

ADULT LEARNING & SKILLS SPRING 2019 COURSES

COTTENHAM & SWAVESEY VILLAGE COLLEGES



High Street, Cottenham
Cambridge CB24 8UA
Tel: 01954 288751
community@cvcweb.net

<http://community.cvcweb.net>



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 Village Colleges

Learning and leisure contributes hugely to health and well-being. Whether you're looking to enhance your current skills, increase your confidence, keep active and fit or just meet new people who want the same as you, there's something for everyone.

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**

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: Cottenham 18th - 22nd February 2019
Swavesey 18th - 22nd February 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 VC 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 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.

FEES: Full fee/Concessionary fee - concessionary fees (eg. £55/£41) are available if you are in receipt of a means-tested benefit (evidence of which must be available on enrolment)



Adult Learning in Cambridgeshire

We aim to offer the best possible experience for adult learners in Cambridgeshire and we welcome your views on how we can improve our service. Some of our courses are subsidised by the Education & 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 & 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.

National Careers Service (NCS)

Careers advice is available to all learners. The National Careers Service provides free information and advice on all aspects of learning, skills development and employment. Help is provided in a way that suits you, online, face to face or by telephone. Go to www.cambsals.co.uk and click on the "I need some advice" button for more information or call our booking line on 0845 603 1059

Support for you

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of adult learning opportunities across Cambridgeshire, including courses, clubs, community groups and family learning opportunities. Search our website www.cambsals.co.uk for more information. We also deliver specific courses for adults with learning difficulties and disabilities. For more information about these specific course please call 01223 703530.

Search www.cambridgeshire.net for opportunities of other courses and learning in Cambridgeshire

Booking Form

Title: _____ Forename: _____

Surname: _____

Address: _____

Postcode: _____

Tel (Home): _____

Tel:(Work): _____

Mobile: _____

Email: _____

Course	College C/S	Day	Fee £	Receipt No.

Arts and Crafts

Course	Day	Start date	Time	Weeks	Cost
C Advanced Textiles Workshop+	Tues	22 Jan	10.00-15.30	5	£137/£103
C Art History: The Golden Age of European Painting 1886-1910	Mon	14 Jan	19.00-21.00	10	£110/£83
C Carpentry Design & Build+	Wed	23 Jan	19.00-21.00	9	£99/£74
C Creative with Clay (Clay & Firing Incl)	Mon	14 Jan	19.00-21.00	10	£130/£102
C Creative with Clay (Clay & Firing Incl)	Wed	16 Jan	19.00-21.00	10	£130/£102
C Designer Textiles Workshop+	Tues	15 Jan	10.00-15.30	5	£137/£103
C Dressmaking - Mixed Ability+	Mon	14 Jan	12.30-14.30	10	£110/£83
C Get Hooked on Crochet+	Wed	27 Feb	09.30-12.30	5	£83/£62
C Learn to Love Your Overlocker+	Mon	04 Mar	19.00-21.00	4	£45/£34
S Mosaics for Beginners+	Mon	14 Jan	19.00-21.00	9	£99/£75
S Silver Jewellery Making+	Thurs	17 Jan	19.00-21.00	9	£99/£75
C Upholstery Workshop+	Thurs	17 Jan	10.00-15.30	10	£275/£206
C Upholstery Workshop+	Fri	18 Jan	10.00-15.30	10	£275/£206
C Upholstery Workshop+ (Rampton VH)	Thurs	31 Jan	10.00-15.00	8	£248/£186
S Upholstery Mixed Level+	Thurs	17 Jan	18.00-21.00	10	£165/£124
C Watercolour Painting for Beginners+	Mon	21 Jan	19.00-21.00	5	£55/£42
C Watercolour Painting for Improvers+	Mon	14 Jan	10.00-12.00	10	£110/£83
S Watercolour Painting - Mixed Level+ (Papworth Everard Village Hall)	Tues	15 Jan	10.00-12.30	10	£115/£86

+ Materials Extra



Art History: The Golden Age of European Art 1886-1910 Cottenham

An introduction to the main art movements including Impressionism, the Pre-Raphaelites and the Glasgow Style.

Carpentry - Cottenham

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

Dressmaking & Sewing Courses Cottenham

Be guided through the skills and techniques to make your own garments. Get the best out of your sewing machine or overlocker.

