

ADULT LEARNING & SKILLS AUTUMN 2019 COURSES

COTTENHAM & SWAVESEY VILLAGE COLLEGES NORTHSTOWE SECONDARY COLLEGE



Swavesey
VILLAGE COLLEGE



High Street, Cottenham
Cambridge CB24 8UA
Tel: 01954 288751
community@astreacottenham.org
<http://community.cvcweb.net>

Gibraltar Lane, Swavesey
Cambridge CB24 4RS
Tel : 01954 234488
community@swaveseyvc.co.uk
www.swaveseyvc.co.uk

C/O Swavesey Village College
Gibraltar Lane, Swavesey
Cambridge CB24 4RS
Tel : 01954 234488
community@swaveseyvc.co.uk
www.swaveseyvc.co.uk

Welcome to Adult Learning at Cottenham, Swavesey & Northstowe

*Great things are happening at Northstowe this Autumn
come and join in, meet new people and learn new skills*

ENROL early to avoid disappointment

By Post: Please complete the booking form and post it to the College where your chosen course is being held. A stamped addressed envelope is required for a receipt. Please do not send cash. If you are paying by cheque please make it payable to: -

Cottenham VC - cheque payable to **Astrea Academy Trust**
Swavesey VC - cheque payable to **Swavesey Village College**
Northstowe SC - cheque payable to **Swavesey Village College**

Telephone/Email:

Please book at the College holding your chosen course using the contact details on the front cover or inside.

In person: Please complete the booking form and bring it with payment to the College you have chosen (not during school holidays).

HALF TERM: 21st - 25th October 2019

PAYMENT: Fees are payable in full on enrolment by cash/cheque/credit or debit card (or parentpay at Swavesey VC)

Credit/debit card: (Please note that at Swavesey & Northstowe these details will be processed on-line using the parentpay site. For information visit www.parentpay.com or visit the school's website: www.parentpayshop.com/schools/8734007/adulted.html)

Online (Swavesey & Northstowe only) www.swaveseyvc.co.uk

REFUNDS: Refunds only available if the College closes a class or if you withdraw due to ill health; in this case a doctor's note is required. If a class is cancelled due to circumstances out of our control, such as adverse weather or Tutor illness, then replacement classes will be added and no refund will be available.

FEES: at the discretion of the Colleges, concessionary fees may be available if you are in receipt of Pension Credit, a means-tested benefit, Working Family Tax Credit, Universal Credit (evidence of which must be available on enrolment)

Funding

Some of our courses are funded through the Adult Education Budget allocated by the Cambridgeshire and Peterborough Combined Authority (CPCA) or the Education and Skills Funding Agency (ESFA) and part financed by the 2014-20 European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: <http://ec.europa.eu/esf/home.jsp>

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>

Safeguarding

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

Equality and Diversity

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+. We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications, or no qualifications at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website www.cambsals.co.uk for details of all our funded courses.

Booking Form

Title: _____ Forename: _____

Surname: _____

Address: _____

Postcode: _____

Tel (Home): _____

Tel:(Work): _____

Mobile: _____

Email: _____

Course	College C/S/N	Day	Fee £	Receipt No.

Arts and Crafts

Course	Day	Start date	Time	Weeks	Cost
C Art History: Art Nouveau to Abstraction	Mon	23 Sept	19.00-21.00	9	£108
C Contemporary Textiles+ (alt Weds)	Wed	25 Sept	09.30-13.30	5	£120
C **Introduction to Woodwork & Carpentry+ (<i>Free Taster 9 Sep 7-8pm</i>)	Mon	23 Sept	19.00-21.00	10	FREE** or £119
C Creative with Clay (Clay & Firing Included)	Mon	16 Sept	19.00-21.00	10	£145
C Creative with Clay (Clay & Firing Included)	Wed	18 Sept	19.00-21.00	10	£145
C Dressmaking+	Mon	16 Sept	12.30-14.30	10	£119
C Mindfulness Drawing	Tues	17 Sept	09.30-11.30	5	£59
N Mosaics+	Wed	06 Nov	19.00-21.00	5	£65
C Patchwork Traditional Techniques+	Tues	29 Oct	10.00-15.30	5	£150
C Upholstery Workshop+	Thurs	19 Sept	10.00-15.30	10	£300
C Upholstery Workshop+	Fri	20 Sept	10.00-15.30	10	£300
C Watercolour (Landscapes) for Improvers+	Mon	16 Sept	19.00-21.00	10	£119
C Watercolour Painting for Improvers+	Mon	16 Sept	10.00-12.00	10	£119
S Watercolour Painting - Mixed Level+	Mon	16 Sept	18.30-21.00	5	£88
S Watercolour Painting - Mixed Level+ (Papworth Everard)	Tues	24 Sept	10.00-12.30	9	£125

+ **Materials Extra**

Watercolour Painting Swavesey

Bring out your creative flair with Watercolour painting at Swavesey. Clear step-by-step demonstrations and individual guidance ensure you will learn the basic techniques of watercolour painting. With demonstrations, individual tuition and guidance you can explore colour, tone and line through a number of projects.

