

Health and Wellbeing

Community
Learning and Skills
Programme

**Spring
2020**



**Limited
Time Only!**
10% off online
payments
See page 12



Welcome...

...to our Health and Wellbeing brochure.

We can all benefit from improving our lives, our skills and our futures. Community Learning and Skills (CLAS) offers a wide range of programmes of courses that can help you do just that, whether you want to complete a short workshop to learn something new or a longer course that helps you develop a wider range of skills and knowledge.

Why not improve your Health?

Positive health and wellbeing helps us to achieve everything else we want to do in life. CLAS workshops and courses can help you understand yours and your family's needs and develop useful habits to eat better, move better, cope better and make progress to live a more fulfilling life. Take a look at our CLAS Health and Wellbeing courses in your area to see which ones best suit your needs.



Give the Gift of Learning this Christmas

The opportunity to learn is one of the most meaningful gifts you can give to someone - including yourself! Community Learning and Skills can help you give a gift like no other.

Contact your local Community Learning and Skills Centre to give the gift of learning to that special someone.

Meet the tutors

Fiona Ashford

I am a versatile designer, qualified in Fashion, Textile and Surface Pattern Design, as well as Horticulture and Landscape Design. However, my interests encompass many subjects including growing my own food and spending many hours in the kitchen cooking up tasty healthy meals. Passionate about interiors, I have renovated properties and built gardens, filling my home with furniture I have painted, my own watercolour pictures, and textiles upcycled from lovely old stuff. Having learned many paper crafting skills while selling craft products, I then went on to demonstrate craft products for Design Objectives in stores throughout Cumbria and Scotland. Now I would very much like to share my passions with anyone else who has an interest in the things I love.



Helen Edmonds

I am an experienced tutor teaching a wide range of subjects. Currently I work with people looking to improve their skills and wellbeing and get back into work.



Alison Green

I am Alison Green. I am a fully qualified Maths and PE Teacher with 30 years' experience. I am the tutor for the Body Groove course. I have always been keen on maintaining a healthy lifestyle and I am very passionate about cooking.



Karen Harwood

I'm a Registered Dietitian with a BSc in Nutrition and Dietetics from Kings College London. I have worked for Cumbria County Council as a Health and Wellbeing Tutor over the past year, alongside my work as a Dietitian in the NHS. My workshops focus on different aspects of healthy eating, offering learners the opportunity to develop their nutrition knowledge and learn practical skills to make positive lifestyle changes and improve health and wellbeing.



Jane Hodgkinson

Having been involved in teaching Health and Wellbeing topics for nearly 30 years, it has been wonderful to include Mindfulness Skills training for the past 4 years. Practising Mindfulness helps some people (including me), to meet the demands of life and feel healthier and happier. In sharing the principles of this evidence-based practice with learners, my intention is they will have the opportunity to explore Mindfulness for themselves and be enabled to incorporate the practise into their own lives if they choose to.



Anne Mack

I am Anne Mack. I started in horticulture when I was 13 in a specialist alpine and water gardening nursery. I have landscape design and trade qualifications in Horticulture and over 30 years' experience, I have worked in garden centres, managed the landscapes areas in Centre Parcs and run my own garden design business.





Victoria Peake

I am a qualified and experienced Chi Kung/ Qigong instructor with a passion and interest in Traditional Chinese Medicine and holistic health. Alongside Chi Kung, I also teach meditation and mindfulness. As an artist and printmaker, with a Fine Art degree, I also teach a wide range of arts and crafts, including Pottery and Printmaking and is trained in Person-Centred Expressive Art Therapy. I see creative expression as a natural human activity, helping others discover their innate creativity.



Greer Shepherd

As an experienced Introduction to Sign Language and Deaf Awareness tutor I have worked with the profoundly Deaf and Hard of Hearing for over 17 years. I have an acquired hearing loss myself and teaches from both the Hearing perspective and the Deaf perspective.



Phil Tinning

I am Phil Tinning. I am a qualified rock climbing instructor (SPA) and a Mountain Leader (MLs). I am a Duke of Edinburgh Supervisor and Assessor. I take individuals and groups of all ages out into the hills in all conditions. When I'm not doing that I teach evening classes for Community Learning – helping to build individual learners' confidence and giving them the skills to be in the mountains. I love everything to do with Mountaineering, Hillwalking, Skiing, Ski Touring, Rock Climbing, Adventure Travel, Backpacking, Mountain Biking, Road Biking, and Teaching mountain skills to anyone that has a passion for the outdoors.



Elaine Towler

I am a qualified and experienced Personal Trainer working exclusively with clients aged 50+. I have additional qualifications, including Adapting Exercise for Older Adults, Exercise for GP Referrals, as well as being a qualified BACPR (British Association for Cardiovascular Prevention and Rehabilitation) Exercise Instructor. I am passionate about functional fitness and helping 'older adults' to exercise, remain mobile and fit for life.



Amanda Hunter I love teaching because of all its 'light bulb' moments. Seeing learners suddenly understand something that has been puzzling them for years or that they had never even considered before is a special kind of satisfaction for me and the learners I teach. I'm a fully qualified tutor with a BA in Community Education and a PGCE in Academic Practice. I am also a qualified Internal Quality Assurer. I've had a long career in adult education, in Scotland, nationally and internationally, and in Cumbria for the past 5 years. Some learners may know me from teaching silver jewellery classes, but my role within CLAS has now changed. I will be returning to teach subjects such as assertiveness, getting your voice heard, preparing for work, and sustainability skills that provide learners with opportunities to increase their confidence, wellbeing and employment prospects.



