

**FREE**  
courses available



# Other Courses and Opportunities

# Don't know how? Find out now!!

## 2011 Training Programme



All Eden Housing Association Tenants and Residents are eligible to claim up to £50 towards computer courses at the Fellside CDC in Langwathby, or the Shap CDC from the EHA bursary. Why not take this opportunity to get more FREE training? There is a wide variety of courses available, whether you've never turned on a computer or want to develop your current skills. The bursary is a limited pot of money so will be used on a first come first served basis. Don't miss your chance to claim for a course that suits you.

To find out about the courses and support available call the Fellside CDC on 01768 881485 or the Shap CDC on 01931 716273

“It gave me more confidence in myself and the courses were not boring – very good trainers.”

## Residents' Resource Centre

There is a computer available for your use at Blain House. If you need access to a computer and the internet you can use it FREE at Blain House in the Resident Resource Centre. Just ask!

[www.edenha.org.uk](http://www.edenha.org.uk)



## Welcome to the 2011 Training Programme!

Why not take the opportunity to 'find out now'? You might learn a skill that could help you save money, look after your home or your family.

All tenants and residents living in homes and on estates managed by Eden Housing Association are eligible to attend the courses for FREE.

We will also pay reasonable travel and caring costs to ensure anyone can attend a course if they wish. Refreshments will be provided at all training courses and lunch if the course is a full day.

Courses are booked on a first come, first served basis and places are limited so book your place as soon as possible to avoid disappointment.



“taking part in the training motivated me to try new things”



“I have been to numerous training over the years, but this excelled them all - the trainer was very infomative and helpful”



### HOW TO BOOK

Please complete the form below and return it to Eden Housing Association, Blain House, Bridge Lane, Penrith, Cumbria, CA11 8QU.  
Or Call: Jenny Arragon on 01768 861435 Email: [jenny.arragon@edenha.org.uk](mailto:jenny.arragon@edenha.org.uk)



Which course or courses would you like to do? \_\_\_\_\_  
\_\_\_\_\_

Do you have any special requirements? For example special diet, help with childcare, other care expenses or transport.  
\_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Contact Number \_\_\_\_\_

Email \_\_\_\_\_

**FREE**

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## 2011 Training Programme

TRAINING COURSES	DATE & TIME	LOCATION	DESCRIPTION
<b>Herb and Salad Gardening</b>	Friday 6 May 10am - 3pm	Newton Rigg, Penrith	An introduction to growing your own salad and herb plants! A practical guide to indoor and outdoor planting of pots and baskets with summer produce.
<b>Guerrilla Gardening</b>	Monday 16 May 10.30am - 3.30pm	Wasdale, Shap	An introduction based upon the concept of 'Guerrilla Gardening' where pockets of available land and space are planted with flowers, vegetable and salad plants. Indoor and outdoor baskets and planting will also be covered during the training session, delivered by Adam Tracey.
<b>Growing your Own... Organic Food Gardening</b>	Friday 20 May 10am - 3pm	Newton Rigg, Penrith	An introduction to growing your own food; skills that could save you money! Includes: a practical session on sowing seeds, a demonstration of various composting and vegetable growing techniques used in the organic garden at Newton Rigg.
<b>One Pot Cooking: for one and for families</b>	Wednesday 1 June 10am - 2pm	Sim Court House, Penrith	Learn how to cook great meals for one, or for your family, in one pot with local cookery teacher, Anne MacDonald. We will also be looking at making the most of your microwave. This cookery session will largely be demonstration, with some opportunities to 'have a go' for those who want to. Ingredients are provided, and the food produced will be your lunch! Training is relaxed, and you will have the opportunity to ask advice and questions, as well as provided with tips and recipes to take away.
<b>One Pot Cooking: for one and for families</b>	Wednesday 8 June 10am - 2pm	Wasdale, Shap	
<b>One Pot Cooking: for one and for families</b>	Wednesday 15 June 10am - 2pm	Rampkin House, Appleby	
<b>Get Digital!</b>	Fridays 1, 8, 15 & 22 July 10am - 12noon	Rampkin House, Appleby	Building on existing skills, this course of 4 sessions will focus on digital photography. Learn how to use a digital camera, how to download, print and email images. Provided by trainers from Fellside CDC.
<b>Get Digital!</b>	Fridays 17 June, 1, 8 & 15 July 1pm - 3pm	Mill Gardens, Kirkby Stephen	
<b>Get Digital!</b>	Fridays 22 July, 5, 12 & 19 August 1pm - 3pm	Wasdale, Shap	
<b>Family First Aid</b>	September (TBC)	Barnardo's Sure Start Children's Centre, Alston	This course will offer essential skills for dealing with both serious and common First Aid situations for all ages in urban settings. Airway and breathing concerns, bleeding, common illnesses. How to react, how to report, when to call 999! Ideal for all family members.
<b>One Pot Cooking: for one and for families</b>	Wednesday 21 September 10am - 2pm	Heysham Gardens, Carlisle	Learn how to cook great meals for one, or for your family, in one pot with local cookery teacher, Anne MacDonald. We will also be looking at making the most of your microwave. This cookery session will largely be demonstration, with some opportunities to 'have a go' for those who want to. Ingredients are provided, and the food produced will be your lunch! Training is relaxed, and you will have the opportunity to ask advice and questions, as well as provided with tips and recipes to take away.
<b>One Pot Cooking: for one and for families</b>	Monday 26 September 10am - 2pm	Mill Gardens, Kirkby Stephen	
<b>One Pot Cooking: for one and for families</b>	Wednesday 28 September 10am - 2pm	The Crescent, Penrith	
<b>Get Digital!</b>	October (TBC)	Heysham Gardens, Carlisle	Building on existing skills, this course of 4 sessions will focus on digital photography. Learn how to use a digital camera, how to download, print and email images. Provided by trainers from Fellside CDC.
<b>Household Maintenance</b>	Wednesday 16 November 10am - 12noon	Eden Housing Association, Bridge Lane, Penrith	The Eden Works and Eden Housing Maintenance department will offer top tips for dealing with the little jobs around the home. Learn some skills to help you save time and money. Examples include: changing light bulbs, hanging pictures, remedying minor repairs and preparing your home for winter