Get Hooked on Crochet - NEW Cottenham

Discover a passion for Crochet - learn how to read a pattern and use the hook to be creative in Crochet.

Mosaics for Beginners Swavesey

Learn simple tiling techniques on glass and ceramic, and how to mix and apply grout. Create a selection of decorative and functional homewares.

Silver Jewellery Making Swavesey

Have fun discovering a range of techniques for using silver and semi-precious and precious stones to create stunning pieces of jewellery.

Upholstery - Mixed Level+ Swavesey & Cottenham

An introduction to simple upholstery skills with hands-on teaching and demonstration that will enable you to upholster a small piece of furniture using both modern and traditional techniques.

Computing and Photography

Course	Day	Start date	Time	Weeks	Cost
S Adobe Photoshop for Beginners	Mon	04 Mar	19.00-21.00	4	£45/£34
S An Introduction to Digital Photography	Mon	14 Jan	19.00-21.00	4	£45/£34
C Digital Photography: Buildings & People	Mon	14 Jan	19.00-21.00	5	£55/£42

Digital Photography & Photoshop Classes Cottenham & Swavesey

Bring your digital camera along and learn the techniques to take, manipulate and create great photos.

LEARNER INFORMATION

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

EQUALITY & DIVERSITY

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+. We positively encourage 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.

C

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Fitness and Health

	Course	Day	Start date	Time	Weeks	Cost
S	Anxiety & Depression: Alternatives to Medication	Mon	14 Jan	19.00-21.00	5	FREE
S	Anxiety & Depression: Alternatives to Medication	Mon	04 Mar	19.00-21.00	5	FREE
S	Badminton for Fun - Improvers	Tues	05 Feb	20.00-21.30	8	£49
C	Ballet Barre Fitness (NEW VENUE Ploughman Hall, Willingham)	Thurs	24 Jan	11.30-12.15	9	£45/£34
C	Fitness for Mature Movers (Tillage Hall, Waterbeach)	Mon	14 Jan	10.00-11.00	5	£25
C	Fitness for Mature Movers (Salvation Army Hall, Willingham)	Tues	15 Jan	11.30-12.30	5	£25
C	Fitness for Mature Movers (Cottenham VC)	Wed	16 Jan	14.00-15.00	5	£25
S	Legs, Bums & Tums	Mon	14 Jan	18.00-19.00	10	£60/£45
S	Over 50's Dance Fitness (Bar Hill VH)	Tues	15 Jan	14.00-15.00	9	£65/£49
C	Pilates for Everyone (Ploughman Hall, Willingham)	Mon	21 Jan	10.45-11.45	9	£60/£45
C	Pilates for Everyone (Cottenham VC)	Mon	21 Jan	19.00-20.00	9	£54/£40
S	Pilates for the Mature Learner - over 50's (Bar Hill VH)	Thurs	17 Jan	10.00-11.00	10	£65/£49
S	Pilates - Mixed Ability	Thurs	17 Jan	19.00-20.00	10	£60/£45
S	Pilates - Mixed Ability	Thurs	17 Jan	20.00-21.00	10	£60/£45
S	Pilates - Mixed Ability (Bar Hill VH)	Mon	14 Jan	19.15-20.15	10	£65/£49
S	Pilates - Mixed Ability	Wed	16 Jan	18.00-19.00	10	£60/£45
S	Pilates - Mixed Ability	Wed	16 Jan	19.00-20.00	10	£60/£45
S	Slow Yoga	Thurs	17 Jan	19.00-20.00	10	£60/£45
C	T'ai Chi for Beginners	Tues	15 Jan	18.00-19.00	10	£55/£42
C	T'ai Chi for Beginners Plus	Tues	15 Jan	19.15-20.15	10	£55/£42
C	T'ai Chi for Improvers	Tues	15 Jan	19.45-21.00	10	£69/£52
S	T'ai Chi for Beginners	Wed	16 Jan	19.30-21.00	10	£83/£63
S	Wellbeing Drumming & Tribal Dance	Tues	15 Jan	19.00-21.00	4	FREE
C	Yoga for Beginners	Mon	21 Jan	18.30-20.00	9	£74/£55
C	Yoga for Improvers	Tues	22 Jan	19.00-20.30	9	£74/£55
S	Yoga - Mixed Level	Mon	14 Jan	19.00-20.00	10	£60/£45
S	Yoga - Mixed Level	Mon	14 Jan	20.00-21.00	10	£60/£45
S	Yoga - Mixed Level	Thurs	17 Jan	20.00-21.00	10	£60/£45