Contemporary Textiles Cottenham

Fibres, surface design, free machine and hand embroidery, dyeing, printing and mixed media - there is no limit to the creative techniques we'll be exploring in this class.

Introduction to Woodwork & Carpentry ** - Cottenham

Gain a basic understanding of woodwork techniques to enable progression and the opportunity to design and build individual projects.

Mindfulness Drawing Cottenham

Learn how to use drawing to slow down, find focus and pay attention to the present moment in time.

Dressmaking & Sewing Courses Cottenham

Be guided through the skills and techniques to make your own garments and get the best from your sewing machine.

FREE Tasters/Meet the Tutor at Cottenham Village College

Mon 9th Sept 7-8pm (unless time stated)
Italian Conversation
Introduction to Computer Skills
Woodwork & Carpentry
Intro to the Hair & Beauty Industry **6-7pm**

Tues 10th Sept 7-8pm
Revive Your French Plus

Wed 18th Sept 7-8pm
Let's Talk English

Ploughman Hall, Willingham - Thurs 19th Sept

Adult Ballet Improvers 10.30-11.30am **AND** Total Tone Fitness 11.30am-12.15pm

FUNDING available enabling FREE courses **

Funding may apply to courses marked with **

Learners aged 19 and above may be eligible for a FREE course if you are:

- claiming Universal Credit
- possess only a Level 1 qualification
- working Family Tax Credit (low waged)
- speakers of other languages

CONTACT THE RELEVANT VILLAGE COLLEGE FOR FURTHER INFORMATION ON THEIR COURSES

Cottenham Village College

Tel: 01954 288751

Email: community@astreacottenham.org

Swavesey Village College

Tel : 01954 234488

Email : community@swaveseyvc.co.uk

LEARNER INFORMATION

On starting your course you will receive a Learner Handbook containing information on our policies & regulations.



Cottenham - 01954 288751
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Education & Skills
Funding Agency



Cambridgeshire
County Council

Fitness and Health

	Course	Day	Start date	Time	Weeks	Cost
S	Anxiety & Depression: Alternatives to Medication	Mon	16 Sept	19.00-21.00	5	£50
S	Anxiety & Depression: Alternatives to Medication	Mon	4 Nov	19.00-21.00	5	£50
S	Badminton for Fun - Improvers	Tues	17 Sept	20.00-21.30	10	£64
S	Drumming up Wellbeing	Tues	17 Sept	19.00-21.00	5	£50
N	Dynamic Mindfulness Part 1	Wed	30 Oct	19.00-21.00	5	£50
C	Fitness for Mature Movers (Tillage Hall, Waterbeach)	Mon	16 Sept	10.00-11.00	5	£25
C	Fitness for Mature Movers (Ploughman Hall, Willingham)	Tues	17 Sept	11.30-12.30	5	£25
C	Fitness for Mature Movers (Cottenham Village College)	Wed	18 Sept	14.30-15.30	5	£25
N	Fitsteps	Tues	05 Nov	18.00-19.00	5	£35
S	Legs, Bums & Tums	Mon	16 Sept	18.00-19.00	10	£65
N	Master your Cravings! - Holistic Approach	Tue	29 Oct	12.30-14.30	5	£50
C	Pilates for Everyone (Ploughman Hall, Willingham)	Mon	16 Sept	10.45-11.45	10	£69
S	Pilates - Mixed Ability	Thurs	12 Sept	18.30-19.30	10	£65
S	Pilates - Mixed Ability	Thurs	12 Sept	19.30-20.30	10	£65
S	Pilates - Mixed Ability (Bar Hill Village Hall)	Mon	16 Sept	19.00-20.00	10	£69
S	Pilates - Mixed Ability	Wed	18 Sept	18.00-19.00	10	£65
S	Pilates - Mixed Ability	Wed	18 Sept	19.00-20.00	10	£65
S	Pilates - Mixed Ability	Wed	18 Sept	20.00-21.00	10	£65
S	Pilates for the Mature Learner - over 50's (Bar Hill Village Hall)	Thurs	19 Sept	10.00-11.00	10	£69
N	Pilates - Mixed Ability	Tues	05 Nov	19.00-20.00	5	£35
N	Pilates - Mixed Ability	Tues	05 Nov	20.00-21.00	5	£35
N	**Positive Parenting	Tues	12 Nov	19.00-21.00	2	£10**
C	T'ai Chi for Beginners Plus	Tues	17 Sept	19.00-20.00	10	£60
C	T'ai Chi for Improvers	Tues	17 Sept	19.45-21.00	10	£75
S	T'ai Chi for Beginners	Wed	18 Sept	19.30-21.00	10	£90
N	T'ai Chi for Beginners	Tues	05 Nov	19.30-20.30	5	£35
C	Total Tone Fitness (Ploughman Hall, Willingham) Free Taster 19 Sept 11.30	Thurs	03 Oct	11.30-12.15	8	£45
C	Yoga for Beginners	Mon	07 Oct	18.30-20.00	8	£72
C	Yoga for Improvers	Tues	08 Oct	19.00-20.30	8	£72
S	Yoga - Mixed Level	Thurs	12 Sept	19.00-20.00	9	£60
S	Yoga - Mixed Level	Thurs	12 Sept	20.00-21.00	9	£60
S	Yoga - Mixed Level	Mon	16 Sept	19.00-20.00	9	£60
S	Yoga - Mixed Level	Mon	16 Sept	20.00-21.00	9	£60
N	Yoga - Mixed Level	Mon	04 Nov	10.00-11.00	5	£35
N	Yoga - Mixed Level	Mon	04 Nov	11.00-12.00	5	£35
N	Yoga - Mixed Level	Wed	06 Nov	19.00-20.00	5	£35
N	Yoga - Mixed Level	Wed	06 Nov	20.00-21.00	5	£35

