

Courses run by: High Life Highland

For more information contact: Roisin Irvine / Telephone: 01463 710013 Email: roisin.irvine@highlifehighland.com

Course Title	Start Date and Number of Weeks	Day and Time	Venue	Cost
Digital Skills for Beginners	15 th January 2019 12 weeks	Tuesdays 13:30-15:00	Spectrum Centre	FREE
Digital Skills One-to-Ones	Ongoing	Wednesdays 10:00-12:00	Inverness Library	FREE
Digital Skills for Work	17 th January 2019 12 weeks	Thursdays 14:30-16:00	Spectrum Centre	FREE
Digital Skills SQA ICT	15 th January 2018 12 weeks	Tuesdays 15:00-16:30	Spectrum Centre	FREE
Digital Skills Learning Champions	Ongoing	Thursdays 16:00-17:30	Spectrum Centre	FREE
Adult Literacy	Ongoing	Mondays 11:30-13:00	Spectrum Centre	FREE
Drop-in & Stop-in: Literacy for Learners with Additional Needs	Ongoing	Fridays 12:30-14:00	Spectrum Centre	FREE
Positive Parenting: Early Years	February 2019	TBC	Hilton Community Centre	FREE
Community Language & Learning Hub	Ongoing	Mondays, Wednesdays, Fridays from 2pm	Spectrum Centre	FREE
Digital Skills for ESOL Learners	Ongoing until March 2019	Fridays 10:00-11:30	Spectrum Centre	FREE
ESOL Work Club Plus	Ongoing	Fridays 11:30-13:00	Spectrum Centre	FREE
Language Café for Speakers of Other Languages	Ongoing	Mondays from 2pm	Spectrum Centre	FREE

ESOL 'About Me'	8 th January 2019 6 weeks	Tuesdays and Wednesdays 12:00; 19:00	Spectrum Centre	FREE
ESOL Essentials	19 th February 2019 6 weeks	Tuesdays and Wednesdays 12:00; 19:00	Spectrum Centre	FREE
ESOL Literacies	Ongoing	Tuesdays and Thursdays 10:00; 11:30	Spectrum Centre	FREE
English for Speakers of Other Languages: Pre-Beginner	4 th February 2019 16 weeks	Various	Various	FREE
English for Speakers of Other Languages: Beginner	4 th February 2019 16 weeks	Various	Various	FREE
English for Speakers of Other Languages: Access 2	4 th February 2019 16 weeks	Various	Various	FREE
English for Speakers of Other Languages: Everyday English (Level 3)	14 th January 2019	Various	Various	FREE
English for Speakers of Other languages: Women's Group (childcare included)	16 th January 2019 20 weeks	Wednesdays 10:00-11:30	Various	£1.00
Smart Phone Photography	9 th February 2019 8 weeks	Saturdays 10:00-12:00	Spectrum Centre	£8.00 per session/ £10.00 per session Budget rates available
Around the World in a Day: Volunteering for Speakers of Other Languages	February 2019	Various	Highland Primary Schools, Inverness	N/A