General

	Course	Day	Start date	Time	Weeks	Cost
C	Art History: The Golden Age of European Painting 1886-1910	Mon	14 Jan	19.00-21.00	10	£110/£83
C	Astronomy: The Grandest Tour - Earth to the Edge of the Universe	Wed	23 Jan	19.00-21.00	8	£88/£66
S	Everyday Maths FREE	Wed	16 Jan	18.30-20.00	5	FREE
S	Effective CV Writing Follow Up Session	Wed	13 Mar	19.00-21.00	1	FREE
C	RYA Day Skipper + 3 Saturdays (26 Jan, 9 Feb, 23 March)	Mon	07 Jan	19.30-21.30	12 + 3 Sats	£350

Anxiety & Depression: Alternatives to Medication **FREE Swavesey**

Explore ways to get off long-term use of tranquilisers, antidepressants or mood stabilizers in order to avoid the long-term side-effects of these drugs, get your mojo back and regain control of your life!

Ballet Barre Fitness

PLOUGHMAN HALL, WILLINGHAM

This mixes elements of pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. A great class for keeping fit.

Pilates - Cottenham & Swavesey

Also at Bar Hill Village Hall & Ploughman Hall, Willingham

Improve all over toning, core & general fitness, with experienced Tutors at various venues - see listing.

T'ai Chi - Cottenham & Swavesey

A meditative form of exercise with flowing sequences of movement which can help develop calmness and relaxation, physical fitness, mental clarity and a sense of well-being.

Wellbeing Drumming & Tribal Circle Dance - Swavesey

Rhythmic drumming, accompanied by chanting and simple symbolic circle dance movements, has benefits for both mental and physical health.

Levels

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



Astronomy: The Grandest Tour - Earth to the Edge of the Universe **Cottenham**

A step by step overview of the Universe with a grand tour of the solar system.

Everyday Maths - Swavesey

Refresh your skills, improve your confidence with Maths and be able to help your children with their homework and revision.



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Dance and Music

Course	Day	Start date	Time	Weeks	Cost
C Acoustic Guitar for Beginners	Mon	21 Jan	19.00-20.30	8	£66/£50
C Ballet for Beginners (NEW VENUE Ploughman Hall, Willingham)	Thurs	24 Jan	09.30-10.30	9	£60/£45
C Ballet for Improvers (NEW VENUE Ploughman Hall, Willingham)	Thurs	24 Jan	10.30-11.30	9	£60/£45
C Ballroom & Latin Dancing Mixed Abilities	Mon	21 Jan	20.15-21.15	8	£45/£34
C Disco Dance - Monday Night Fever	Mon	21 Jan	19.00-20.00	9	£54/£40
C Salsa Dance - Mixed Ability	Wed	23 Jan	19.00-20.00	9	£54/£40
C Tap Dancing for Beginners Plus	Thurs	07 Feb	18.30-19.30	8	£45/£34
C Tap Dancing for Intermediates	Thurs	07 Feb	19.45-20.45	8	£45/£34

Languages

Course	Day	Start date	Time	Weeks	Cost
C French: Revive Your French (Term 2 of 3)	Tues	15 Jan	19.00-21.00	10	£110/£83
C French Conversation - Intermediate	Wed	16 Jan	19.00-21.00	10	£110/£83
C French Conversation - Adv (Term 2 of 3)	Thurs	17 Jan	09.30-11.30	10	£110/£83
C Italian for Beginners Plus (Term 2 of 3)	Mon	14 Jan	19.00-21.00	10	£100/£75
S Italian for Absolute Beginners (Term 2)	Mon	14 Jan	18.30-20.00	10	£83/£63
S Italian Advanced with Conversation	Mon	14 Jan	20.00-21.30	10	£83/£63
S Italian Intermediate Plus	Wed	16 Jan	19.00-21.00	10	£110/£83
S Latin for Beginners (Term 4)	Thurs	17 Jan	19.00-20.30	9	£75/£56
C Let's Talk English - everyday English for speakers of other languages	Wed	23 Jan	19.00-20.45	5	FREE
S Let's Talk English - everyday English for speakers of other languages	Wed	30 Jan	19.00-20.30	5	FREE
C Spanish: Revive Your Spanish (For Beginners)	Tues	22 Jan	19.00-20.30	9	£75/£56
S Spanish for Intermediates	Thurs	17 Jan	18.00-19.30	9	£75/£56
S Spanish for Beginners	Thurs	17 Jan	19.30-21.00	9	£75/£56