General

	Course	Day	Start date	Time	Weeks	Cost
S	Curry in a Hurry+	Wed	18 Sept	19.00-21.00	5	£60
C	**Introduction to Hair & Beauty Industry Free Taster Mon 9th Sept 6-7pm	Mon	23 Sept	18.00-20.30	8	FREE** or £119
C	RYA Day Skipper Theory	Mon	23 Sept	19.30-21.30	12 + 3 Sats	£350
S	**Skills to Move Closer to the Workplace	Mon	07 Oct	19.00-21.00	4	FREE**
S	**Skills to Move Closer to the Workplace	Wed	11 Nov	19.00-21.00	4	FREE**
N	**Skills to Move Closer to the Workplace	Wed	06 Nov	19.00-21.00	4	FREE**
S	**Supporting your Child's Development in Life, Education & Beyond	Wed	16 Oct	16.30-18.30	1	FREE**
N	**Supporting your Child's Development in Life, Education & Beyond	Wed	20 Nov	16.30-18.30	1	FREE**

T'ai Chi - Cottenham, Swavesey & Northstowe

A meditative form of exercise with flowing sequences of movement which can help relaxation, improve your coordination, release stress & tension. Improve your muscle tone, posture and balance, calmness, alertness and confidence in a friendly and relaxed environment

Total Tone Fitness Cottenham

A great class for keeping fit and toning the whole body using elements of pilates, dance and yoga.

Pilates - Cottenham, Swavesey & Northstowe

Various classes available at all Colleges and at Ploughmans Hall in Willingham. Improve all over toning, core & general fitness, with experienced Tutors.

YOGA - Cottenham, Swavesey & Northstowe

A calm relaxing way to improve your flexibility and strengthen your body with the classical Yoga postures. Calm your mind and ease stress by using breathing and relaxation techniques. Check the listing for times & dates of classes.

Levels

Beginners = no previous experience
Improvers = 1 year's experience already
Mixed Ability = beginners & some experience



Introduction to the Hair & Beauty Industry** - Cottenham

For anyone to progress in the hair & beauty industry covering hair, beauty and barbering practical skills and theoretical information to enable you to go on to full accredited qualifications. It may also appeal to anyone who would like to learn some basic skills for their own pleasure. **This course may be FREE for learners who fulfil the criteria in the FUNDING box.

