

Short Courses in your Local Community

Getting Started with your Tablet (Apple/Android)



Take a tour around your tablet, get to grips with the interface, explore the apps store, search, download, delete and manage your apps. Discover the different uses for your tablet, learn how to personalise your device, adding security features, registering and accessing cloud storage.

Bring your tablet fully charged

When: Thu 24 Jan—21 Feb (5wks), 1.00 - 3.00pm

Where: Hertsmere Borough Council

Code: CL202B1P

When: Wed 24 April—22 May (5wks) , 10.00 - 12.00

Where: Hatfield Community Hub

Code: CL202C1P

Memoir Writing



Our memories are the most precious thing we have. This course will help you to capture yours in writing, both for yourself and your family.

We will provide you with expert training from a professional writer. Learn how to plan your memoirs and start the process of putting your life into words.

Bring a pen and pad

When: Wed 27 Feb – 27 Mar (5wks), 10:00 - 12:00

Where: Hatfield Community Hub , Hatfield

Code: CL226C1P

Digital Skills - Internet & Staying Safe Online



Give yourself a digital skills boost, develop or improve your skills to navigate the internet securely with confidence.

The course will cover improving mouse and keyboards skills, accessing secure websites and understanding what makes them secure, navigate shopping sites e.g. Amazon, eBay, food stores for delivery/ click and collect, order tickets for the theatre, train, National Trust etc. How to create a secure password, staying safe online— junk mail/ phishing emails and clearing history, cache, favourites and more...

When: Fri 25 Jan - 8 Mar (6wks), 13:00-15:00

Where: Oaklands College, Welwyn Garden City Campus

Code: CL248B1P

Venue Addresses

Oaklands College, St Albans Campus

Hatfield Road, St Albans, AL4 OJA

Oaklands College, Welwyn Garden Campus

The Campus, Welwyn Garden City, AL8 6AH

Hatfield Community Hub

White Lion House, Town Centre , Hatfield AL10 0JL

Hertsmere Borough Council

Civic Offices, Elstree Way, Borehamwood, WD6 1WA



There are local car parks where fees may apply

HOW TO BOOK

Mindfulness for Daily Living



Learn how to bring the mind to rest

- * Understand the basics of mindful living
- * Learn simple meditation techniques
- * Practice mindful meditation
- * Reap the benefits of emotional and mental health that Mindfulness can provide

When: Thu 31 Jan - 7 Mar (5wks), 15:00 - 17:00

Where: Oaklands College, St Albans Campus

Code: CL092E1P

(FREE) Getting to Grips with your Smartphone (Apple/Android)



Get more out of your phone in these practical sessions where we will explore 'apps', how to search, download and delete them, phone storage, how to transfer pictures, understanding common terminology, how you can amend your phone settings and more...

Bring your phone fully charged

When: Fri 1 Feb - 8 Feb (2wks), 12:45 - 15:15

Where: Oaklands College, St Albans Campus

Code: CL191B1P

When: Fri 7 Jun - 14 Jun (2wks), 12:45-15:15

Where: Hertsmere Borough Council Offices

Code: CL191C1P

TO BOOK YOUR PLACE

**All you need to do is contact
01727 737000 & quote the course code**

[Please only enrol if you can attend all of the lessons]

If the session is full, we will add you to our waiting list

Prior to the start of the course further information will be sent



HAFLS
Hertfordshire
Adult & Family Learning Service

These courses are subsidised by Hertfordshire Adult & Family Learning Service to provide learning opportunities in the county.

A condition of this funding is that all students are required to reflect on their learning and record this information on a few forms.

Thank you for your co-operation

Your Feedback & Comments

If you have any questions please contact the Adult and Community Learning Team on 01727 737154 or email acl@oaklands.ac.uk

Course Prerequisites - A basic level of English & Maths required



OAKLANDS COLLEGE

Short Courses
only £10

65 & Over
Project

Spring &

Summer Terms

Why not get involved?

HAFLS

Hertfordshire
Adult & Family Learning Service

