

For more information contact: Kirsty D'Ambrosio 01349 854414/0755719789 kirsty.dambrosio@highlifehighland.com

Course Title	Start Date and Number of Weeks	Day and Time	Venue	Cost
ALL AREAS 1:1 Support in Reading; Writing; Numbers, digital skill, employability and qualifications.	Contact Kirsty for details 1:1 or small groups possible	Ongoing	Various	Free
INVERGORDON				
Health walk: Group Walk and Learning Activity	Ongoing	Monday 1230 - 1430	Invergordon Arts Centre	Free
English for Speakers of Other Languages – Mixed Ability	Ongoing	Tuesday 1800 – 1930	Invergordon Arts Centre	Free
	Ongoing	Thursday 1000 - 1130	Invergordon Arts Centre	Free
English for speakers of other languages- women only	Ongoing	Friday 09.30-11.30	Averon Centre	Free
Spanish for holidays	25 th February	Monday 6.00-7.30	Invergordon TBC	£30 for block
ALNESS				
Adult Learning Zone:	January	Mondays 10-12	Milnafua Hall	Free
Milnafua Gardening project: Grow your own food	Starts March	TBC	Milnafua Allotments, Alness	Free
TAIN				
Adult learning zone-	Ongoing	Monday 1300-15.00	Tain- CCAST	Free
SQA Communications Group	Ongoing	Friday 10-12.00	Tain Library	Free

Ross and Cromarty Kirsty.dambrosio@highlifehighland.com 01349 854414