

Lifelong Learning



A collaboration of community and statutory groups championing LifeLong Learning in west Belfast.

in the WEST



Amazing events happening in Your Community.



Lifelong Learning 14th-Sep - 18thSep

| Monday 14th September | Tuesday 15th September | Wednesday 16th September | Thursday 17th September | Friday 18th September |
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| <p>Art and Wood Work Sessions Tree of Life Men's Shed Conway Mill 9am-3pm Tel: 07596301381</p> <p>Mindfulness Dance Workshops (FREE) Hosted by CAUSE 10.00am-3.30pm Culturlann Studio Tel: 07711590095 (Morning & afternoon sessions available) Booking essential</p> <p>Adults Irish Language Courses Ionad Uibh Eachach 9.30-11.20am & 7.00-9.00pm Tel: 90329180</p> <p>Basic ICT (FREE) Tullymore Community Centre 10.00-12.00 Tel: 90622201</p> <p>Confidence Building Workshop (FREE) Falls Women's Centre 10.00am - 1.00pm Tel: 90327672</p> <p>Job Assist- Setting Goals Session (FREE) Falls Library 10.00am-4.00pm Tel: 90509212</p> <p>Art Taster Workshop (Acrylics) for 65+ (FREE) Tullymore Community Centre 11.00am-1.00pm Tel: Rose 90622201</p> <p>Getting Practice into Research (FREE) Hosted by Centre of Excellence for Public Health West Belfast Partnership Offices 218 Falls Road 1.00pm-2.00pm Tel: Dermot 90809202</p> <p>Astronomy: Living with the Stars (FREE) Hosted by The Open University Falls Road Library 2.00pm Tel: 90509212</p> <p>Hungry for Change: The Effect of the Great Famine on Irish Migration (FREE) Linenhall Library Tel: 90321707</p> <p>Louise Hay - Heal Your Life Conway Education Centre 6.00pm-8.30pm Tel: 90248543</p> <p>Introduction to Web Design Conway Education Centre 6pm-8pm (10 week course) Tel: 90248543</p> | <p>Blanket Weaving Working (FREE) Ladybirds Club Newhill Community Centre 10.00am-12.00pm Tel: 07446145653</p> <p>Dr Janice Holmes: Exploring Family and Community History (FREE) Hosted by The Open University Venue Falls Library 10.30am-12.30am Tel: 90509212</p> <p>Dementia Friendly Tour of Stormont (FREE) Hosted by Sinn Féin & Black Taxi Association 11.00am-1.00pm Tel: 07912054940 (Booking essential)</p> <p>Art Workshop Glass Painting (FREE) Glen Community Centre Lenadoon 11.00am-12.00pm Tel: 07446145653</p> <p>Volunteering in the Community (FREE) Conway Education Centre 11.00am-12.00pm Tel: 90248543</p> <p>Lunch & Literature (FREE) St Marys UCB Students Union 12.30pm-1.30pm Tel: 90235790</p> <p>Chair-based Pilates for 65+ (FREE) Tullymore Community Centre 1.30pm-2.30pm Rose: 90622201</p> <p>Mindfulness Classes Maureen Sheehan Centre 5.30pm-6.30pm Tel: 90310346</p> <p>An Evening Celebrating West Belfast's Contribution to International Community Development (FREE) West Belfast Partnership Board 5.30pm-9.00pm Tel: 07912054940</p> <p>Introduction to Script-writing Conway Education Centre 6.00pm-8.00pm Tel: 90248543</p> <p>Pilates (FREE) Blackie Community Centre 7.00pm- 8.00pm Tel: 90319624</p> <p>Bach Flower Remedies Conway Education Centre 7.00pm-9.00pm Tel: 90248543</p> | <p>Yoga Session (FREE) Falls Womens Centre 9.30am-10.30am Tel: 90327672</p> <p>Health Checks including Blood Pressure, Cholesterol & BMI (FREE) Blackie