

History, Geography and Science

Choose from our exciting selection of courses from our highly knowledgeable and experienced tutors. Expand your knowledge and understanding of a wide variety of topics. Try something new for this September!

Art History Unpacked

Wednesdays 15.45 – 17.45

We all know the version of art history we were taught — the fixed list of masterpieces, the handful of celebrated names - but the real story is far richer, stranger and more human than that. This course asks the question that changes everything: why? Why this subject, these materials, this moment? Art is never created in a vacuum and understanding it means understanding the lives and worlds that produced it. We'll roam freely across themes — gender, sexuality, the canon, the overlooked and the iconic — with debate, discussion and laughter guaranteed.

From our new tutor Maria Bonner. Maria studied Art/Art History at Goldsmiths (BA) with an MA in Twentieth Century Art. She has taught Art History in many contexts over many years, including at universities, Roedean and Farlington Schools, Bellerbys College and most recently at Greater Brighton Metropolitan College.

Sussex Archaeology: An Introduction

Wednesdays 10.30 – 12.30

This 10-week course will introduce you to the rich archaeological heritage of Sussex, beginning in the Palaeolithic (Old Stone Age) about 500,000 years ago, and then proceeding through the later prehistoric periods, then the Roman occupation, before discussing some of the evidence for the Saxon, medieval, early post-medieval and modern times. There will be various opportunities for you to examine and handle archaeological artefacts. We will also consider the various changes, and significant individuals, in the history of antiquarian and archaeological studies in Sussex.

From returning tutor Dr David Rudling. David is the Academic Director of the Sussex School of Archaeology and a Visiting Lecturer at the University of Roehampton. His research interests include Roman rural settlements and land-use, religion and ritual in Roman Britain and beyond, and ancient and medieval coins. He has excavated sites including Bignor Roman Villa and Chanctonbury Ring.

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Landscapes of South East England

Fridays 10.00 – 12.00

The SE of England has some iconic landscapes such as the Seven Sisters or St. Paul's cathedral, but it also has 'hidden' landscapes as can be found out on the Kent marshes, high in the Chilterns or deep in the London suburbs. In this class we will look at a range of landscapes from geographical and historic perspectives. Using PowerPoint displays, class discussions and contributions we will examine what factors make up distinctive 'landscapes'.

From well-known tutor Dr Geoffrey Mead. Geoffrey specialises in the landscapes of SE England, in both urban and rural areas. He is an Associate Tutor with the Geography team at the University of Sussex and taught adult education there for nearly 30 years. He now gives talks across SE England to a wide range of groups from universities to local history societies, WI groups, U3A, Probus and Round Tables.

Exploring Mozart Operas

Wednesdays 09.30 – 11.30

By common consent, Wolfgang Amadeus Mozart (1756 – 1791) was one of the greatest composers of opera who ever lived. Altogether, he completed twenty-three examples in all the genres that were then current. This full 10 week course will cover the seven great operas of his maturity.

From our established tutor Dr Peter Copley. Peter is a composer, cellist and pianist. He is a visiting lecturer at Oxford University Department for Continuing Education, the University of Sussex and is an Associate Lecturer for the Open University, where he has also been a Research Associate for the music faculty.

Astronomy, Space and the Universe

Mondays 19.00 – 21.00 (8 weeks)

This series of discussions covers a wide variety of interesting topics from modern astronomy, the exploration of the Moon and planets, and the search for life elsewhere in the universe. Mars rovers, planetary probes, crewed missions to the Moon, the Big Bang, black holes, active galaxies, exploding stars, attempts to detect alien signals, and many more topics are included in these discussions.

Our astronomy course is taught once again by William Joyce. He has created and presented introductory, intermediate and advanced astronomy and planetary science talks and short courses over many years, for schools, the public, college and university

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students, and is actively involved with space-related outreach events. They include a mix of key concepts and cutting edge discoveries on a variety of fascinating subjects.

