

An Opportunity to Develop your Talent!



Everyone is a creative person and has the capacity to create their own path in life – but how do you start?

Well here's a great opportunity for you to try something different to test whether you have a particular skill, interest or a strength you may not have even known about. How? By using the short courses on offer to try new things and develop your existing skills.

The courses are designed to take you to the next level and help you make your own choices and develop your own pathway to the future.

The Discovery College is now one term old and has been an amazing success with over 250 people attending courses – just ask someone who's attended what they gained from the course – you'll be surprised.

Here's a chance to develop your own talents and opportunities in life – I encourage you to take it as you won't be disappointed!

Nigel Parrington
(Chief Executive of SAHA)

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Career Development



Career in Social Media

Lead tutor

Rob Lee

Date/Time

Monday 1 August
10.00am – 4.00pm

Location

Doncaster Foyer
Training Room

Course overview

We will be looking at some of the main ways you can work for your favorite brands but also some of the lesser known niches. We will be covering social roles, analysis roles, technical and design roles and the lesser trod path.

Teaching and learning approaches

Tutor presentation and group discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Brand 'You'

Lead tutor

Rob Lee

Date/Time

Monday 1 August
10.00am – 4.00pm

Location

Doncaster Foyer
Training Room

Course overview

How can you use social media to highlight you as a brand? We'll be covering how to promote your skills and get noticed by potential employers and investors. You will learn how to optimize your profiles to make sure the 'public you' is what you want people to see, social media security, LinkedIn, blogging, videos and how can make the Foyer's business profiles more relevant to you.

Teaching and learning approaches

Tutor presentation and group discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

You Are What You Post

Lead tutor

Rob Lee

Date/Time

Monday 1 August
10.00am – 4.00pm

Location

Doncaster Foyer
Training Room

Course overview

An exploration of the lasting impact of what you post on social media. How can you maximize your positive image to the world and minimize any dangers to your reputation. We will cover how social media can ruin your life, how long content lasts for, social pressure, Facebook and Instagram and disciplines to consider before you post.

Teaching and learning approaches

Tutor presentation and group discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.



Rob Lee is a social media professional and one of the country's leading experts in using Snapchat for Brands. His consultancy and training company, Relative Links, helps businesses get an authentic voice on this Millennial platform. Rob has also had vast experience working with start-ups in the leisure, tourism and hospitality industries, developing Facebook and Twitter messaging and audiences. Rob has worked with Saha in the past, providing workshops based on his knowledge of IT training and Online Gaming.

CV Workshop

Lead tutor

Simon Wilkinson

Date/Time

Every Friday
3.00pm – 4.00pm

Location

Doncaster Foyer
Training Room

Course overview

It is important to promote your skills through a great CV. These sessions will guide students through production of a personally tailored and professional CV.

Teaching and learning approaches

Working on computers with support from tutor.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Discovering My Strengths

Lead tutor

Yvonne McGowan

Date/Time

Thursday 4 August
Thursday 18 August
Thursday
8 September
Thursday
22 September
4.00pm – 5.00pm

Location

Doncaster Foyer
Training Room

Course overview

This course uses online assessment tools to identify the key character strengths of group members and explore what this means for individuals and how group members can make best use of their strengths.

Teaching and learning approaches

Guided use of online questionnaires followed by group discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Peer Mentoring

Lead tutor

Yvonne McGowan

Date/Time

Wednesday
10 August
4.00pm – 5.00pm

Location

Doncaster Foyer
Training Room

Course overview

Understanding skills required for Leadership within peer activities:

This session will give you the skills to develop effective leadership and improve its importance with peer activities. The course will look at your strengths and areas you would like to develop to lead a group. You will learn how to motivate and inspire others to work as a team to achieve the same aims and objectives.

You will engage and support young people in exploring information and skills they need to seek, find and maintain employment. The focus is on personal development while being realistic about what it is employers are looking for.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Conservation and Education – Unlocking your Potential

Lead tutor

Angus Wingfield

Date/Time

Monday 23 May
Monday 6 June
10.00am – 4.00pm

Location

Doncaster Foyer
Training Room

Course overview

African Animal Identification
Threatened Species Conservation
Species Focus: Rhinos, Elephants, Lion, Pangolins
Land Management and Carrying Capacities
The Life of a Game Ranger
Environmental Impact: Bush, Rivers, Mountains, Oceans
Census, Collaring, Tracking, Telemetry
Capture, Rehabilitation and Relocation
Impact of industry, Population Expansion, Poor Farming Practice
Impact of Hunting, Poaching and Anti-Poaching
What can I do? How can I get involved?

