

Love learning locally

All courses are  
**FREE!**

# What's on

Online and remote learning taster courses

## September 2020





**Welcome** to our September programme of **FREE** online and remote learning short courses for Derbyshire residents. These will give you a taste of what is to come in the autumn term.

Some courses can be done online at a time and pace to suit you. Others will be delivered remotely using Zoom, where you will be part of a live class, with a tutor, but with everyone doing the session(s) in their own home. You will need either a smart phone, tablet, laptop or other computer with internet access. You will be provided with a list of the materials and/or equipment you need for each session.

**Online Courses** - You can do these at any time over the stated 30 day period via a link you will be sent for the website.

#### **Basics of Landscape Photography**

This course is for those who want to explore Landscape Photography and consider its many and varied aspects.

**Available from 9 September to 8 October**  
**Approximate course length: 2 hours**



#### **Brain Food - Healthy Eating for Work or School**

Healthy cooking and eating tips and recipes to get your brain and body working at its best.

**Available from 14 September to 13 October**  
**Approximate course length: 1 hour**



#### **Family Learning - Book Folding (Hedgehog)**

Learn new creative techniques to turn an old book into a hedgehog. This is a way of recycling something which would otherwise go in the bin and by doing this we are helping to save our planet.

**Available from 8 September to 7 October**  
**Approximate course length: 1 hour**

#### **Family Learning - Make a Monster Salad**

The whole family can learn how to cook up some tasty and healthy monster salads with delicious dressings

**Available from 14 September to 13 October**  
**Approximate course length: 1 hour**

#### **Figurative Art Stage 2**

Further tips, skills and techniques to help with your figure drawing and sketching.

**Available from 14 September to 13 October**  
**Approximate course length: 1 hour**

#### **Floristry for Beginners**

Learn the basic flower techniques to make a simple posy design.

**Available from 7 September to 6 October**  
**Approximate course length: 1 hour**



#### **Recycled Crafts using a Jam Jar**

Learn new creative techniques to turn a jam jar in to a vase for you to display paper flowers that have been made from an old book. This is a way of reusing something which would otherwise go in the bin

**Available from 14 September to 13 October**  
**Approximate course length: 1 hour**



#### **Build Confidence and Resilience through Crafting**

A practical and supportive course all about using very simple crafts to build your confidence and resilience. No previous experience required. We will make a simple face mask and hopefully inspire you to try some crafts out for yourself.

**Available from 15 September to 14 October**  
**Approximate course length: 1.5 hours**

**Remote Learning Courses** - Live video sessions with the tutor and learners linked via Zoom. Numbers are limited.

#### **Be your own Boss!**

Are you unemployed and thinking about self-employment? We can provide the advice and guidance you'll need to get started.

**Tue and Wed, 15 and 16 September**  
**10am to 3pm (two days / 10 hours)**  
Other dates may be available – please ask



#### **Creative Writing Skills**

Enter your imagination to create a piece of writing.

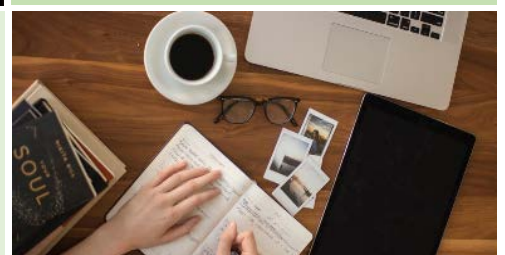
**Thursday 10 September**  
**6pm to 8pm (2 hours)**



#### **Evening Yoga and Relaxation**

Learn the benefits of yoga in this gentle taster. Finish with a wonderful evening relaxation and meditation wind down

**Tuesday 15 September**  
**7pm to 8.15pm (1 hour 15 minutes)**





**Remote Learning Courses** - Live video sessions with the tutor and learners linked via Zoom. Numbers are limited.

#### French Beginners Taster

An introduction to a few simple words and phrases in French. An ideal first step for anyone who is thinking of learning the language.

**Tuesday 8 September**  
7.30pm to 8.30pm (1 hour)

#### Fun with Food

Quick and easy dishes for everyday life.