MODERN FOREIGN LANGUAGE LEVELS - Hours of experience required

Beginner (Level 1) - little or no experience
Improvers (Level 2) - 40-60 hours
Advanced (Level 2/3) over 120 hours

Revive a little basic experience
Intermediate (Level 2/3) - 90-120 hours

FREE Parent Support Workshops Wednesdays 16.30-18.30 - because children don't come with instructions!!

Course	Start date
S Help! My child has Dyscalculia. How can I further support their learning at home	09 Jan
S Anxiety Workshop: Difference between stress and anxiety in children	23 Jan
S Help! How do I support my child's ADHD?	20 Feb
S Help! I don't know how to support my child with stress during their exams!	06 Mar

FREE Parent Support Workshops- Swavesey Village College

With simple to-the-point explanations of the difficulties, practical tips on how to support the child, positive steps forwards and strategies that have proven effective. Question & answer sessions included.

These workshops highlight how parents can promote resilience and a positive, proactive approach towards life and schooling. Presented by Swavesey Village College's Specialist in Cognition and Learning. Limited space so book early.

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Ballet - PLOUGHMAN HALL WILLINGHAM

Beginners & Improvers classes to tone the whole body whilst having fun - all ages welcome.

Disco Dance - Cottenham

Love dancing? Love 70's music? Come along to this lively class and capture those 70's moves. Great dancing and fitness - all welcome.

Salsa Dance - Cottenham

Fabulous dance style to develop confidence to lively Latin music.



Let's Talk English - Cottenham and Swavesey

For speakers of other languages. Improve your English in a relaxed and friendly class with an experienced Tutor. Build your confidence to speak English in everyday situations.

Spanish Classes - Cottenham & Swavesey

Hola! Develop your language skills beginners through to Intermediates.

Swavesey Village College

Help! How do I support my child's ADHD?

Get practical information on how ADHD affects your child in class and life in general, and strategies you can use to support them at home and school with a positive proactive approach.

Help! I don't know how to support my child with stress during their exams!

Get practical advice, learn how to identify stress factors and discover strategies to help you build stress tolerance in your child in preparation for the exam season.