Teaching and learning approaches

Tutor presentation and group discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Africa Wild Trails

We encourage, inspire and lead young people from every background through the provision of challenging educational tours and expeditions in Africa. Our objective is to unlock personal potential and help those who travel with us to better understand the world around them.

With an ethos of conservation education underpinning all we do our groups have the opportunity to observe wildlife in their natural habitats either on foot or from appropriate vehicles. Participants will get hands-on with animals at rehabilitation centres and specialist facilities and meet local vets going about their work in the bush as well as conservation NGOs, Game Rangers, Antipoaching Unit members and a range of other highly qualified and experienced people working in the field of conservation in Southern Africa's bush veldt, rivers, oceans and mountains.

The conservation of wildlife and wild places has never been more important as we see ever increasing pressures on these wild places from many areas such as industry, population expansion and poaching.



Personal Development and Independent Living Skills



How to Cook Junk Food

Lead tutor

Bronwyn Slater
Lynne Andrews
Maryam Khan
Gill Buckham
June Reed

Date/Time

Every Tuesday
6.00pm – 8.00pm

Location

Doncaster Foyer
Block I Floor I
Kitchen

Course overview

These sessions will get young people thinking of the different sorts of junk food we let ourselves indulge in and the affects it has on our health. The conversation will stretch into alternatives and how to make our junk foods healthy.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

How to Cook Food from around the World

Lead tutor

Bronwyn Slater
Lynne Andrews
Maryam Khan
Gill Buckham
June Reed

Course overview

These sessions take a look at foods from different cultures. Group members will gain information on different countries, their delicacies and the environmental factors that lead to these foods.

Date/Time

Every Tuesday
6.00pm – 8.00pm

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Location

Doncaster Foyer
Block I Floor I
Kitchen

Assessment

There is no formal assessment but we welcome your feedback on the course.

How to Cook 5 a Day

Lead tutor

Bronwyn Slater
Lynne Andrews
Maryam Khan
Gill Buckham
June Reed

Date/Time

Every Tuesday
6.00pm – 8.00pm

Location

Doncaster Foyer
Block I Floor I
Kitchen

Course overview

Do we get enough fruit and vegetables in our diet? Does our diet consist mainly of meat? Do you know what sort of fruit and vegetables are on offer and how cost effective they can be if bought from a greengrocer at the end of market day? This topic gets participants exploring dishes using vegetables instead of meat.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

How to Cook Food for Mood

Lead tutor

Bronwyn Slater
Lynne Andrews
Maryam Khan
Gill Buckham
June Reed

Date/Time

Every Tuesday
6.00pm – 8.00pm

Location

Doncaster Foyer
Block I Floor I
Kitchen

Course overview

This session explores how stress, anxiety and depression can all be linked to the food we consume. Brain chemicals (neurotransmitters, such as serotonin, dopamine and acetylcholine) influence the way we think, feel and behave and can all be affected by what we've eaten.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

How to Cook Healthy on a Budget

Lead tutor

Bronwyn Slater
Lynne Andrews
Maryam Khan
Gill Buckham
June Reed

Course overview

This session takes a look into the cost of food, and how we can minimise our weekly food shop without losing any of the healthy stuff whilst still maintaining a filling and balanced diet.

Date/Time

Every Tuesday
6.00pm – 8.00pm

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Location

Doncaster Foyer
Block I Floor I
Kitchen

Assessment

There is no formal assessment but we welcome your feedback on the course.