**Thursday 10 September**  
1pm to 3pm (2 hours)

#### German Improvers Taster

Our German Improvers taster is for people who are past the Beginners stage and have some German language skills.

**Wednesday 9 September**  
7pm to 8pm (1 hour)



#### French Intermediate Taster

A chance to practice your intermediate French skills and see if a course at this level is right for you.

**Thursday 17 September**  
10am to 11am (1 hour)



#### German Intermediate Taster

Have you been learning German for some time? This course is suitable for people who are past the Beginners and Improvers stage.

**Thursday 10 September**  
10am to 11am (1 hour)

#### Introduction to Upholstery

An insight into the world of upholstery and a great introduction to the many different upholstery skills you can learn with us.

**Wednesday 9 September 2pm to 2.40pm or**  
**Wednesday 16 September 7pm to 7.40pm**

#### Navigating Change in Stressful Times

An introduction to negotiating periods of change and finding ways of dealing with the stress they cause. To help you cope with whatever life throws at you.

**Monday 7 September**  
10.30am to 12noon (1 hour 30 minutes)

#### Peak at the Peaks

This course offers a sideways look at the contrasts of the Dark and White Peak and shares some less well-known little gems of the Peak District National Park.

**Tuesday 8 September**  
1.30pm to 3.30pm (2 hours)



#### Spanish Beginners Taster

Forget your Spanish for dummies book and learn how to sound like a true Spanish native speaker when ordering a drink and asking for the bill.

**Monday 14 September**  
7pm to 8pm (1 hour)

#### Why Saying Sorry Can Be Bad For Your Health!

Do you say sorry all the time? This course will help you to understand what is feeding your need to over apologise and show you how to be more assertive and gain control of your life

**Friday 18 September**  
10.30am to 12 noon (1 hour 30 minutes)

#### French Advanced Taster

Are you a confident French speaker? Join our taster session to find out if the French Advanced course is for you.

**Tuesday 15 September**  
10am to 11am (1 hour)

#### German Absolute Beginners Taster

Find out some fun facts about Germany and learn a few useful phrases for your holiday

**Tuesday 15 September**  
2pm to 2.40pm (40 minutes)

#### German Advanced Taster

Are you a confident German speaker? Join our taster session to find out if the German Advanced course is for you.

**Monday 14 September**  
7pm to 8pm (1 hour)

#### Italian Beginners Taster

An introduction to a few simple words and phrases in Italian. An ideal first step for anyone who is thinking of learning the language

**Tuesday 15 September**  
11am to 12 noon (1 hour)



#### Pilates Taster

An introduction to how you can get active and improve your overall health, wellbeing, flexibility, balance and muscle strength through Pilates.

**Wednesday 9 September**  
9.45am to 10.45am (1 hour)

#### Spanish Absolute Beginners Taster

Learn some useful everyday Spanish sentences and some fun facts about the culture of Spain with a native Spanish teacher.

**Thursday 17 September**  
2pm to 2.40pm (40 mins)

#### Virtual Map Reading

An introduction to virtual map reading - an ideal first step for anyone wanting to learn how to do it outdoors.

**Monday 7 September**  
1.30pm to 3.30pm (2 hours)

#### Yoga Meditation and Relaxation

Learn the benefits of yoga, including a wonderful introduction to meditation and relaxation.

**Thursday 10 September**  
10.30am to 11.45am (1 hour 15 minutes)

#### Weaving - Learn to Weave

Learn weaving skills to create a woven wall hanging. This course is for anyone at any level of craft skills - beginners are welcome.

**Wednesday 9 September**  
10am to 12 noon (2 hours)



## How to book

For more information and to book on to any of the **free taster courses** in the centre pages of this leaflet visit <http://derbyshireadulteducation.eventbrite.com>

To book on one of our **Step Up to GCSE** or **Making Choices** sessions, please email one of the centres listed or your local centre and give your contact details (email address and phone number). Someone will be in touch soon to give you more details and to book you on to a session.