The Transformation of Mid -Victorian Britain (1851- 1875)

Tuesdays 10.30 – 12.30

We study rich and poor and their world: their architecture and living conditions - from large country estates and town houses to humble cottages and rookeries of the residuum; their social life, culture and the impact of influential women.

We view architectural styles from the grandest country estate to vernacular dwellings, town, terraces, municipal and public buildings and view the internal workings of the home.

From our popular tutor Sarah Tobias. Sarah started her teaching career with us 24 years ago. She is a social, cultural and local historian and an established, experienced university lecturer, college tutor, public speaker, tour guide and writer. She is also an occasional dramatic narrator, costumed role player, playwright and filmmaker.

Art and Actuality: Decoding Victorian paintings to discover reality

Tuesdays 15.15 – 17.15

In this 5 week course, we look at paintings and compare them with the 'real world'. For example, the romanticized illusion of the milkmaid or haymaker – the reality was quite different! We study the paintings and what they are telling us about the social history of the period, by each week picking a particular theme to explore.

This course is also taught by Sarah Tobias. See above biography.

Gorgeous Georgians: Life in 18th Century England

Wednesdays 11.45 – 13.45

We study the elegant magnificence of the buildings and stunningly lavish life of a small handful of society, contrasted with the devastatingly poor members of the lower class who lived in abject poverty, and the grim goings-on of the underworld of pickpockets, prostitutes, thieves, gamblers and gin-drinkers - of all classes!

Not only a time of intrigue, debt and excess but also many interesting and colourful personalities - men and women who wrote, painted, sculpted, made beautiful gold, silver, glass or pottery;

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dressed in the extremes of fashion, were witty or worthless, talented and intellectual, but never dull. A hugely fascinating period.

This course is also taught by Sarah Tobias. See above biography.

An Introduction to The Ancient Near East

Thursdays 14.00 – 16.00

The Middle East is the cradle of civilization, where agriculture, cities, writing, and early empires first emerged, shaping human history. In this course we will examine the various civilisations which made their home in this area. By looking at their histories and development, we will gain a greater understanding of the Sumerian, Assyrian, the Babylonian cultures to name but a few.

We shall examine their religions, ways of life, and the evidence they left behind, and through this knowledge, we might get an insight to the Middle East of today.

This course is taught by Sarah-Helen Snow. Sarah has always enjoyed history. As a result of spending consecutive summers in the Middle East during the early 1980's, she was able to develop this interest when she went on to read for her degree in History and Archaeology. In the late 90's she taught in Egypt and used this opportunity to travel in the area to visit many sites of historic interest.

Language Courses

If you would like advice on the level of language learning to join, please email
enrolments@rwc.org.uk

French for Beginners

Tuesdays 11.30 – 13.00

This class is suitable for complete beginners or people who have not done any French since they left school. The emphasis is on communication and speaking French, and each week a topic will be explored to help this process. The lessons consist of material from the internet, worksheets and conversation with fellow students. The hope is to make the learning process fun and instructive.

French Level 2

Mondays 10.00 – 11.30

This is a continuation of language learning where broader vocabulary is introduced through the discussion of more varied or detailed topics. Similar techniques are used as in French for Beginners.

French Level 3

Tuesdays 13.30 – 15.00

This course is a continuation from French Level 2. In this class there is further interaction with fellow students to create dialogue and conversation. The majority of these are based around daily life, with some more idiomatic French thrown in.

French Advanced Conversation

Tuesdays 09.30 – 11.00

This class is for people who have spent time or have lived in France. It is conducted completely in French. Every week, we start by discussing a relevant current event or topic and then discuss a pre-set subject or book. After this the conversation can flow more organically.

Our French classes are taught by Sarah Snow. Sarah grew up in Belgium where her education was conducted in French and Flemish from the age of five. This helped turn her into a lifelong Francophile. She has spent time travelling in France and other French speaking countries both in Europe and further afield. One of her beliefs about learning and speaking a new or different language is that it should be fun.