Saturdays - Bring a packed lunch - refreshments available

Course	Day	Start date	Time	Weeks	Cost
C Dressmaking+ (3 days 26 Jan, 9 Feb & 23 March)	Sat	26 Jan	10.00-16.00	3	£117/£88
C Get to Know Your iPad (FREE to Over 60's with ID)	Sat	26 Jan	09.30-12.30	1	£19/£14
C Get to Know Your iPad (FREE to Over 60's with ID)	Sat	26 Jan	13.30-16.30	1	£19/£14
C Glass Fusing with metals & inclusions+	Sat	26 Jan	09.30-13.30	1	£26/£19
C Indian Vegetarian Delights+	Sat	26 Jan	10.00-16.00	1	£39/£29
C Upholstery+ (3 days 26 Jan, 9 Feb & 23 March)	Sat	26 Jan	10.00-16.00	3	£117/£88
C Creative Painted Letters+	Sat	09 Feb	10.00-16.00	1	£39/£29
C Family Crafts: Lino Printing Workshop+	Sat	09 Feb	10.00-12.30	1	FREE
C Family Crafts: Lino Printing Workshop+	Sat	09 Feb	13.30-16.00	1	FREE
C Marmalade Making+	Sat	09 Feb	10.00-14.00	1	£26/£19
C Square Fused Glass Dishes+	Sat	09 Feb	09.30-13.30	1	£26/£19
S Blues Guitar	Sat	09 Mar	10.00-16.00	1	£39/£29
S Dichroic Glass Jewellery+	Sat	09 Mar	10.00-16.00	1	£39/£29
S Effective CV Writing (Follow up 13 Mar 7-9pm)	Sat	09 Mar	10.00-13.00	1	FREE
S Emotional Detox (9 Mar & 23 Mar)	Sat	09 Mar	10.00-16.00	2	FREE
S Get to Know Your iPad	Sat	09 Mar	10.00-16.00	1	FREE
S Indian Cooking for Dinner Parties+	Sat	09 Mar	10.00-16.00	1	£39/£29
S Introduction to Lindyhop	Sat	09 Mar	10.00-12.00	1	£20/£15
S Mosaics for Beginners+	Sat	09 Mar	10.00-16.00	1	£39/£29
S One Day Paediatrics First Aid	Sat	09 Mar	09.00-15.00	1	£70
S Painting Spring Flowers in Watercolour+	Sat	09 Mar	10.00-16.00	1	£39/£29
S Silver Jewellery Making+	Sat	09 Mar	10.00-16.00	1	£39/£29
S Stone Carving Green Man & Figures+ (9 Mar & 23 Mar)	Sat	09 Mar	10.00-16.00	2	£78/£58
C Dichroic Glass Jewellery+	Sat	23 Mar	10.00-16.00	1	£39/£29
C Luxury Easter Cake+	Sat	23 Mar	10.00-14.00	1	£26/£19
C Small Scale Screen Printing on Cloth+	Sat	23 Mar	10.00-16.00	1	£39/£29
C Tai Chi - Moving into Spring	Sat	23 Mar	10.00-13.00	1	£18
C Watercolour Landscapes: Impressionist Style+	Sat	23 Mar	10.00-16.00	1	£39/£29
S Emergency First Aid at Work	Sat	23 Mar	09.00-15.00	1	£70
S Experimenting with Watercolour, Pen and Ink+	Sat	23 Mar	10.00-16.00	1	£39/£29
S Family Cooking+	Sat	23 Mar	10.00-16.00	1	FREE
S Free Motion Machine Embroidery & More	Sat	23 Mar	10.00-16.00	1	£39/£29
S Get to Know Your iPad	Sat	23 Mar	10.00-16.00	1	FREE
S Interview Techniques	Sat	23 Mar	10.00-13.00	1	FREE
S Introduction to Jive	Sat	23 Mar	10.00-12.00	1	£20/£15

+ Materials not included * Materials included



Cookery Classes at Cottenham & Swavesey

Various Saturday workshops to take your cooking skills to a new level. Family Cooking session also available.

Emotional Detox FREE Swavesey

Learn new fun ways of transforming the powerful energy of negative emotions to improve your peace of mind and health.

Interview Techniques Swavesey

Increase your chances of getting that job with this useful workshop.



Ballet For Children And Young People - Cottenham Village College

WEDNESDAYS at Cottenham Village College. 12 week term 9th January - 3rd April

Tutor: April Martin (Associate ARBTA & Member BDQT)

Enquiries - Tel: 01954 200533 or E-mail: a.r.martin@ntlworld.com or tutusrus@ntlworld.com

		1 Term	2 Terms
Cj51 Reception & Years 1 & 2	4.15-4.45pm	£36	£68
Cj53 School Years 3, 4, 5, 6	5.00-5.45pm	£54	£102
Cj54 School Year 6 upwards	5.45-6.45pm	£72	£136

Children will need to be confident enough to stay without their parent/carer. Please note fees are not refundable for absence from a class that is continuing to meet.

FREE Family Crafts & Cooking - Cottenham & Swavesey

Learning together is a great way for children to learn, so come along and have fun creating crafts or tasty treats at one of our workshops just for families. Maximum 2 children per adult. Booking essential as spaces are limited.

Lino Printing Workshops: Cottenham Village College 9th February 10am-12.30pm or 1.30-4pm

Family Cooking: Swavesey Village College 23rd March 10am-4pm



ACTIVE & HEALTHY FOR LIFE - GP Referral Classes COTTENHAM SPORTS CENTRE

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

For more info contact Cottenham Sports Centre Tel. 01954 288760

<http://www.cvcweb.net>

cottenhamsportscentre.co.uk

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