

Hackney Young Peoples University – 27 July – 14 August 2009

Summer Programme

Essential Life Skills

Course title	Subject Area	Objective	Date and time
Introduction to make up and Beauty SE51 Age: 14-25 Venue: Bsix, Brooke House	Essential Life Skills	<p>Come along and take part in this exciting, fun course and learn:</p> <ul style="list-style-type: none">• How to apply your own make up correctly• About different skin types• About different cosmetic products <p>Not to be missed.</p> <p>(please bring your own make up if possible)</p>	27 – 30 July Mon-Thurs 10-1pm
Caribbean Cookery SE26 Age: 14-25 Venue: The Petchey Academy	Essential Life Skills	<p>Explore a cuisine that's rich in both its culture and its flavours</p> <ul style="list-style-type: none">• Learn to cook basic Caribbean dishes from authentic recipes• Develop your taste for Caribbean food and expand your culinary skills• Build your confidence by preparing delicious meals• Learn about kitchen hygiene	27-31 July 10-1pm

<p>Introduction to Nail Care</p> <p>SE32 Age 14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Come and take part in this exciting and fun course and learn:</p> <ul style="list-style-type: none"> • To shape your nails • About different nail care products • And about the health and safety of nail care <p>Not to be missed...</p>	<p>27 – 30 July</p> <p>Mon-Thurs</p> <p>2-4pm</p>
<p>Quick and Easy Bites</p> <p>SE11 Age: 11-16</p> <p>Venue: The Petchey Academy</p>	<p>Essential Life Skills</p>	<p>Develop your daily living skills and learn some recipes to impress</p> <ul style="list-style-type: none"> • Find out more about nutrition and eating in general • Learn how to make easy meals which look and taste fantastic eg omelettes, tuna pasta, healthy fruit crumble 	<p>3-7 August</p> <p>2-4pm</p>
<p>Basic Hair Dressing</p> <p>SE22 Age: 11-13</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Want to Learn the latest hairstyles and how to keep your hair healthy and well maintained? If yes then this is the workshop for you - come along and learn how to:</p> <ul style="list-style-type: none"> • Plait hair • Create new hair styles • How to use a weave cap • Good customer care and much more 	<p>27- 31 July</p> <p>10-1pm</p>

<p>Advanced Hair Dressing</p> <p>SE54 Age: 11-13</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Want to Learn the latest hairstyles and how to keep your hair healthy and well maintained? If yes then this is the workshop for you come along and learn how to:</p> <ul style="list-style-type: none"> • Plait hair, Twists hair • Create new hair styles, • How to use a weave cap • Styling with tongs and gels • Bonding • Good customer care and much more 	<p>27-31 July</p> <p>2-4pm</p>
<p>Basic Hair Dressing</p> <p>SE64 Age: 14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Want to Learn the latest hairstyles and how to keep your hair healthy and well maintained? If yes then this is the workshop for you - come along and learn how to:</p> <ul style="list-style-type: none"> • Plait hair • Create new hair styles • How to use a weave cap • Good customer care and much more 	<p>3-7 August</p> <p>10-1pm</p>

<p>Advanced Hair Dressing</p> <p>SE56 Age: 14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Want to Learn the latest hairstyles and how to keep your hair healthy and well maintained? If yes then this is the workshop for you come along and learn how to:</p> <ul style="list-style-type: none"> • Plait hair, Twists hair • Create new hair styles, • How to use a weave cap • Styling with tongs and gels • Bonding • Good customer care and much more 	<p>3-7 August</p> <p>2-4pm</p>
<p>Basic first aid (1 day only)</p> <p>SE15 Age: 14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Gain a British Red Cross First Aid Certificate which is nationally recognised by employers</p> <ul style="list-style-type: none"> • Taught by The British Red Cross • Learn basic life saving techniques including caring for the unconscious, resuscitation and management of bleeding • Learn about first aid in the home and the workplace • There will be an exam and punctual attendance is compulsory to gain the certificate 	<p>5 August</p> <p>9:00 – 4:30</p>

<p>A Piece of Cake</p> <p>SE52 Age 11-16</p> <p>Venue: The Petchey Academy</p>	<p>Essential Life Skills</p>	<p>Do your cakes always come out hard or with a big dent in the middle? Yes – Want to know how to stop this from happening and to make the perfect cake? Yes - then this is the course for you –</p> <p>This fun course introduces you to the art of baking and will:</p> <ul style="list-style-type: none"> • Build your confidence by preparing delicious cakes • Teach you about kitchen hygiene <p>You will make a variety of cakes each day</p> <p>Eg: Sponge Cake, Chocolate Cake, Sugar Cakes, carrot cake, Marble Cake</p>	<p>3-7 August</p> <p>10-1pm</p>
<p>A Taste of Africa</p> <p>SE10 Age: 14-25</p> <p>Venue: The Petchey Academy</p>	<p>Essential Life Skills</p>	<p>Explore a cuisine that's rich in both its culture and its flavours</p> <ul style="list-style-type: none"> • Learn to cook basic African dishes from authentic recipes • Develop your taste for African food and expand your culinary skills • Build your confidence by preparing delicious meals • Learn about kitchen hygiene • 	<p>27-31 July</p> <p>2-4pm</p>

<p>Introduction to Basic Massage</p> <p>SE50 Age: 14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Want to Learn how to do basic massage and all of its benefits? - If yes then this is the workshop for you come along and learn about</p> <ul style="list-style-type: none"> • Basic massage strokes and how to perform them • The importance of relaxation <p>Please note students will need to bring their own towels and cushions</p>	<p>3-7 August</p> <p>10-1pm</p>
<p>Meet the Parents</p> <p>SE60 Age:14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>This short workshop will:</p> <ul style="list-style-type: none"> • Increase confidence and empower young people to deal with sex and relationship choices and make decisions • Increase knowledge of support and advice services around sex and relationships 	<p>4 August</p> <p>1-2pm</p>
<p>Managing your finances</p> <p>SE61 Age: 14-25</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>This important workshop will give you the skills and knowledge that you need to:</p> <ul style="list-style-type: none"> • Manage your money • Understand credit and credit cards • Taxation, Tax credit entitlement and understanding Tax codes • Government finances initiatives <p>And much more.....</p>	<p>3-7 August</p> <p>2-4pm</p>

<p>Intro to Soap Making</p> <p>SE62 Age:11-13</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>The exciting workshop gives young people the chance to make their own soaps, bath bombs, Face Masks and much more,</p> <p>You will also learn about:</p> <ul style="list-style-type: none"> • different skin types and your individual needs • Identifying and changing unhealthy habits and routines • Developing healthy skincare attitudes and motivating change • What you and your skin need to stay healthy 	<p>3-7 August</p> <p>10-1pm</p>
<p>Food and Science</p> <p>SE63 Age: 11-13</p> <p>Venue: Bsix, Brooke House</p>	<p>Essential Life Skills</p>	<p>Have you every wondered</p> <p>Why Potatoes turn brown when put in the oven?</p> <p>Why overbeating an egg can cause a fluffy exterior?</p> <p>Yes then come along to this workshop which will explain how cooking is science</p>	<p>27-31 July</p> <p>2-4pm</p>

The First 50 young people to book will receive a HYPUP T-shirt