

Bodmin Way Community Courses

Book: <https://bodminwaycommunitycourses.bookwhen.com>



Health and Wellbeing

Beginner Adult Dance

Time: 1 hour Weeks: 8 Fee: £48 Tutor: Adie Dove
Wednesdays starting 4 May 7pm



A space for adults to stay fit in a fun environment. Everyone is welcome.

Meet the tutor:



Adie Dove graduated from BodyWork International in 2017, she has been on a mission to challenge the arts culture and pursue equality in the arts world ever since. Whilst continuing to perform, choreograph and direct professionally she has become a voice for working class artists and the founder of two CICs tackling inequalities and providing opportunities. Adie's professional career has led her to work with some of the UK's current leading artists. Adie has recently been touring locally with The Urban Playground Team as a member of The Emergent Ensemble. We know just how much dance can benefit self-esteem, mental wellbeing as well as the physical health benefits and Adie believes the power of dance goes far beyond what the eye can see and is looking forward to seeing adults in the new classes.

Beginner Heels

Time: 1 hour Weeks: 8 Fee: £48 Tutor: Adie Dove
Wednesdays starting 4 May 8.15pm



A beginner heels class to feel empowered. (Heels are optional.)

Combined ticket – Beginner Adult Dance & Beginner Heels

Time: 2 hours Weeks: 8 Fee: £64 Tutor: Adie Dove
Wednesdays starting 4 May 7pm

Enjoy both dance classes with this special combo offer.

bodminway.org/courses

facebook.com/Bodminwaycommunitycourses

01208 77674



Walking for wellbeing

Time: 2 hour walk Fee: £5 Guide: Barbara Brittain

Thu 16 June 2pm



Enjoy movement, nature and the company of others as we peep into Bodmin's past on a 3-mile historical and circular guided walk around the town. The route includes some steep sections and a panoramic view from the local nature reserve. Complimentary tea, coffee and cake is available before and after the walk and quiz route guide.

Meet the guide: Barbara has been leading walks for the last three years. Walking enables her to appreciate the natural world and offers time out to reflect on things above the mundane. Walking around Bodmin inspired Barbara's research into the history of the area and she has fascinating facts to share along the walking route.



Conquering crochet

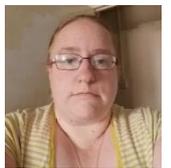
Time: 1 hour Weeks: 6 Fee: £30 Kimberley Andress

Thu starting 5 May 2pm



Tailor made for you, from complete beginner, moving on, mastering a new technique, to making sense of patterns.

Meet the tutor: Kimberley has crocheted for more than five years and has the necessary crochet and teaching skills to enable others to enjoy the craft as much as she does.



Professional and Enterprise

Community grant fundraising

Time: 1 hour Fee: £10 Tutor: Trevor Brittain

Choice Sat 14 May 10am or Wed 1 June 1pm



The workshop is designed for local community groups, charities, CICs, social enterprises and small businesses seeking to secure grant funding for their organisation. This practical course features funding sources, how to write a successful application and one to one support to find the funds to help your organisation.

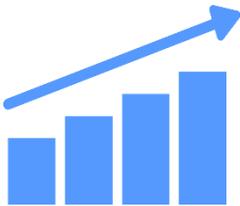
Meet the tutor: Trevor has experience of a series of successful grant funding projects from a wide range of funders. He will provide practical and a supportive workshop to aid your organisation in maximising funding opportunities. Trevor works with several charities, social enterprises and small businesses in helping them to secure funding sources. You won't be disappointed!



Going self-employed

Time: 1.5 hours Weeks: 3 Fee: £30 Tutor: Trevor Brittain

Sat starting 11 June 1.30pm or Wed starting 15 June 6.30pm



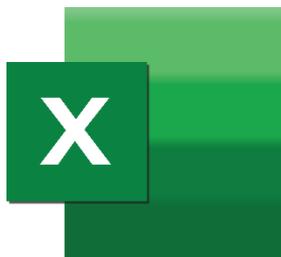
Started a side hustle recently? Want to expand further? This workshop is for you.

These sessions, designed for self-employed or small businesses, give practical support for dealing with everything from tax to insurance, through to accounting and growing your business.

Using Excel: Creating financial forecasts and cashflows in your business

Time: 1 hour Fee: £10 Tutor: Jen Ayres

Mon 9 May 11am



Want to learn about financial statements and how to build your own accurately and efficiently in Excel?

This course will teach you about the three main financial statements: income statement, balance sheet and cash flow statement. You will learn how to build your own models in Excel and how to effectively analyse the numbers in your financial statements.

Meet the tutor: Jen has worked as an accountant for more than 20 years, including being a management accountant for a leading international accountancy firm and prominent national and regional organisations in London and Cornwall. Jen joined Unlocking Potential in 2015 where she uses her financial background to support SME businesses get to grips with their finances and take the next steps in their growth journeys. She coaches a wide range of Cornish businesses, helping owners and/or managers tackle their next challenge, from ambitious growth plans and business pivots to recruitment.



Improving your skills in Excel

Time: 1 hour Fee: £10 Tutor: Jen Ayres

Wed 18 May 2pm



A lot of people use some of the features in Excel and just muddle through - not many utilise all the functions. In this course, learn about the features and functions and how you can make your Excel life easier by using them. Learn more about formatting, filters and conditional formatting. Create tables, PivotTables, Charts, PivotCharts and learn functions such as SUM, SUMIF, VLOOKUP. In just an hour, you will see how much time and frustration you can save knowing a few additional features - and you'll find out how much more you can learn.

Using Excel to help manage date to day finance

Time: 1 hour Fee: £10 Tutor: Jen Ayres

Fri 27 May 1pm



Mastering budgeting is essential to meeting your financial goals. Become a professional at managing your personal finances by first throwing away the notebook and adopting an Excel-based budget. Excel offers many benefits compared to paper-based budgeting methods. This course will illustrate how to build a budget from scratch, walking through all the necessary steps.