Curry Club

Lead tutor

Yvonne McGowan

Date/Time

Saturday 23 April
Saturday 21 May
Saturday 18 June
Saturday 20 August
6.00pm – 8.00pm

Location

Doncaster Foyer
Block I Floor I
Kitchen

Course overview

These sessions will give students an understanding of spices, masala, pastes, basic sauce and marinades. At each session the curry will be made from basic ingredients.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Managing Personal Finances

Lead tutor

Martin Wileman

Date/Time

Wednesday 6 April
Wednesday 13 April
Wednesday 27 April
Wednesday 4 May
Wednesday 6 July
Wednesday 13 July
Wednesday 20 July
Wednesday 27 July
4.30pm – 6.00pm

Location

Doncaster Foyer
Training Room

Course overview

Managing Personal Finances is about prioritising your income to make sure you pay the important bills that will ensure you have a safe place to live and enough food to stay healthy. You will also learn the differences between what you need to buy and what you want to buy. The sessions are interactive and allow everyone to get involved in discussions around how you would like to see your future and how to make that happen.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.



Kevan Critchley has worked as a housing adviser and tenancy support worker for nearly 20 years. He is now using his extensive knowledge to teach the essentials of successfully managing a tenancy, from knowing your rights and responsibilities to managing money so that you don't get into debt.

Renting Ready with Crisis Skylight

Lead tutor

Kevan Critchley

Date/Time

Thursday 28 April
Thursday 5 May
Thursday 19 May
Thursday 26 May
Thursday 2 June
Thursday 9 June
Thursday 16 June
Thursday 23 June
Thursday 30 June
Thursday 7 July
Thursday 14 July
Thursday 21 July

Location

Doncaster Foyer
Training Room

Course overview

Renting Ready is designed to give participants the life skills they need for sustaining their own tenancy when they move out of supported accommodation. The sessions are full of interesting and valuable content. They are interactive and provide all the necessary information required for move on.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Creativity and Self Expression



Digital Storytelling

Lead tutor

Yvonne McGowan
Charlotte Jones

Date/Time

Monday 4 April
Monday 18 April
Monday 2 May
Monday 16 May
Monday 30 May
Monday 13 June
Monday 27 June
Monday 11 July
Monday 25 July
Monday 15 August
Monday
5 September
Monday
19 September
4.00pm – 6.00pm

Location

Doncaster Foyer
Meeting Room

Course overview

In this interactive course, participants will learn how to create their own digital story using film, photographs and audio files. Students will learn how to use iMovie and other editing software to create a finished digital story.

Teaching and learning approaches

Tutor demonstrations and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Games Workshop

Lead tutor

Glen Hil

Date/Time

Saturday 2 April
Saturday 7 May
Saturday 4 June
Saturday 9 July
Saturday 6 August
Saturday
10 September
9.00pm – 10.00pm

Location

Doncaster Foyer
Training Room

Course overview

In these workshops you will have the opportunity to take part in and learn how to play a range of strategy games and board games.

Teaching and learning approaches

Tutor presentation and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Feel Good Fashion

Lead tutor

Katie Leivers

Date/Time

Sunday 29 May
Sunday
4 September
1.00pm – 5.00pm

Location

Doncaster Foyer
Training Room

Course overview

This session will get participants thinking about how to design an outfit, and we will be looking at the sort of measurements that will be needed to create clothing, the types of materials that could be used, and the different styles of sewing. Participants can play around with their ideas and start creating their own designs, looking into what fabrics they could use and how they would make certain elements of their design. Finally, they will move into the production phase, planning what materials will be used, the measurements and styles, and the thoughts and reasons behind the design until they have a finished product.

Teaching and learning approaches

Tutor demonstration and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Fashion Up Cycling

Lead tutor

Estelle Pearce

Date/Time

Friday 17 June
Friday 22 June
2.30pm – 4.00pm

Location

Doncaster Foyer
Training Room

Course overview

Estelle is a fashion designer and enjoys her work immensely. She is working with the participants of the Discovery College to share her skills in fashion design and creation. The sessions will be about recycling your old clothes in to something new and trendy. You will try new ideas and make your own designs bringing those old clothes back into fashion.

Teaching and learning approaches

Tutor demonstration and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Arts and Crafts Workshop

Lead tutor

Tracey Hindson

Date/Time

Saturday 14 May
Saturday 28 May
Saturday 2 July
Saturday 16 July
Saturday
3 September
Saturday
17 September
8.00pm – 9.00pm

Location

Doncaster Foyer
Talent Room

Course overview

The session will offer an introduction to a number of art and craft techniques designed to show that anyone can create interesting and attractive artwork.

