy Course with Rachel Sambrooks

Want to build confidence and have fun? Love the idea of performing comedy but unsure how to start?

Run by Rachel Sambrooks, writer and performer of stand up comedy and finalist in 'So You Think You Write Funny/Sitcom Trials', the six week course will teach you how to write comedy material, and how to deliver it on stage. Then perform your own five minutes of stand up comedy to an audience of friends & family on Thu 6 April.

Wednesdays 1-29 Mar & Thu 6 Apr, 7.15pm-9.15pm
£60 per person



Young Filmmakers' Workshop with Nicola Prestage

This exciting one-day filmmaking workshop is perfect for young people aged 7-13 who love film, but have little to no experience of making one.

Nicola Prestage is a local film maker who has produced short dramas, documentaries & music videos. Spend the day working with Nicola to gain film production skills including film writing and planning, using digital film quality cameras and setting up sound & lighting.

Thu 23 Feb. 10am - 4pm
£25 per person

CLASSES AND COURSES AT THE CORE

Full details of classes and courses, including prices, are available to view on our website.
Some classes are sold on a weekly basis and others are termly.

MONDAY

12.15pm PILATES with Nicola Holmes
Strengthen the core and build muscle tone.

1.30pm STEPPIN' OUT with Sohan Kailey
Dance class for over 50s, learning different styles of dance.

WEDNESDAY

10.15am HATHA YOGA with Sue Prosser
Friendly class focusing on stress reduction & flexibility.

11.30am CHAIR BASED YOGA with Sue Prosser
Chair-based exercise class promoting flexibility and balance.

4.30pm AFTER SCHOOL ART CLUB with Art at the Heart CIC
Expert art tuition for ages 7-13 years, perfect for developing new skills.

6.15pm YOUTH ARTS with Art at the Heart CIC
Expert art tuition for age 13+ experiment and expression in art.

THURSDAY

9.45am & 12.30pm VICKI GORMAN ART CLASSES
7 week art course for adults. Improve drawing and painting skills.

1pm SING SOLIHULL with Anya Small
Friendly lunchtime choir group, suitable for all abilities.

2.15pm LIGHT 52 PHOTOGRAPHY with Richard Pearce
Improve your photography skills in 10 weeks and advance to the next level.

4pm YOUNG REP with Birmingham REP
Satellite youth theatre programme for young people aged 11-16.

7pm LIGHT 52 PHOTOGRAPHY with Richard Pearce

FRIDAY

9.15am TAI CHI with Jan Wilson
Gentle movement, balance & exercise for all ages/abilities.

12noon PARACISE™ with Dawn Edwards
Gentle low-impact exercise class set to fabulous music.

SATURDAY

9.30am SATURDAY ART CLUB with Art at the Heart CIC
Expert art tuition for ages 7-9 years, perfect for developing new skills.

11.30am ARTLAB with Art at the Heart CIC
Expert art tuition for ages 10-13 years. Improve art skills with themed projects.