**Thinking about a qualification course?** Our Making Choices and Step up to GCSE sessions are essential for anyone thinking about getting their first qualification in English, maths or computers (ICT) or taking a GCSE course.

### **Making Choices – Plan your Learning Journey**

Free advice for anyone wanting to get back into learning. It will help you choose what courses are right for you including discovering your current level of skills in English, maths and ICT.

Available in early September at most ACE Centres and/or online. Course length 6 hours

To book or find out more contact your local centre as soon as possible or email [making.choices@daces.derbyshire.gov.uk](mailto:making.choices@daces.derbyshire.gov.uk)

### **Step up to GCSE English**

An essential introduction to the full GCSE course. Develop the skills you will need through a mix of activities and practice tasks.

**6 hours guided home study (online) or a mixture of online and face to face.**

Available in the first 2 weeks of September September at Alfreton, Ashbourne, Community House, Cotmanhay, Glossop, Matlock and Swadlincote ACE Centres.

To book or find out more contact your local centre as soon as possible.

### **Step up to GCSE Maths**

An essential introduction to the full GCSE course. Develop the skills you will need through a mix of activities and practice tasks.

**6 hours guided home study (online) or a mixture of online and face to face.**

Available in the first 2 weeks of September September at Alfreton, Ashbourne, Community House, Cotmanhay, Glossop, Matlock and Swadlincote ACE Centres.

To book or find out more contact your local centre as soon as possible.

**Thinking of working with children or young adults?** We offer a range of qualification courses from Level 1 to Level 4 at various centres across the county. To find out more contact your local centre as soon as possible.

## Adult Community Education Centres

Alfreton – [alfreton.ace@derbyshire.gov.uk](mailto:alfreton.ace@derbyshire.gov.uk)

Ashbourne – [ashbourne.ace@derbyshire.gov.uk](mailto:ashbourne.ace@derbyshire.gov.uk)

Bolsover – [bolsover.ace@derbyshire.gov.uk](mailto:bolsover.ace@derbyshire.gov.uk)

Buxton (Fairfield) – [buxton.ace@derbyshire.gov.uk](mailto:buxton.ace@derbyshire.gov.uk)

Clay Cross – [claycross.ace@derbyshire.gov.uk](mailto:claycross.ace@derbyshire.gov.uk)

Community House (Long Eaton) – [communityhouse.ace@derbyshire.gov.uk](mailto:communityhouse.ace@derbyshire.gov.uk)

Cotmanhay and Ilkeston - [cotmanhayandilkeston.ace@derbyshire.gov.uk](mailto:cotmanhayandilkeston.ace@derbyshire.gov.uk)

Glossop – [glossop.ace@derbyshire.gov.uk](mailto:glossop.ace@derbyshire.gov.uk)

Hunloke (Chesterfield) – [hunloke.ace@derbyshire.gov.uk](mailto:hunloke.ace@derbyshire.gov.uk)

Matlock (The Ritz) – [matlock.ace@derbyshire.gov.uk](mailto:matlock.ace@derbyshire.gov.uk)

New Mills – [newmills.ace@derbyshire.gov.uk](mailto:newmills.ace@derbyshire.gov.uk)

Shirebrook – [shirebrook.ace@derbyshire.gov.uk](mailto:shirebrook.ace@derbyshire.gov.uk)

Swadlincote – [swadlincote.ace@derbyshire.gov.uk](mailto:swadlincote.ace@derbyshire.gov.uk)

For information regarding other learning options, courses coming up in the autumn and which centres are open visit [derbyshire.gov.uk/adulteducation](http://derbyshire.gov.uk/adulteducation)

For free impartial information, advice and guidance on careers and learning visit [www.derbyshire.gov.uk/ncs](http://www.derbyshire.gov.uk/ncs) or ask about the support available from your local Careers Coach.

Keep up to date with what is happening by following adult community education on **Facebook** or on **Twitter** or sign up to the **Adult Community Education newsletter**

The details contained in this leaflet were correct at the time of going to print. However we may have to make changes, giving advance notice whenever possible.