Dance and Music

Course	Day	Start date	Time	Weeks	Cost
C Adult Ballet for Beginners Plus	Mon	16 Sep	19.50-20.50	10	£60
C Adult Ballet for Improvers (Ploughman Hall, Willingham) Free Taster 19th Sept 10.30-11.30am	Thurs	03 Oct	10.30-11.30	8	£56
C Disco Dance: Monday Night Fever!	Mon	23 Sept	18.45-19.45	8	£48
S Over 50's Dance Fitness (Bar Hill Village Hall)	Tue	17 Sept	14.30-15.30	10	£69
C Salsa Dance Mixed Ability	Wed	18 Sept	19.00-20.00	10	£60
C Tap Dancing for Absolute Beginners	Thurs	12 Sept	19.00-20.00	8	£48
C Tap Dancing for Improvers	Thurs	12 Sept	18.00-19.00	8	£48
C Tap Dancing Advanced	Thurs	12 Sept	20.00-21.00	8	£48

Languages

Course	Day	Start date	Time	Weeks	Cost
C French - Revive Your French Free Taster 10 Sept 7-8pm	Tues	17 Sept	19.00-21.00	10	£119
C French Conversation (Term 1 of 3)	Thurs	19 Sept	09.30-11.30	10	£119
C Italian Conversation - Improvers Free Taster 9 Sept 7-8pm	Mon	16 Sept	19.00-20.30	10	£95
S Italian for Absolute Beginners (Term 1 of 3)	Thurs	19 Sept	19.30-21.30	10	£120
N Italian for Absolute Beginners (Term 1 of 3)	Mon	04 Nov	09.30-11.30	5	£65
S Italian Intermediate	Wed	18 Sept	18.30-20.00	10	£90
S Italian Advanced Conversation	Wed	18 Sept	20.00-21.30	10	£90
C **Let's Talk English	Wed	25 Sept	19.00-21.00	10	FREE**
S **Improve your English Skills for Work and Home	Mon	4 Nov	19.00-21.00	5	FREE**
N **Improve your English Skills for Work and Home	Tue	5 Nov	19.00-21.00	5	FREE**
S Spanish for Complete Beginners (Term 1 of 3)	Thurs	19 Sept	18.00-19.30	10	£90
S Spanish for Improvers	Thurs	19 Sept	19.30-21.00	10	£90
N Spanish for Absolute Beginners (Term 1 of 3)	Tues	05 Nov	18.00-19.30	5	£49
N Spanish for Improvers	Tues	05 Nov	19.30-21.00	5	£49

MODERN FOREIGN LANGUAGE LEVELS

Beginner (Level 1)	little or no experience
Revive	a little basic experience
Improvers (Level 2)	40-60 hours prior experience
Intermediate (Level 2/3)	90-120 hours prior experience
Advanced (Level 3)	over 120 hours prior experience

Computing and Photography

Course	Day	Start date	Time	Weeks	Cost
C Introduction to Computer Skills Free Taster 9th Sept 7-8pm	Mon	16 Sept	19.00-21.00	5	£60
S **Introduction to Digital Photography	Mon	23 Sept	19.00-21.00	4	FREE**

Introduction to Computer Skills at Cottenham - NEW

Suitable for beginners and particularly aimed at anyone who wants to progress in the workplace. Our course will introduce you to Microsoft Word, Excel & Powerpoint.

Tap Dancing at Cottenham

A great dance class for having fun and developing rhythm and co-ordination, whilst toning and strengthening your legs and hips.

Adult Ballet Mixed Ability Cottenham

For those that are completely new to Ballet or that have some experience, be it a long time ago or more recently. Also a daytime Improvers class held at Ploughman Hall Willingham.

Salsa Mixed Ability - Cottenham

Salsa is a fabulous and lively dance style. In a relaxed and enjoyable class, cover the essential steps, build your confidence and progress to more complex combinations.

Spanish for Complete Beginners Swavesey

Learn easy and useful phrases for a variety of everyday and professional situations, basic knowledge of the language and culture.

Italian Conversation Improvers & Advanced Levels Cottenham and Swavesey

Informal conversation classes to improve your confidence with Italian.

Let's Talk ENGLISH** Cottenham

For speakers of other languages. Improve your English in a relaxed and friendly class. Build your confidence to speak English in everyday situations and gain confidence to progress to a qualification or employment. **Taster/assessment 18th Sept 7-8pm**

Improve your English Skills for Work and Home** - Swavesey and Northstowe

For speakers of other languages to improve their English



C

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S

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Saturdays - Bring a packed lunch - refreshments available