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Italian Level 1 – First steps on your Italian journey

Thursdays 11.15 – 12.45

Start from scratch and learn to speak Italian in everyday situations – step by step over three terms. You'll learn how to introduce yourself and others, talk about your free time, order food and drinks, and book a hotel room. We'll focus on the present tense and how to say what you like (and don't like) – all in a relaxed and practical way.

Italian Level 2 – Moving beyond the basics

Wednesdays 09.30 – 11.00

Take your Italian further as we chat about holidays, food, daily routines, and family. You'll strengthen your use of the present tense and start using the passato prossimo to talk about past experiences. We'll also explore more verbs and pronouns, all in fun, practical contexts. Perfect for those who know the basics and want to build confidence, especially in speaking.

Italian Level 3-4 – Build fluency and expand your skills

Wednesdays 11.15 – 12.45

This course is ideal for students who want to expand their vocabulary, feel more confident speaking Italian and want to improve their grammar. Through practical topics such as travel, shopping, and socialising, you'll develop the skills to communicate more naturally in everyday situations.

Italian Level 5 – Conversation and confidence

Thursdays 09.30 – 11.00

This course is ideal for students who have completed an elementary level (A2) and feel ready to start working at an intermediate level. Through topics that spark conversation — from lifestyle and culture to music, technology, and everyday experiences — you'll build your fluency in a relaxed and supportive atmosphere.

Advanced Conversational Italian

Wednesdays 13.00 – 14.30

This course is for people who are already comfortable with Italian and want to develop greater fluency in conversation. Lessons are based on authentic materials such as articles, videos, and short stories, which are shared in advance to support confident and active participation in class.

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Our in centre Italian classes are taught by Roberta Bonfà. Roberta is a qualified native Italian teacher with a strong academic background and a passion for language education. Beyond language, Roberta offers insights into Italian culture and customs. She creates a welcoming, interactive environment where students feel confident expressing themselves.

Italian on Zoom

Italian Conversation Club

Thursdays 09.30 – 11.00

You know your way around Italian, but you'd like to brush up on your conversation skills? Keep your Italian in top form and your conversations lively in our advanced conversation club. Designed for confident Italian speakers, this club offers a welcoming and engaging space to build fluency through authentic discussions about contemporary Italy, its current affairs, and its rich culture.

Using a wide range of real-world materials, including news articles, podcasts, videos, and other authentic resources, you'll explore the issues, ideas, and cultural trends shaping Italy today, while developing your ability to express yourself naturally and confidently.

Our online Italian conversation club is taught by Nicla Mazzoni. Nicla is an Italian native speaker, passionate about Italy, its language, culture, history, traditions and, obviously, FOOD! She is from Livorno, and she currently lives in Bologna, so her online classes give a unique chance to connect with Italy, live, whilst improving your Italian from home. She is a qualified teacher with extensive teaching experience in a wide range of settings, face to face and online.

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Spanish Level 1

Thursdays 18.30 – 20.00

This course is for complete beginners. You will learn how to communicate in a range of everyday situations, such as ordering food and drinks, shopping, and providing personal information.

The course will introduce you to the basic grammatical structures of the language and help you build a foundation in practical communication skills. You will also explore aspects of the cultures and traditions of Spanish-speaking countries.

The emphasis will be on developing listening and speaking skills, while also incorporating grammar and written activities to support your overall language learning.

Spanish Level 2

Fridays 12.00 – 13.30

This course is designed for learners who have already completed one year of part-time study or who can communicate in everyday situations, such as ordering food, shopping, providing personal information, and asking for or giving directions. The emphasis is on listening and speaking, while also incorporating grammar and written activities to support overall language development.

Spanish Level 3

Fridays 10.00 – 11.30

This course is designed for experienced learners who have already completed at least two years of part-time study before joining the class. You will further develop your language skills and gain the confidence to communicate in a variety of situations, including holidays, travel, and health-related contexts. The course will help you describe experiences and events in greater detail, as well as express opinions, wishes, and future plans more effectively.

The emphasis will be on developing listening and speaking skills, while also incorporating grammar and written activities to support your overall language proficiency.

