

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!

Renaissance Art History: Florence, Rome, Venice

Wednesdays 10.00 – 12.00

This course will look at the achievements of some of the greatest Italian Renaissance painters, sculptors and architects across three artistic centres: Florence, Rome and Venice. Florence will be studied in the Autumn Term.

From our new tutor Katy Blatt. Katy studied Art History at Cambridge University (BA) and the Courtauld Institute of Art (MA) and she has worked in several renowned galleries and museums. In addition, she is a published author and experienced teacher of Art History.

Roman Britain

Wednesdays 14.00 – 16.00

This 10-week course will introduce Roman Britain. It will start by reviewing the state of Britain prior to the two Roman invasions and then the events of these invasions and the gradual expansion of Roman control and settlements to the north and west.

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.

Whiteway Centre Courses – Autumn Term 2025

Sussex Landscapes

Fridays 10.00 – 12.00

Sussex has a wealth of landscapes, rural and urban and on this course you will look at familiar and less well-known corners of the county; so Seven Sisters... and Brighton suburbs!

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.

The History of the String Quartet Part 1

Wednesdays 09.30 – 11.30

You will study the history of the string quartet from its origins to the early 19th century. Composers such as Haydn, Mozart and Beethoven developed the string quartet to become the vehicle for some of their profoundest creations as well as an occasional medium for musical wit and sophisticated entertainment. Part 2 will take place in January.

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.

Worlds of Wonder: Exploring the Solar System

Mondays 16.00 – 18.00 (8 weeks)

This course provides an overview of modern planetary science and spacecraft exploration of the Solar System. Discussions cover amazing discoveries and some basic science about objects ranging from the Sun, to planets, to moons, to asteroids and to comets, along with a look at the origin of the planets and the prospects for finding life elsewhere in the Solar System.

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Exploring the Night Sky

Mondays 19.00 – 21.00 (8 weeks)

This course introduces participants to stargazing and astronomy as a popular and fascinating leisure activity. Sessions will include observing a wide variety of interesting objects in the night sky using our eyes, binoculars or a small telescope.

Our two astronomy courses are taught once again by William Joyce. He has created and presented planetary science talks and short courses at different levels over many years, for schools, the public, college and university students. They include a mix of key concepts and cutting edge discoveries on a variety of fascinating subjects.

Turbulence, Change and Reform: Early Victorian Britain (1837-1850)

Tuesdays 10.30 – 12.30

You will study all aspects of society including: agricultural and urban developments, manufacturing and shops, industry and the arts, wealth and poverty, architecture and art, new class structure and working conditions, as well as the lives of some of the people and characters that made up the social and cultural orb of early Victorian life.

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.

Burning Issues of the Day

Wednesdays 19.30 – 21.30 on Zoom

A lively and friendly round table discussion which seeks to explore the issues underlying and shaping the burning political, economic and social issues of the day. Subjects may be selected by the tutor or members of the group.

This online class is presented by Andrew Clark. He chairs the group who discuss current political issues. He had a previous career as a NHS surgeon.

Language Courses

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

French for Beginners

Mondays 10.00 – 11.30

This class is suitable for 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 hope is to make the learning process fun and instructive.

French Level 2

Tuesdays 11.30 – 13.00

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 Level 4

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.

Whiteway Centre Courses – Autumn Term 2025

Italian Level 1 – First steps on your Italian journey

Wednesdays 09.30 – 11.00

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.

Italian Level 2 – Moving beyond the basics

Wednesdays 11.30 – 13.00

Take your Italian further as we chat about holidays, food, daily routines, and family. Perfect for those who know the basics and want to build confidence, especially in speaking. The course is structured across three terms, with each one building on the previous, helping you consolidate and expand your skills step by step.

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

Thursdays 09.30 – 11.00

Build your confidence in Italian while exploring topics like health, holidays, and home life. This course helps you improve all four skills – especially speaking – through practical activities and real-life situations.

Italian Level 5 – Conversation and confidence

Wednesdays 13.30 – 15.00

This course is designed for those who want to improve their conversational skills and already have a solid grasp of Italian grammar. We'll work with articles, videos, and short stories to spark discussion and build confidence in speaking.

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.

Whiteway Centre Courses – Autumn Term 2025

Italian Conversation Club 1

Wednesdays 10.00 – 11.30 on Zoom

This online conversation club is perfect for learners at intermediate level and above looking to build confidence, expand vocabulary, and enjoy real-life conversations in Italian. Each session is centred around engaging cultural topics—like Italian food, travel, traditions, and current events—designed to spark discussion and bring the language to life. The focus is on speaking, reading and listening.

