



ACRES' Newsletter - May 2021

Exciting news! Summer courses starting soon!

ACRES is delighted to be offering new courses alongside the return of some 'old favourites'. Face-to-face classes will be taught in small groups to ensure everyone's safety and well-being. Online classes are taught in real-time, also in small groups to ensure high-quality learning.

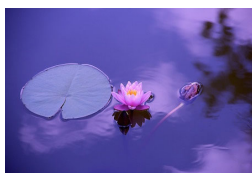
Welcome Back to ACRES Summer Courses

	Beekeeping	Online & Uckfield
	Learn all you need to know about keeping bees from an expert beekeeper. Five theory lessons in real time online classes. Two Saturday morning classes live in the apiary at Uckfield College More details...	
	Italian Poetry	Online
	This course will give you an opportunity to hear and enjoy the beautiful sound of Italian poetry. Each poem will be read aloud in Italian by the tutor, Barbara Santini and then translations and explanations will be given in English. More details...	
	Creative Writing Monologues	Online
	Enter into the mind of somebody else whether real or of your own creating. Learn how to explore and direct your character's thoughts and speech in this short online creative writing course. More details...	
	Gardening - Beds & Borders	Etchingham
	Plan a border in your garden to create seasonal interest throughout the year and find out how to encourage birds, bees and pollinating insects to your flower beds More details...	
	Creative Writing Beginning Your First Novel	Online
	Maybe you have an idea or perhaps you simply want to explore your creativity through writing. Develop confidence to overcome the blank page and start your writing journey. More details...	
	Pencil Drawing	Online
	Learn how to capture images, mood and a sense of time through the simplest of mediums. Explore shading and how this can influence your drawings. More details...	

Enrol now on a Summer course and enjoy learning something new



Yoga For All



A gentle return to physical yoga classes covering the techniques that will help you become more grounded in the here and now and more able to access a sense of calm and ultimately of greater wellbeing.

Hailsham Tuesdays

Beginners/Improvers

Build back your confidence, strength and knowledge.

[More details...](#)

Improvers/Advanced

For students with at least two years of experience.

[More details...](#)

Heathfield Thursdays

Beginners/Improvers

Build back your confidence, strength and knowledge.

[More details...](#)

Improvers/Improvers +

For students with at least two years of experience.

[More details...](#)

Improvers+/Advanced

For students with at least two years or more of experience.

[More details...](#)

If you have not practised yoga during the past year, you are welcome to consider enrolling on a less advanced course if you feel you would like to build back your confidence and knowledge. If you have maintained some practice through the lockdowns, please enrol on your usual course.

Upholstery & Soft Furnishing Workshops



For students with previous experience, a project based workshop, to learn and develop the skills and techniques of upholstery, cane and rush seating and soft furnishing.

Hurst Green Village Hall - Wednesday

[More details...](#)

Heathfield - Goward Hall - Monday

[More details...](#)