Teaching and learning approaches

Tutor demonstration of techniques and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Card Making

Lead tutor

Tracey Hindson

Date/Time

To be held for
celebration days
and holidays

Location

Doncaster Foyer
Talent Room

Course overview

In this session students will learn how to create attractive home made cards.

Teaching and learning approaches

Tutor demonstration of techniques and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Feel Good Make Over

Lead tutor

Andrew Dacre

Date/Time

Friday 8 April
Friday 8 July
8.00pm – 9.30pm

Location

Doncaster Foyer
Talent Room

Course overview

In this session students will learn tricks of the trade about cat walk make up. They will have the opportunity to practice their skills and learn how to make up suitable for special effects. A great session for those interested in a career as a make up artist.

Teaching and learning approaches

Tutor demonstration of techniques and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Discover Drama Workshops

Lead tutor

Rebecca Harrison

Date/Time

Sessions will be held in May and June

Production
August

Location

Doncaster Foyer
Talent Room

Course overview

The drama workshops are aimed at participants who would like to step out of reality and be someone else for the day. There will be an opportunity for script writers, actors, directors, producers, and possibly musicians and songwriters to get involved. Open your hidden talents and minds to make your own Broadway Show. The final production will be performed in front of a live audience and filmed for media distribution.

Teaching and learning approaches

Highly interactive.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Music and Mayhem with Phil Spalding

Lead tutor

Phil Spalding

Date/Time

Thursday 14 April
5.00pm – 8.00pm

Location

Doncaster Foyer
Talent Room

Course overview

Phil Spalding will be talking to aspiring musicians at Doncaster Discovery College about what it takes to establish a career as a professional musician.

Teaching and learning approaches

Tutor lead presentation with an opportunity for participants to join in a musical jamming session with Phil.

Assessment

There is no formal assessment but we welcome your feedback on the course.



Phil Spalding is a British bass player who has played with some of the biggest names in modern music, from Elton John to Mick Jagger, Orchestral Manoeuvres In The Dark to Mike Oldfield, Kylie Minogue to Robbie Williams and plenty more! Phil will be talking to aspiring musicians at Braintree Discovery College about what it takes to maintain a career as a professional musician. With a career spanning 35 years, and many hit records and tours under his belt Phil is in a unique position to share his insights on the sacrifice and dedication needed to survive the music business.

Health and Wellbeing



Exploring Mindfulness – Monday Meditation

Lead tutor

Yvonne McGowan

Date/Time

Every Monday
Morning
9.00am – 10.00am

Location

Doncaster Foyer
Training Room

Course overview

Mindfulness is becoming an ever more popular approach; it is used in schools, businesses and within health services. Mindfulness is a psychological construct as well as a name given to a series of practices like meditation. This session introduces mindfulness. It explores what it is, how it is used and gives participants a taste of its practices and the outcomes it can offer.

Teaching and learning approaches

Tutor presentation and group participation.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Positive Emotion

Lead tutor

Yvonne McGowan

Date/Time

Tuesday 14 June
Tuesday
13 September
4.00pm – 6.00pm

Location

Doncaster Foyer
Training Room

Course overview

These sessions will look at the role that positive emotion plays in our lives and how important it is for wellbeing. The course will look at the ratio needed between positive and negative emotion.

Teaching and learning approaches

Tutor presentation and group discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Positive Relationships

Lead tutor

Stacey Lynn

Date/Time

Tuesday 21 June
Tuesday
20 September
4.30pm – 5.30pm

Location

Doncaster Foyer
Training Room

Course overview

Relationships are important but can be difficult and demanding. In this course we will explore practical ways in which we can make the relationships in our lives more positive.

Teaching and learning approaches

Interactive tutor presentation, group discussion and practical activities.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Understanding Mental Wellbeing

Lead tutor

Sal Lawton

Date/Time

Tuesday 16 August
4.00pm – 5.00pm

Location

Doncaster Foyer
Training Room

Course overview

In this course you'll have the opportunity to improve your understanding of issues related to mental health including psychosis, depression and anxiety. We'll look at some of the physical, psychological and emotional signs that someone might be experiencing with these issues. We will also discuss a number of practical skills, behaviours and coping mechanisms which can be used if a crisis situation arises.

