



Oswestry Community Action
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Arts, Crafts & Creativity

Beginners' Painting & Drawing
Tutor: Barbara Noton

A fun, weekly class to try out new techniques and build your confidence. Please book in advance.

Weekly	Tues	10am-12pm	£8
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Beginners' Drawing Drop-in
Tutor: Barbara Noton

Learn basic skills for techniques in pencil.

Weekly	Fri	11am-12:30pm	£8
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Craft Tasters
Tutor: Various

Learn the basics of a range of textile-based crafts.

Starts: 24th September

NEW!

8 Weeks	Mon Weekly	7-9pm	£60
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Charcoal Drawing
Tutor: David Bannister

Explore a variety of techniques in Charcoal drawing.

Starts: 3rd October

NEW!

4 weeks	Weds Weekly	1:30pm-3:30pm	£45
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Life Drawing
Untutored

Untutored session working in your chosen medium.

Second & last Saturday of each month.

Ongoing	Sat	10am-12pm	£6
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Beginners' Pottery
Tutor: Georgina Wright

Learn simple techniques in pottery and ceramics and create your own fired ceramic piece.

Starts: 19th September

6 Weeks	Weds	10am-12pm	£65
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Saturday Crafters
Untutored

Bring along your current project and have a natter and a cuppa whilst you craft!

First & third Saturday of each month.

NEW!

Ongoing from Oct	Sat	10am-12pm	£3
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PaintAble
Tutor: Robert Lawton

Artist-led support, working at your own pace in pastel, acrylic, watercolours or oil.

Starts: 22nd October

10 weeks	Mon	1-3pm	£60
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Short Story Writing (Intensive)
Tutor: Suzanne Iuppa

A fortnightly course to get you writing publishable short stories in your own unique voice.

Starts: 20th September

NEW!

6 Weeks	Thurs Fortnightly	7-9pm	£65
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Art History
Tutor: Sarah Gathercole

Explore art through the ages in this accessible and informative course.

Starts: 24th and 25th September

NEW!

8 Weeks	Mon or Tues	Mon 7-9pm or Tues 2-4pm	£80
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Porcelain Christmas Decorations
Tutor: Georgina Wright

Make your own hand-crafted porcelain decorations for the perfect Christmas gift!

NEW!

28 th Nov	Weds	9:30am-12:00pm	£15
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Handmade Christmas Wreaths
Tutor: Georgina Wright

Make your own hand-tied festive Christmas wreath for your front door.

NEW!

5 th Dec	Weds	9:30am-12:30pm	£15
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Wellbeing & Movement

Shared Reading Drop-in

Our Shared Reading group is a place to relax, make new friends and share stories with others. You can just drop in, sit down and listen. There's no pressure to talk or read.

Ongoing Mon Weekly 2-3:30pm Free

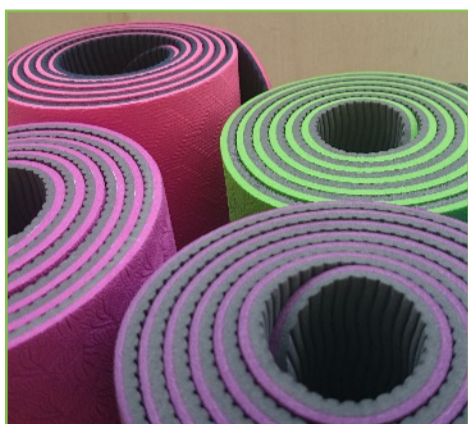
Introduction to Lindy Hop

Tutor: Adrienne Ward

A short introduction to this popular 1940's swing/jazz dance. Learn the basic techniques and have lots of fun!

1st or 15th Sept Sat 10am-12pm £8 per session

NEW!



Tai Chi

Tutor: James Lanyon

Combines deep breathing and relaxation with gentle, flowing movements.

Rolling programme starts: 14th September

6 weeks Fri weekly 10:30am-11:30am or 11:45am-12:45pm £55

Yoga

Tutor: Mary-Claire Williamson

Explore a range of gentle yoga techniques to improve strength, suppleness and mental wellbeing.

Starts: 1st October

5 weeks Mon weekly 11:45am-12:40pm £40

NEW!

Nia Dance (Non-impact-aerobics)

Tutor: Mary-Claire Williamson

A dynamic blend of dance, martial and healing arts. A fun, exhilarating session, Nia delivers cardiovascular, whole-body conditioning.

Starts: 1st October

5 weeks Mon weekly 12:45-1:45pm £40

Zumba Gold

Tutor: Jill Graham

A low-intensity Zumba class for active older adults.

Rolling programme starts: 25th September

4 weeks Tues weekly 9:15-10am £30

NEW!

Pilates (Intermediate)

Tutor: Jill Graham

Flowing, low impact exercises to music to develop balance, posture, strength and flexibility.

Rolling programme starts: 25th September

4 weeks Tues weekly 10:15-11:00am £30

Pilates (Beginners)

Tutor: Helen Conway

A gentle Pilates class, without music, for total beginners which will develop core strength and flexibility.

Starts: 3rd October

4 weeks Wed weekly 10am-11am £30

NEW!

Mindfulness

Tutor: Julie Howe

Explore ways of incorporating mindfulness into everyday life through sitting meditation and gentle movements.

Starts: 1st November

8 weeks Thurs weekly 1:30-3pm £50

NEW!

IT, Business & Professional

IT Basics

Tutor: Various

Informal sessions to learn the basics of using your computer or tablet. Booking essential. Please enquire for details.

Starts 28th September

Ongoing Fri weekly 10-11:30am £5

NEW!



Supercharge Your Business!

Tutor: Hollie Whittles

Expert tips and strategies to work smarter, set goals and develop an effective business strategy that works for you!

26th Nov Mon 3-6pm £45

NEW!

Emergency First Aid at Work

Tutor: Clive Ireland

An accredited course for people wishing to become emergency first aiders.

10th Dec Mon 9:30am-4:30pm £45

NEW!



Social Media Masterclass

Tutor: Hollie Whittles

Get to grips with the key social media platforms to enhance your business and online presence.

24th Sept Mon 3-6pm £45

NEW!

Skilled Intervention

Tutor: Clive Ireland

Two-part session giving you the knowledge & skills to identify & de-escalate potential aggression or anxiety, with positive outcomes for everyone.

5th & 12th Oct Fri 1:30-4:30pm £45

NEW!

Stress, Anxiety & Depression in the workplace

Tutor: Clive Ireland

Understand the key causes of stress, anxiety & depression, as well as coping strategies, early interventions and building resilience into the workplace.

12th Nov Mon 3-6pm £45

NEW!

Kids Culture Club

Spooky Cartoons Workshop (age 5+)

Tutor: John Swogger

Create your own Halloween themed cartoons. Ghosts, ghouls, zombies or witches- the choice is yours...

Weds 31st Oct 1-3pm £5



To book a place on any of these courses, call us on 01691 656882 or visit our website www.qube-oca.org.uk

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