Community Centre 10.00am-12.00pm Tel: 90319624</p> <p>Exploration of The Bog Meadows Guided Walking Tour Hosted by Open University (FREE) 10.30am Assemble at Bog Meadows Car Park Tel: 90809202</p> <p>'Mood Matters' Interactive Session Hosted by Aware NI Montague Centre, Broadway 11am Tel: 07446145653</p> <p>Learn How to Access 1,000 of eBook's and Magazines (FREE) Suffolk Library 11.00am Tel 90509235</p> <p>Tai Chi Classes Divis Community Centre 11.15am Tel: 90242551</p> <p>Increase your Skills & Employability Belfast City Council Open Session West Belfast Partnership Board Office 12pm Tel: 90809202</p> <p>Old Belfast Captured on Camera (FREE) Hosted by Black Mountain Men's Group 1.00pm-2.00pm Glen community Centre Lenadoon Tel: 07446145653</p> <p>Belfast Hills Heritage Talk (FREE) New Walks in the hills and guided walking tour Falls Library 1.00pm-3.00pm Tel: 90509212</p> <p>Circuit Training Blackie Community Centre 7.00pm-8.00pm Tel: 90319624</p> | <p>Ancestry.com Workshop (FREE) Suffolk Library 10.00am Tel: 90509235 (Booking Required)</p> <p>Cookery on a Budget Conway Education Centre 10.00am-12.00pm Tel: 90248543</p> <p>Henry Bell's History of Belfast Conway Education Centre 10.00am-12.00pm Tel: 90248543</p> <p>ECDL Extra Tullymore Community Centre 10.00am-12.00pm Tel: 90622201</p> <p>All Things Green - A Community Fair (FREE) Meet local allotment keepers & 'Grow your Own' experts Find out how to become a city bee keeper Conway Mill Courtyard 10.00am-2.00pm</p> <p>OCR Text Processing Level 2 Tullymore Community Centre 12.30pm-2.30pm Tel: 90622201</p> <p>How to Achieve a Healthy Diet & Improve Emotional Wellbeing (FREE) Centre for Public Health Royal Victoria Hospital 1.00pm-2.00pm Tea/Coffee and sandwiches provided Tel: Dermot 90809202 (Booking Essential)</p> <p>Grow Your Own Gardening & Horticultural Tips Conway Education Centre 1.00pm-2.00pm Tel: 90248543</p> <p>Tai Chi for Health (Over 65's) (FREE) Tullymore Community Centre 1.30pm-2.30pm Tel: Rose 90622201</p> <p>Stress Management & Cognitive Therapy Falls Road Library 6.30pm Tel: 90509212</p> | <p>Images of the West Explore West Belfast with a well-known local photographer (FREE) Hosted by CAUSE Tel: 07711590095 (Booking Essential)</p> <p>Information Event (FREE) What assistance and free learning resources are available for prospective university students Conway Education Centre, Conway Mill 10.30am Tel: 90248543</p> <p>Fundraising Coffee Morning Make a World of Difference Over a Cup of Coffee (In support of the current refugee crisis) West Belfast Partnership Board Offices 218 Falls Road 11.00am-1pm Tel: 90809202</p> <p>Art Workshop-Acrylics on Canvas (FREE) Montague Centre, Broadway 11am-12pm Tel: 07446145653</p> <p>ECDL Extra Level 3, Word Advance Level 3 Tullymore Community Centre 12.30pm -2.30pm Tel: 90622201</p> <p>Taster Games Sessions for Over 65's (FREE) Boccia, New Age Curling, Table Tennis, Snooker Tullymore Community Centre 12.30pm-2.30pm Tel: Rose 02890622201</p> <p>Irish Language Crash Course (FREE) St Mary's UCB Students Union 1pm-2.30pm Tel: 90235790</p> <p>Connaught Rangers Lecture (FREE) Falls Road Library 1.00pm-2.00pm Tel: 90509212</p> |