Teaching and learning approaches

Interactive tutor presentation, group discussion and practical activities.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Assertiveness

Lead tutor

Stacey Lynn

Date/Time

Tuesday 7 June
Tuesday
6 September
4.30pm – 5.30pm

Location

Doncaster Foyer
Training Room

Course overview

This course is designed to help explore and understand issues around assertiveness. It will leave you feeling more confident in your ability to handle others and feel better about yourself.

Teaching and learning approaches

Interactive tutor presentation, group discussion and practical activities.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Sleep Club

Lead tutor

Charlotte Jones

Date/Time

Wednesday 18 May
Wednesday 13 July
Wednesday
14 September
8.00pm – 10.00pm

Location

Doncaster Foyer
Training Room

Course overview

This session is designed to give an overall awareness of the issues that affect sleep patterns leading to ill health and social exclusion. Come along to find out what helps us sleep well.

Teaching and learning approaches

The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Staying Safe with Sexual Health

Lead tutor

Project 3

Date/Time

Thursday 12 May
Thursday 11 August
4.30pm – 5.30pm

Location

Doncaster Foyer
Training Room

Course overview

The course aims to provide up to date information on a range of young people's exploratory behaviours and support them with making positive choices.

Teaching and learning approaches

The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Understanding Willpower

Lead tutor

Yvonne McGowan

Date/Time

Monday 9 May
Monday 8 August
4.00pm – 6.00pm

Location

Doncaster Foyer
Training Room

Course overview

This session is aimed at giving young people a better understanding of how willpower works. It will look at the role of blood sugar and making the right decisions at the right time. Group members will learn techniques to take the hard work out of will power.

Teaching and learning approaches

Tutor presentation, group exercises and discussion.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Advantaged Thinking

Lead tutor

Yvonne McGowan
Karen Venables
Gill Buckham
Charlotte Jones
Lynne Andrews

Date/Time

Wednesday 25 May
Wednesday 22 June
Wednesday
26 August
Wednesday 28
September
4.30pm – 5.30pm

Location

Doncaster Foyer
Training Room

Course overview

This session will look at Advantaged Thinking. Advantaged Thinking is about taking positive action to allow us to deal more effectively with the negatives in our lives. We will practice using Advantaged Thinking, to consider our needs, deficits and weaknesses. You will have a different focus by being connected to your goals, assets and strengths.

Teaching and learning approaches

Interactive tutor presentation, group discussion and practical activities.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Getting Active



Homeless World Cup



The Homeless World Cup is a social movement which aims to inspire homeless people to change their lives through the power of football.

Each year young people from Doncaster Foyer take part in the national trials to develop their skills and abilities, showcase their footballing talents with the aspiration to be selected for the England Squad and play in the Homeless World Cup.

If you are a keen footballer and are interested to registering for the trials speak to lead tutor, Gill Buckham, at Doncaster Discovery College.

Boxercise

Lead tutor

Lynne Andrews

Date/Time

Friday 29 April
Friday 27 May
Friday 24 June
Friday 22 July
Friday 19 August
Friday
16 September
6.00pm – 7.00pm

Location

Doncaster Foyer
Flex Gym

Course overview

These sessions focus on using boxing to enhance strength and fitness.

Teaching and learning approaches

Practical demonstrations of technique by instructor followed by hands on workout.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Body Conditioning

Lead tutor

Lynne Andrews

Date/Time

Friday 6 May
Friday 3 June
Friday 1 July
Friday 29 July
Friday 26 August
Friday
23 September
6.00pm – 7.00pm

Location

Doncaster Foyer
Flex Gym

Course overview

Body Conditioning is a whole body workout that can improve your overall fitness. Body Conditioning classes are ideal if you simply want to get in great shape and feel better about your body.

Teaching and learning approaches

Guidance and demonstration from the instructor followed by an intensive workout.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Boot Camp

Lead tutor

Lynne Andrews

Date/Time

Friday 15 April
Friday 13 May
Friday 10 June
Friday 8 July
Friday 5 August
Friday 2 September
Friday
30 September
6.00pm – 7.00pm

Location

Doncaster Foyer
Flex Gym

Course overview

This course aims to transform the fitness levels of participants. There is no competition, judgment or pressure – just support and encouragement every step of the way to achieve lasting results.