Course	Day	Start date	Time	Weeks	Cost
C Dressmaking+ (3 days 21 Sep, 12 Oct & 16 Nov)	Sat	21 Sept	10.00-16.00	3	£126
C Round & Oval Rush Mats+	Sat	21 Sept	10.00-16.00	1	£42
C Stitched Textiles Masterclass (2 days 21 Sept & 16 Nov)+	Sat	21 Sept	10.00-16.00	2	£84
C Upholstery+ (3 days 21 Sept, 12 Oct & 16 Nov)	Sat	21 Sept	10.00-16.00	3	£126
C Emergency First Aid at Work	Sat	12 Oct	10.00-16.00	1	£75
C Family Cooking - Cupcakes & Cookies*	Sat	12 Oct	10.00-13.00	1	£18
C Introduction to Astronomy	Sat	12 Oct	09.30-13.30	1	£30
C Patchwork Quilting for Beginners+	Sat	12 Oct	10.00-16.00	1	£42
C Watercolour Pen & Wash+	Sat	12 Oct	10.00-16.00	1	£42
S CV Writing	Sat	02 Nov	10.00-13.00	1	£21
S Family Cooking+**	Sat	02 Nov	10.00-12.30	1	FREE**
S Family Cooking+**	Sat	02 Nov	13.00-15.30	1	FREE**
S Grief & Trauma - Holistic Recovery	Sat	02 Nov	10.00-16.00	2	£80
S Mosaics+	Sat	02 Nov	10.00-16.00	1	£42
S Positive Parenting	Sat	02 Nov	10.00-15.00	1	£35
S Woodwork+	Sat	02 Nov	10.00-16.00	1	£42
C Calligraphy Gothic Script & Decorated Capitals+	Sat	16 Nov	10.00-16.00	1	£42
C Dragon & Tiger Qigong	Sat	16 Nov	10.00-16.00	1	£42
C Introduction to British Sign Language	Sat	16 Nov	10.00-14.00	1	£30
C Lino Printing Workshop*	Sat	16 Nov	10.00-16.00	1	£55
C Stained Glass Christmas Decorations+	Sat	16 Nov	09.30-16.30	1	£49
S Classic Indian Delights+	Sat	16 Nov	10.00-16.00	1	£42
S Grief & Trauma - Holistic Recovery	Sat	16 Nov	10.00-16.00	2	
S Interview Techniques	Sat	16 Nov	10.00-13.00	1	£21
S Mosaics+	Sat	16 Nov	10.00-16.00	1	£42
S Stained Glass Christmas Decorations+	Sat	16 Nov	10.00-16.00	1	£42
S Watercolour Painting+	Sat	16 Nov	10.00-16.00	1	£42
S Woodwork+	Sat	16 Nov	10.00-16.00	1	£42

+ Materials not included * Materials included



Stained Glass Christmas Decorations - Cottenham & Swavesey

Get in the Christmas spirit and learn a new skill by creating some colourful glass decorations. Learn to make patterns, cut glass, copper foil and solder to create pieces to take home.

Classic Indian Delights Swavesey

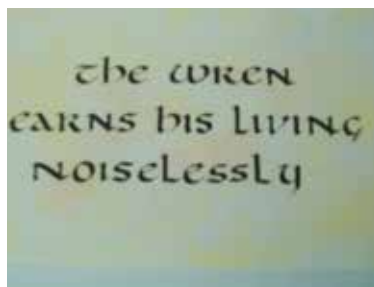
Indian food is popular and regional varieties are colourful and full of flavour. You will broaden your knowledge and experience of spices, learn how to prepare some culinary delights you can share with your family and friends.

Calligraphy - Cottenham

Suitable for complete beginners and those who have done some calligraphy before. Create a modern version of a historical script used in manuscripts scribed hundreds of years ago, adding various decorative touches and embellishments.

Positive Parenting Swavesey

Learn some tools to help manage difficult times, raise self-esteem, confidence and build resilience. Being a parent is amazing but busy lives can be stressful and frustrating so you can learn how to deal with all the day to day issues of family life with confidence and more importantly look after your own wellbeing.



ACTIVE & HEALTHY FOR LIFE - GP Referral Classes COTTENHAM & SWAVESEY SPORTS CENTRES

Patients are referred by a Health Practitioner to improve their health through an individually tailored fitness programme over a 12 week course. Conditions that benefit from exercise include obesity, arthritis, high blood pressure and cholesterol, diabetes and depression.

Cottenham Sports Centre

Tel : 01954 288760

Web : cottenhamsportscentre.co.uk

Swavesey Sports Centre

Tel : 01954 234453

Email : sport@swaveseyvc.co.uk

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Bookings: Swavesey - 01954 234488
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NEW COURSE IDEAS

LEARNERS: we're always keen to hear from you with any course suggestions that you'd like to see in our programmes.

TUTORS: please get in touch with any new ideas for courses that you'd like offer.

Please email the College in your area for further discussions.

Thank you
Adult Learning at
Cottenham, Swavesey &
Northstowe