

Enrol online at [wea.org.uk](http://wea.org.uk) or call **0300 303 3464**

### **Mindfulness**

**£25\***

With Sharon Conway

**C3675133 | Wednesdays from 1st May to 9th June 6-7pm | 6 weeks**

**Venue: Riley Smith Hall, Westgate, Tadcaster LS24**

Mindfulness is known to reduce stress and anxiety and help us to build our resilience. With practice it improves our relationship with ourselves and with others. (No session on 22nd or 29th May)

### **Managing your Emotions 2**

**£70\***

With Chris Haley Norris

**C3675220 | Tuesdays from 7th May to 25th June 1 - 3.30pm | 8 weeks**

**Venue: Manor Farm, 2 St. Joseph's Street, Tadcaster LS24 9AH**

The course will look at different emotions in how they are triggered, how they impact on you, and how to manage them.

### **Beginners Modern Greek**

**£56\***

With Eleni Vezryi-Allison

**C3675223 | Fridays from 3rd May to 25th June at 10 am- 12pm | 8 weeks**

**Venue: Tadcaster Methodist Church, High Street, LS24 9AT**

This is a beginners' course designed to help you develop some basic speaking and listening skills in Greek and gain an insight into the Greek lifestyle and culture. (No session on 31st May)

### **Chocolate and York Taster**

**£5**

With Katie Croft

**C3675482 | Thursday 4th July 1-2pm | 1 week**

**Venue: Tadcaster Library, Station Rd, LS24 9JG**

This is a brief overview of the history of chocolate making in York including some chocolate tasting!

### **Converting England: Christians and Pagans in Anglo-Saxon Times**

**£20**

with Katie Croft

**C3675483 | Thursday 11th July at 1-5pm | 1 week**

**Venue: Tadcaster Library, Station Rd, LS24 9JG**

The Anglo-Saxons inhabited Great Britain from the 5th century up until the Norman conquest and are the direct ancestors of the majority of the modern British people. During this period Christianity was established.

### **Hadrian's Wall Day School**

**£22.50**

with Robert Wright

**C3675558 | Saturday 29th June at 10am - 3:30pm | 1 week**

**Venue: Manor Farm, 2 St. Joseph's Street, Tadcaster LS24 9AH**

We will follow the history of Hadrian's Wall, from its construction in the 1st century up to the present day. We will examine its architecture and engineering, and consider the different people who have lived beside it

### **Introduction to Mindfulness Taster**

**£5**

with Sharon Conway

**C3675393 Monday 13th May at 6-7pm | 1 week**

**Venue: St. Wilfrid's Parish Hall, Doncaster Rd, Brayton, YO8 9HE**

Have you ever wondered what Mindfulness is, how it can improve your mental well-being, put you back in control in your life and increase your general happiness? In this relaxed and informal session you will find out and participate in seated meditation and breathing exercises.

### **Mindfulness**

**£25\***

With Sharon Conway

**C3675394 | Mondays from 3rd June to 8th July 6-7pm | 6 weeks**

**Venue: St. Wilfrid's Parish Hall, Doncaster Rd, Brayton, YO8 9HE**

Mindfulness is known to reduce stress and anxiety and help us to build our resilience. (No session on 24th June)

### **Crafting with Scrap**

**£35\***

With Vicky Bould

**C3675228 | Fridays 3rd-24th May 10am-12.30pm | 4 weeks**

**Venue: Open Arms, Profiles Building, Portholme Crescent, Selby YO8 4YR**

This course will cover a variety of craft techniques and materials inspired by the items available at the scrap store so that you are inspired to be able to carry out projects of your own without breaking the bank.

### **British Sign Language for Beginners**

**£TBC\***

with Rachel Hardcastle

Details on our website soon [www.wea.org.uk](http://www.wea.org.uk) or call 0300 303 3464

Venue: Selby

Learn to be able to communicate using sign language. Perhaps begin an interest which will start a career in supporting or interpreting for deaf people.

**\*FREE to those in receipt of certain means-tested benefits**

**Mindfulness**

£25\*

With Sharon Conway

**C3675132 | Wednesdays 1st May to 19th June 10.30-11.30am | 6 weeks****Venue: The Old Girls School Community Centre, 18 Kirkgate, Sherburn-in-Elmet, LS25 6BL**

Mindfulness is known to reduce stress and anxiety and help us to build our resilience.

With practice it improves our relationship with ourselves and with others.

(No session on 22nd or 29th May)

**Spanish for Beginners**

£42\*

with Tina Logan

**C3675658 | Thursday 16th May 1.30-3.30pm | 6 weeks****Venue: Copmanthorpe Methodist Church**

Prepare for your summer holiday and make the most of your trip to Spain by learning some basic words and phrases. (No session 30th May)

**Bayeux Tapestry Day School**

£22.50

with Robert Wright

**C3675557 | Saturday 15th June at 10am - 3:30pm | 1 week****Venue: Methodist Church, Main Street, Copmanthorpe, YO23 3SU**

The history of the Bayeux Tapestry and the events depicted on it in their historical and archaeological context.

**Family History: Growing the Tree Day School**

£22.50

with Jaqueline Depelle

**C3674396 | Saturday 6th July at 10am - 3:30pm | 1 week****Venue: St. Helen's Church, Escrick YO19, 6EX**

This is an ideal course for anyone who has started building their family tree and wants to confirm basic steps and recording techniques.

\*FREE to those in receipt of certain means-tested benefits

# There's a WEA course for you

## Tadcaster and Selby District Summer Courses

**WEA** Adult Learning  
Within Reach