Teaching and learning approaches

Practical demonstrations and hands on.
Highly interactive.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Circuit Training

Lead tutor

Lynne Andrews

Date/Time

Friday 22 April
Friday 20 May
Friday 17 June
Friday 15 July
Friday 12 August
Friday 9 September
6.00pm – 7.00pm

Location

Doncaster Foyer
Flex Gym

Course overview

These sessions use high-intensity aerobics to target strength building and muscular endurance. An exercise 'circuit' is one completion of all prescribed exercises in the program. When one circuit is complete, you begin the first exercise again for the next circuit. The time between exercises is short which helps build fitness more quickly.

Teaching and learning approaches

The instructor will demonstrate each element of the circuit and guide the intensive workout.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Bike Club

Lead tutor

Lynne Andrews
or
Resident Led

Date/Time

Sunday 8 May
Sunday 22 May
Sunday 12 June
Sunday 26 June
Sunday 10 July
Sunday 24 July
Sunday 14 August
Sunday 28 August
1.00pm – 3.00pm

Location

Various locations
around Doncaster
Meet in the Foyer
Courtyard

Course overview

Enjoy the outdoors. Join us for a guided group cycle tour lasting 2 hours, starting and finishing at Doncaster Foyer. Bring a bottle of water.

Teaching and learning approaches

Interactive and hands on. We supply the bikes and safety equipment.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Walking Club

Lead tutor

Lynne Andrews

Date/Time

Sunday 1 May
Sunday 5 June
Sunday 3 July
Sunday 7 August
1.00pm – 3.00pm

Location

Meet at Doncaster
Foyer 30 minutes
before departure
time

Course overview

Walking is good for your health. Join us for a 2 hour guided walk starting and finishing at Doncaster Foyer. Bring sensible footwear and a packed lunch. Keep fit and enjoy the outdoors.

Teaching and learning approaches

Participative group activity.

Assessment

There is no formal assessment but we welcome your feedback on the course.

Booking a Course

All courses are free.

To sign up for a course you will need to come and enrol at the Discovery College at Doncaster Foyer, Chequer Road, Doncaster DN1 2AA.

Please arrive at least 15 minutes before the course to complete the enrolment form. Please bring a suitable form of ID to complete enrolment. Discovery College courses will also be promoted via Doncaster Foyer Facebook page where you can see all the courses on offer including additional courses added after the prospectus was printed.

You can also reserve a place on any course via the Doncaster Foyer Facebook Page.

If you would like to talk to someone about options or have more questions please get in touch. We will either answer your question immediately or get back to you as soon as possible. You can contact the Discovery College Co-ordinator via email at: yvonne.mcgowan@saha.org.uk or alternatively telephone Doncaster Foyer on: 01 302 764800.

Discovery College Partners

We are grateful to Andrew Cowan for the support given to enable the founding of Doncaster Discovery College.

We would also like to thank all our partner organisations for their support in delivering the sessions

- Emma Ballantyne: RDASH Doncaster Early Intervention in Psychosis
- Stacey Lyn Strategic Involvement Officer: St Ledger Homes
- Sally Brice, Team Leader, Project 3: Doncaster Public Health Services

- Carmel Bartlett: Doncaster Safeguarding Children Board
- Phil Spalding: Professional Bass Guitarist and renowned musician
- Estelle Pearce: Fashion Designer
- Martin Wileman: Salvation Army
- Kevan Critchley: Crisis Skylight Renting Ready Tutor
- Rob Lee: Relative Links

Doncaster Discovery College is developing day by day and we would love to hear from you if you have any comments or suggestions. We are particularly interested in hearing suggestions for new courses, so please let us know what course you would like to have available and if you would like to be involved in developing or running them.

Doncaster Foyer – How to get here



Doncaster Foyer
Chequer Road
Doncaster DNI 2AA
Phone: 01302 764800
Website: www.saha.org.uk

Notes

For further information:

Website: www.saha.org.uk

Twitter: [@Doncaster_Foyer](https://twitter.com/Doncaster_Foyer)

Facebook:

Katie Saha

Yvonne McGowan Saha

Karen Venables

Doncaster Discovery College

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