

ADULT LEARNING & SKILLS SPRING 2020 COURSES

COTTENHAM & SWAVESEY VILLAGE COLLEGES NORTHSTOWE SECONDARY COLLEGE



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



Swavesey
VILLAGE COLLEGE

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
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Welcome to Adult Learning at Cottenham, Swavesey & Northstowe

Great things are happening at Cottenham, Swavesey & Northstowe this Spring. 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: 17 - 21 February 2020

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: The Birth of Modern Art - Expressionism to Surrealism	Mon	13 Jan	19.00-21.00	9	£108
C Calligraphy+ (alt Weds)	Wed	22 Jan	09.30-13.00	5	£105
C Contemporary Textiles+ (alt Weds)	Wed	15 Jan	09.30-13.30	5	£120
C Creative with Clay (Clay & Firing Included)	Mon	13 Jan	19.00-21.00	10	£145
C Creative with Clay (Clay & Firing Included)	Wed	15 Jan	19.00-21.00	10	£145
C Dichroic Glass Jewellery+	Wed	29 Jan	19.00-21.00	5	£60
C Dressmaking+	Mon	13 Jan	12.30-14.30	10	£119
C Introduction to Free Motion Machining+	Tue	14 Jan	10.00-15.30	1	£33
C **Introduction to Woodwork & Carpentry+	Mon	13 Jan	19.00-21.00	10	£199 or FREE**
S Mosaics for Beginners+	Mon	2 Mar	19.00-21.00	4	£55
N Mosaics for Beginners+	Mon	20 Jan	19.00-21.00	4	£55
C Revamp a Lamp and Make a Fabric Bowl+	Tue	21 Jan	10.00-15.30	4	£132
C Strip and Stitch a Landscape/ From Photo to Landscape Triptych+	Tue	25 Feb	10.00-15.30	5	£165
C Upholstery Workshop+	Thur	16 Jan	10.00-15.30	10	£300
C Upholstery Workshop+	Fri	17 Jan	10.00-15.30	10	£300
C Watercolour (Landscapes) for Improvers+	Mon	13 Jan	19.00-21.00	10	£119
C Watercolour Painting for Improvers+	Mon	13 Jan	10.00-12.00	10	£119
S Watercolour Painting - Mixed Level+	Mon	20 Jan	18.30-21.00	6	£98
S Watercolour Painting - Mixed Level+ (Papworth Everard)	Tue	21 Jan	10.00-12.30	10	£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.

Dichroic Glass Jewellery Cottenham

Create some unique and stunning jewellery, You will taught how to develop your designs, cut glass and assemble your pieces using tools safely.

Introduction to Woodwork & Carpentry ** - Cottenham
Gain a basic understanding of woodwork techniques to enable progression and the opportunity to design and build individual projects.

**This course may be FREE for learners who fulfil the criteria in the FUNDING box.

Revamp a Lamp and Make A Fabric Bowl - Cottenham

Both items are made from interfacing, transfer prints and organza. You will be given the design for the fabric bowls. With the lamp you will be designing your own, but don't worry, the tutor will be guiding you all the way to make something unique and beautiful.

FREE Tasters/Meet the Tutor at Cottenham Village College

Wednesday 15th Jan 7 - 8pm

Let's Talk English**

Thursday 16th Jan 9.30 - 10.30am

Ploughman Hall, Willingham

Contemporary Dance - First Session Free!

Monday 20th Jan 6 - 7pm

Introduction to the Hair & Beauty Industry**

FUNDING available enabling FREE courses **

Learners aged 19 and above and resident in the UK, EU or EEA for 3 years or more 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)

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.



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Education & Skills
Funding Agency