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Advanced Conversational Spanish

Fridays 14.00 – 15.30

This course is designed for students who have already completed at least four years of part-time study before joining the class and already have a good level of spoken Spanish. You will further develop your language skills and confidence to participate in conversations on a wide range of topics, expressing and justifying personal opinions, defending points of view, and describing events in detail.

Spanish at Whiteway is taught by Maria Simons. Maria Simons is a native speaker from Teruel in the region of Aragón (Spain). She has been teaching Spanish for over 25 years in colleges, community centres and at university, which she has enjoyed greatly.

Creative Courses

Art for Beginners: Colour Mixing and Palette Knife Painting with Amanda

Mondays 14.00 – 16.00

This term we will be exploring colour mixing referencing the colour wheel, learning palette knife technique and painting with acrylic on paper and canvas. We will use the palette knife to paint both abstract and more realistic techniques for landscape, still life and imaginative subjects.

Life Painting and Portraiture

Thursdays 13.00 – 15.00

Open to students and artists with previous experience in capturing the human form. Our experienced models will be holding longer poses for those seeking portraiture. Predominantly themed costumed and everyday attire for painting and drawing in any medium of your choice. Bring all your own art equipment. Some easels are available. Amanda will provide advice and guidance if required.

Creating a Children's Book – 5 week Taster

Mondays 17.00 – 19.00

Do you have a story to tell and young children in your life to share it with? A picture book is a wonderful way to leave a lasting legacy for family or friends. All you need to start is a laypad sketch book, a pencil, and a germ of an idea.

In this taster 5 week course, you will be guided both as a group and individually through the idea process.

The courses above are taught by Amanda Rosenstein Davidson. She is a long standing tutor with Whiteway. She had a career as an internationally published children's book illustrator and author. She has an Amazon Authors page. Since 1995, she has been a regular contributor for The Brighton Festival creating street art events with schools and as an Artist Open House. Today Amanda concentrates mainly on commissions in Pen & Ink, Watercolour, Acrylic and Oil Paints as a narrative Portrait Artist of people and their pet animals.

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Beginners in Acrylic with Caroline

Wednesdays 13.30 – 15.30

A ten week workshop focusing on the colourful versatile medium of acrylic. In a relaxed and friendly environment students will be shown how to use modern and traditional painting techniques: brushwork, layering, texture, and glazing. We will be looking at still life, portraiture and landscape. Tuition will include tips on colour mixing, composition, and tonal values. The aim of the course is to enable you to confidently create lively acrylic paintings with impact. Beginners only.

Drawing and Painting Improvers

Tuesdays 10.00 – 12.00

This course is for people who have some experience in art and would like to develop their skills and interests, expand their previous knowledge and explore more techniques. You will be using a wide variety of mediums and subject matter as well as looking at the work of other artists for inspiration. Tips will be given on composition, colour mixing, tonal values, artistic licence, how to mix media and much more.

Watercolour Technique Advanced

Mondays 13.30 – 15.30

This course will be an exploration of the beautiful medium of watercolour in both contemporary and traditional techniques. There will be demonstrations to show washes, wet in wet, dry brushing, layering, colour mixing, brush work and more with a focus on developing your own style and painting with impact. We will also be looking at the work of a variety of artists and the different mediums you can use with watercolour.

Capturing a Likeness in Acrylic

Tuesdays 13.00 – 15.00

This course is for those who would like to explore the vibrant colours and versatility of acrylic to paint people and animals. We will be looking at drawing skills, accuracy versus artistic licence, expression, realism, impasto, glazing, palette knife and brushwork. A variety of artists' work from past and present will be discussed and students will be able to learn at their own pace to develop their own personal style.

The three courses above are taught by popular tutor Caroline Marsland. She moved to Brighton from Cheshire and she completed an Honours Degree in Graphic Design and Illustration. Her paintings are an exploration of rich colour, mood and light with a special interest in reflections. She enjoys painting any kind of subject matter such as still life, seascape, landscape and her favourite - people and pet portraiture.