Italian Conversation Club 2

Thursdays 09.30 – 11.00 on Zoom

Designed for confident Italian speakers, this online course offers an engaging space to practise fluency through authentic discussions on Italian current affairs and culture. Using real-world materials like news articles and videos, you'll dive deep into topics that matter today in Italy, all the while enhancing your ability to express yourself naturally and confidently.

Our online Italian conversation clubs are 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.

Whiteway Centre Courses – Autumn Term 2025

If you would like to learn Spanish as a complete beginner please let us know. Email enrolments@whiteway.org.uk

Spanish Level 2

Thursdays 18.30 – 20.00

This course is designed for learners who can get by in everyday situations or who have completed one year of part-time study. The emphasis will be on listening and speaking but will also include some grammar and written work. Also, you will expand your knowledge of the culture of the Spanish speaking countries.

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 develop your language skills to be able to express yourself in a variety of situations, including describing experiences, events, and expressing opinions or plans.

Spanish Level 4

Fridays 12.00 – 13.30

This is a course for learners who have already completed at least three years of part time study. You will develop your language skills to discuss a wide range of topics as well as reinforcing how to describe experiences, events, and feelings.

Advanced Conversational Spanish

Fridays 14.00 – 15.30

This is a course for experienced learners. You will develop your language skills to participate in conversations on diverse topics. The emphasis will be on fluency and communicating in Spanish but also some grammar and written work will be covered as appropriate.

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.

Whiteway Centre Courses – Autumn Term 2025

British Sign Language (continuation class)

Thursdays 11.00 – 12.30

This class offers BSL tuition in a relaxed and friendly environment. As a continuation class, students already have some BSL knowledge. This class does not include exams, instead it offers a friendly, engaging space to learn and practice British Sign Language. New joiners would benefit from some basic BSL vocabulary or experience. We learn through humor, quizzes and informal conversations.

British Sign Language is taught by Louise Gibson. Louise is an experienced, warm, approachable and patient Deaf educator and facilitator. Louise, a Rottingdean local, is passionate about sharing her knowledge of British Sign Language (BSL) to raise awareness, support people, break down barriers and build bridges between D/deaf and hearing people. Over the last seven years she's taught BSL in Brighton and beyond, always with inclusivity in mind. Louise has been deaf from birth.

Creative Courses

Drawing and Painting with Lucy Parker

Mondays 10.30 – 12.30

This is a **project based course**, with projects running over 2 or 3 weeks. We will be covering most subjects including landscapes, still life and life drawing and trying out different media along the way. It is suitable for those with some experience of Art.

Lucy Parker is a well-established tutor with Whiteway. She is a painter, illustrator and teacher based in Brighton. Find out more about her from her website

<http://www.lbparker.com/>

Art for Beginners with Amanda

Mondays 14.00 – 16.00

This art course for complete beginners will start with loose drawings in charcoal, pencils, ink and paint washes. You will work through various art techniques, improving confidence as the sessions progress. This term we will start by concentrating on figurative work by finding approachable ways to capture proportions and achieve a likeness.

Life Painting and Portraiture

Thursdays 13.00 – 15.00

This course is open to new students with some previous experience of life drawing, if not painting as painting skills will be taught, and guidance will be given to improve anatomy. You will draw and paint from life in a medium of your choice. Our experienced models offer mainly costumed, some nude, longer poses.

Amanda Rosenstein Davidson 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.

instagram: @amanda_rosenstein_davidson

Whiteway Centre Courses – Autumn Term 2025

Drawing and Painting Improvers with Caroline

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 Intermediate to 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. This is a continuation class for students who have done at least one term with Caroline.

Surrealism in Acrylic

Tuesdays 13.00 – 15.00

This course is an exciting introduction into expanding the imagination and creativity with Surrealism. We will be looking at symbolism, the movement historically, its influences and how contemporary art is reapproaching it. Painting skills will be taught in acrylic with tips and guidance on artistic licence, mood, themes and expression. For beginners to intermediate.

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 (continuation course)

Mondays 10.00 – 12.00 (in 5 week blocks)

In this course you can learn to play Bridge or come along to refresh your game. This course is for people with some knowledge of the game. You will cover the basics of bridge sound bidding and declarer play with good defence, signals and discards in NT and suits plus basic conventions. The system taught is Basic Acol. It is accepted in all clubs.

Our Bridge course is 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.*

Creative Writing

Tuesdays 19.00 – 21.00

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

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.

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.

Introduction to Pilates

Thursdays at 10.00 or 11.00 in 5 week blocks

A gentle but empowering exercise class that will focus on improving posture, alignment, core strength and flexibility. It will involve some standing work and some lying on a mat. You should bring a cushioned mat. The class is suitable for all ages, and no previous experience is needed.

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.