Cambridgeshire
County Council

Fitness and Health

	Course	Day	Start date	Time	Weeks	Cost
S	Badminton for Fun - Improvers	Tues	21 Jan	20.00-21.30	10	£64
S	Drumming up Wellbeing	Tues	25 Feb	19.00-21.00	5	£50
C	Fitness for Mature Movers (Tillage Hall, Waterbeach)	Mon	13 Jan	10.00-11.00	5	£25
C	Fitness for Mature Movers (Ploughman Hall, Willingham)	Tues	14 Jan	11.30-12.30	5	£25
C	Fitness for Mature Movers (Cottenham Village College)	Wed	15 Jan	14.30-15.30	5	£25
S	Legs, Bums & Tums	Mon	20 Jan	18.00-19.00	10	£65
N	Mindfulness Certificate Part 2	Wed	22 Jan	19.00-21.00	5	£50
C	Pilates for Everyone (Ploughman Hall, Willingham)	Mon	13 Jan	10.45-11.45	10	£69
S	Pilates - Mixed Ability (Bar Hill Village Hall)	Mon	20 Jan	19.15-20.15	10	£69
S	Pilates - Mixed Ability	Thurs	16 Jan	18.30-19.30	10	£65
S	Pilates - Mixed Ability	Thurs	16 Jan	19.30-20.30	10	£65
S	Pilates - Mixed Ability	Wed	15 Jan	18.00-19.00	10	£65
S	Pilates - Beginners	Wed	15 Jan	19.00-20.00	10	£65
S	Pilates - Mixed Ability	Wed	15 Jan	20.00-21.00	10	£65
S	Pilates for the Mature Learner - over 50's (Bar Hill Village Hall)	Thurs	23 Jan	10.00-11.00	10	£69
N	Pilates - Mixed Ability	Tues	21 Jan	19.15-20.15	7	£38
N	Pilates - Mixed Ability	Tues	21 Jan	20.15-21.00	7	£38
C	T'ai Chi for Beginners Plus	Tues	14 Jan	19.00-20.00	10	£60
C	T'ai Chi for Improvers	Tues	14 Jan	20.00-21.00	10	£60
S	T'ai Chi for Beginners	Wed	15 Jan	19.30-21.00	10	£90
N	T'ai Chi for Beginners	Tues	14 Jan	19.30-20.30	10	£70
C	Total Tone Fitness (Ploughman Hall, Willingham)	Thurs	16 Jan	11.30-12.15	8	£45
C	Wellbeing: A Healthier You	Wed	15 Jan	18.30-20.00	10	£90
C	Yoga for Beginners	Mon	13 Jan	18.30-20.00	10	£90
C	Yoga for Improvers	Tues	14 Jan	19.00-20.30	10	£90
S	Yoga - Mixed Level	Thurs	16 Jan	19.00-20.00	10	£65
S	Yoga - Mixed Level	Thurs	16 Jan	20.00-21.00	10	£65
S	Yoga - Mixed Level	Mon	13 Jan	19.00-20.00	10	£65
S	Yoga - Mixed Level	Mon	13 Jan	20.00-21.00	10	£65

General

	Course	Day	Start date	Time	Weeks	Cost
C	Astronomy: The Grandest Tour: From Earth to the Edge of the Universe	Wed	15 Jan	19.00-21.00	8	£96
C	British Sign Language for Beginners	Mon	24 Feb	19.00-21.00	4	£48
C	Digital Photography Beginners	Mon	13 Jan	18.30-21.00	6	£90
S	Indian Street Food+	Wed	22 Jan	19.00-21.00	4	£55
C	**Introduction to Hair & Beauty Industry Free Taster Mon 20 Jan 6-7pm	Mon	27 Jan	18.00-20.30	8	FREE** or £119
S	**Introduction to Digital Photography	Mon	2 Mar	19.00-21.00	4	FREE**
S	**Skills to Move Closer to the Workplace	Mon	3 Feb	19.00-21.00	4	FREE**
S	**Skills to Move Closer to the Workplace	Mon	9Mar	19.00-21.00	4	FREE**
N	**Skills to Move Closer to the Workplace	Wed	4 Mar	19.00-21.00	4	FREE**
S	**Supporting your Child's Development in Life, Education & Beyond	Wed	12 Feb	16.30-18.30	1	FREE**
N	**Supporting your Child's Development in Life, Education & Beyond	Wed	11 Mar	16.30-18.30	1	FREE**
C	Starting Your Own Business	Mon	13 Jan	19.00-21.00	10	FREE** or £119

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

Ploughman Hall, Willingham

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.

Starting Your Own Business** Cottenham

You will be guided through the various requirements for starting a successful small business including marketing, accounting and legal requirements

**These 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	13 Jan	19.50-20.50	10	£60
C Adult Ballet for Improvers (Ploughman Hall, Willingham)	Thurs	16 Jan	10.30-11.30	8	£58
C Contemporary Dance (Ploughman Hall, Willingham) First session free!	Thurs	16 Jan	09.30-10.30	8	£50
C Disco Dance: Monday Night Fever!	Mon	27 Jan	18.45-19.45	8	£48
S Over 50's Dance Fitness (Bar Hill Village Hall)	Tue	28 Jan	14.30-15.30	8	£56
C Salsa Dance Mixed Ability	Wed	15 Jan	19.00-20.00	10	£60
C Tap Dancing for Absolute Beginners	Thurs	16 Jan	19.00-20.00	8	£48
C Tap Dancing for Improvers	Thurs	16 Jan	18.00-19.00	8	£48
C Tap Dancing Advanced	Thurs	16 Jan	20.00-21.00	8	£48

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.

Contemporary Dance at Ploughman Hall, Willingham

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern jazz, lyrical and classical ballet.

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.