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Bridge First Year – 5 week Taster

Tuesdays 12.15 – 13.45

A course for all levels. You can be new to the game or wanting to brush up your knowledge in a relaxed and friendly atmosphere. Come along and enjoy the course.

Bridge Second Year and Improvers

Mondays 10.00 – 12.00

The Course is suitable for players with knowledge of the game. We shall be covering conventions, play of the hands, types of bidding and patterns of play. The course will also incorporate five card majors and strong NT. Come along and enjoy and improve your game in a relaxed atmosphere.

No need to bring anything - Monica will provide for the students. Come along and enjoy the game!

Our Bridge courses are taught by Monica Watts. She is an English Bridge Union Tutor. 5* Master and she has worked for The English Bridge Union for many years, running Bridge events and away days. Monica also directs at Rottingdean Bridge Club.

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Creative Writing

Tuesdays 19.00 – 21.00

About that book you've got in you. . .
. . . or it might be a little gem of a short story:

We've got a space at the Whiteway Centre where you can coax it out onto the page. Whether you're looking at your first blank page or you have a manuscript almost ready for the printer, you can bring it to an enthusiastic group of friendly, supportive and encouraging fellow writers and readers who are interested in their own writing -- and yours. Every week you'll consider some aspect of fiction-writing. You'll discuss your ideas and questions and look at how published writers have managed those things. Then you'll go away, full of inspiration, to write.

Claudia Gould teaches our Creative Writing course. She is a writer/facilitator and published writer with over 20 years teaching experience. She's a published novelist (Benjamin the True, Kahn & Averill) and short story writer (Jesus in America and Other Short Stories, Utah State University Press).

Physical Activity Courses

Mat Based Pilates

Thursdays at 10.00 OR 11.00 for 50 minutes

Pilates is an accessible exercise system that develops greater body awareness and control with real long term benefits: improving balance, mobility, muscle strength and endurance. This mat-based class is suitable for all fitness levels and beginners are welcome. It will involve standing and lying on a mat. Please bring a cushioned mat, all other equipment is provided.

Our Pilates classes are taught by Julia Murray-Logue. Julia started her Pilates practice over 20 years ago following a neck injury, when it was recommended by a health professional. She has been teaching fitness and Pilates classes around Brighton for nearly 2 years. She teaches mainly matwork exercises using different pieces of equipment such as bands, small balls and rollers to enhance and develop the exercises.

Everyday Strength

Tuesdays 18.30 – 19.15

Strength or resistance training isn't just for bodybuilders or fitness fanatics, it's for everyone. The evidence for the benefits of strength training keeps growing and includes;

- Improved physical function and a leaner body
- Better weight management
- Lower risk of heart disease, diabetes, and cancers
- Improved mood and body confidence
- Healthy Ageing

In this 45-minute class, we'll do a series of exercises targeting arms, legs and core. No previous experience is required and the class is suitable for all fitness levels but will include some floor exercises.

As well as teaching Pilates at the Whiteway centre, Julia also teaches circuit classes with an emphasis on increasing muscle strength and is pleased to offer this new strength class. She has been a gym member and outdoor runner for over 20 years and is a qualified gym instructor and personal trainer.

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Tai Chi and Chi Kung

Tuesdays 19.00 – 21.00

In this class you will practice Tai Chi Chuan, the Pa Tuan Chin and the Nei Kung. You will also do meditation and push hands exercises as well as looking at the philosophy, principles and applications underlying these practices. The classes will follow the interests of individual students whether they want to improve their health, learn about the martial arts or discover more about the spiritual aspects of these practices. The course is for all levels - from beginners to those with much experience.

Tai Chi is taught by Dr Jonathan Newman. Jonathan has been training in Tai Chi Chuan and the Nei Kung since 1985. His teacher Sifu Ray Rand is an original student of Master Lam Kam Chuen. Jonathan incorporates several practices into his own training including meditation and martial arts.