Languages

Course	Day	Start date	Time	Weeks	Cost
C British Sign Language for Beginners	Mon	24 Feb	19.00-21.00	4	£48
C French - Revive Your French Plus	Tues	14 Jan	19.00-21.00	10	£119
C French Conversation (Term 2 of 3)	Thurs	16 Jan	09.30-11.30	10	£119
C Italian Conversation - Improvers	Mon	13 Jan	19.00-20.30	8	£95
S Italian for Absolute Beginners (Term 2 of 3)	Thurs	16 Jan	19.30-21.30	10	£120
S Italian Intermediate	Wed	15 Jan	18.30-20.00	10	£90
S Italian Advanced Conversation	Wed	15 Jan	20.00-21.30	10	£90
C **Let's Talk English Taster/Assessment 15 Jan 7pm	Wed	22 Jan	19.00-21.00	10	£119 or FREE**
S Spanish for Absolute Beginners (Term 2 of 3)	Thurs	16 Jan	18.00-19.30	10	£90
S Spanish for Intermediate	Thurs	16 Jan	19.30-21.00	10	£90
N Spanish for Absolute Beginners (Term 1 of 3)	Tues	25 Feb	18.00-19.30	5	£49
N Spanish for Improvers	Tues	25 Feb	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

Spanish for Absolute 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 15th Jan 7-8pm **This course may be FREE for learners who fulfil the criteria in the FUNDING box.



C

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Saturdays - Bring a packed lunch - refreshments available

Course	Day	Start date	Time	Weeks	Cost
C Dressmaking+ (3 days: 25 Jan, 8 Feb 21 March)	Sat	25 Jan	10.00-16.00	3	£126
C Upholstery+ (3 days: 25 Jan, 8 Feb, 21 March)	Sat	25 Jan	10.00-16.00	3	£126
C Coloured Glass Fusing+	Sat	25 Jan	09.30-13.30	1	£30
C Contemporary Patchwork: Moth on Cloth+	Sat	25 Jan	10.00-16.00	1	£42
C Family Learning: Big Garden Birdwatch+	Sat	25 Jan	10.00-11.30	1	£10
C Cooking: Marvellous Meringues+	Sat	25 Jan	10.00-14.00	1	£30
C Small Scale Fine Rush Baskets+	Sat	8 Feb	10.00-16.00	1	£42
C Stitched Textiles Masterclass + (2 days : 8 Feb & 21 March)	Sat	8 Feb	10.00-16.00	2	£84
C Spectacular Stained Glass+	Sat	8 Feb	09.30-16.30	1	£49
C Copper Foil Inclusion Jewellery+	Sat	8 Feb	10.00-14.00	1	£30
C Digital Photography Beginners	Sat	8 Feb	10.00-16.00	1	£42
C Calligraphy: Embossed Letters+	Sat	8 Feb	10.00-16.00	1	£42
C Cooking: Vegan Chocolate Cake+	Sat	8 Feb	10.00-14.00	1	£30
C Beginners Silver Jewellery Making+	Sat	8 Feb	10.00-16.00	1	£70
C Lino Printing Workshop (materials included)	Sat	8 Feb	10.00-16.00	1	£55
S CV Writing	Sat	07 Mar	10.00-13.00	1	£21
S Family Cooking+**	Sat	07 Mar	10.00-16.00	1	FREE**
S Grief & Trauma - Holistic Recovery (2 days: 7 & 21 March)	Sat	07 Mar	10.00-16.00	2	£80
S Mosaics+	Sat	07 Mar	10.00-16.00	1	£42
S Painting Spring Flowers in Watercolour+	Sat	07 Mar	10.00-16.00	1	£42
S Woodwork for Beginners+	Sat	07 Mar	10.00-16.00	1	£42
C Bracelet, Ring & Brooch Workshop+	Sat	21 Mar	10.00-14.00	1	£30
C Cooking: Tasty Meals+	Sat	21 Mar	10.00-16.00	1	£42
C Coloured Fused Glass Bowls+	Sat	21 Mar	09.30-13.30	1	£30
C Felting A Bag+	Sat	21 Mar	10.00-16.00	1	£42
C Impressionist Watercolour Painting+	Sat	21 Mar	10.00-16.00	1	£42
C Tai Chi: Being In Spring	Sat	21 Mar	10.00-13.00	1	£21
S Copper Foil Stained Glass+	Sat	21 Mar	10.00-16.00	1	£42
S Interview Techniques	Sat	21 Mar	10.00-13.00	1	£21
S Painting Poppies in Watercolour+	Sat	21 Mar	10.00-16.00	1	£42

+ Materials extra



Spectacular Stained Glass

During this workshop you will create a unique and beautiful Copperfoil Stained Glass panel based upon a nature theme. Experiment with cutting glass, shaping it using a grinding machine, copper foiling it, and finally attaching the fragments together with a soldering iron.

Family Learning: Big Garden Birdwatch

Come and make Fatballs to feed the birds, learn to recognise birdsong and learn to draw accurately from nature. Aimed at children aged 4 - 9years, with their parents. Price is per child.

Felting A Bag

Starting with fleece and building up layers to make an amazing felted bag without any seams. Learn the basics of wet felting and use of resist shapes. Guidance will be given on design so that you create your own template and your bag will be totally unique.



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

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
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