Sue Scott

I have a wide range of experience in the field of wellbeing, including as a director and project manager of an award-winning social enterprise.





Why learn with Community Learning and Skills?



Quality

As a leading provider of Community Learning across Cumbria, we ensure all our courses are of the highest quality.



Enjoyment

We pride ourselves on delivering classes that are fun and enjoyable.



Dedicated Staff

Our highly experienced Tutors share their years of expertise with you to take your skills to the next level.



Employability

If you want to enhance your future career prospects, we offer a wide range of employability courses to strengthen your CV.

Building Communities

Take the opportunity to join a class and make new friends whilst uncovering hidden creative talents.





A guide to finding the right level for you

1. Taster workshops

There are no formal entry requirements for taster workshops. This is the ideal opportunity for you to try something new, perhaps something you have always wanted to try. Amaze yourself with what you can achieve in a very short space of time. Taster workshops vary in length between 2 hours and 6 hours generally and you can expect to gain an insight into your chosen topic. Examples include Healthy Cooking, Gentle Movement and Exercise and Try Mindfulness.

2. Beginners

Beginners classes are ideal for those who want to develop their skills under the expert guidance of one of our experienced and enthusiastic Tutors. You will be amazed what how quickly you can develop new skills and enhance those you already have. There are no entry requirements, but you will need enthusiasm and a “have a go” attitude. We find that the more learners put in, the more they get out. Classes run for 20-25 hours over 10 weeks. Examples include Caring for Plants, Grow your own food and Cooking on a Budget.

3. Improvers

Once you have mastered the skills on offer at Beginner level you will want to move on to Improver level. This will give you the opportunity to consolidate and build on your existing skills and tackle more challenges with confidence and gusto. At this level we start to introduce qualifications, alongside community learning. Classes run for up to 30 hours each term, giving you ample time to work with your Tutor to increase your skills and self-concept. Examples of subjects offered include: Entry 3 Award in Personal Development, Vegan Cooking, How to Make Yourself Heard, Assertiveness for Women.

4. Intermediate

This level is particularly suitable for learners who have developed a level of independence, ideally by completing a Beginners and Improvers course with us. At this point in your learning journey we move to qualification based delivery. This allows you to gain valuable and recognised qualifications that will assist you if you are looking to secure work or improve your employability skills. There are a variety of assessment methods, including online short tests and portfolios of evidence. Again, you will work with expert Tutors who are skilled at making the learning enjoyable and learner focused. Examples of qualifications offered include: Level 1 Award in Mental Health and Wellbeing, Level 1 Award in Citizenship and Level 1 Award in Environmental Sustainability.

5. Advanced

These specialist courses and qualifications continue to build on the skills and expertise that you will have acquired as you have completed your learning journey with us. We offer a combination of community learning and qualifications at this level. We aim to give you advanced skills that boost your self-concept and self-esteem and increase your employability opportunities. Our highly motivated and engaging Tutors ensure that you have a thoroughly enjoyable experience. Examples include: Advanced Meditation, Hill Skills and Navigation, Level 2 Award in Environmental Sustainability, First Aid and Level 2 Award in Healthy Living.

Course Information

Body Grooving

Are you looking to increase your fitness? In this class you will learn simple dance moves that you can turn into a routine to your favourite music to improve your physical and mental health.

Container Gardening

This short, informative course will teach you how to fill and care for your flowers in pots: Week 1 Interior planter. Week 2 Winter tubs. Week 3 Permanent containers - winter colour. A course perfect for both beginners and the more experienced gardener.

Cooking for Diabetes

Are you worried about diabetes or just been diagnosed as Type 2? This is a beginners course designed to help those with type 2 diabetes or pre-diabetes. You will learn how to cook nutritional well balanced meals for a healthier lifestyle.



Cooking for Health and Weight Loss

Would you like to learn to cook cost effective nutritious meals to help with weight loss? Our trained dietician will learn you useful recipes with suitable ingredients and costs to make nutritious well balanced meals.

Deaf Awareness

Would you like to learn how to better communicate with a family member or friend who is deaf? This course is full of tips and advice on how to work with and relate to deaf people.

Escape Pain - Arthritis Pain Management

Are you struggling with arthritis pain? Escape pain is an education and exercise self-help programme to help people with arthritis to exercise and manage their condition.

First Aid Qualification

Come along and achieve an Emergency First Aid at Work Qualification. Valid for 3 years.

Food and Nutrition

Come along and develop your understanding of a healthy diet at the same time as learning to cook a tasty meal that you can eat and then recreate at home. While cooking you will learn the key facts about nutrition and how to prepare healthy meals in a hygienic and safe manner.

Garden Design

Do you enjoy being outside in your garden? This course will extend your knowledge, skills and experience of growing and caring for plants including how to design your own or someone else's garden.

Healthy Cooking on a Budget

Are you looking to make nutritious health meals on a budget? This is a great course to get started.

Healthy Hearts

For people who have been referred by a medical practitioner, this course introduces gentle breathing and physical exercises to improve your heart rate to a safe level.

Healthy Hearts Improvers

A progression from the Healthy Hearts beginners course, you will learn a wider range of physical exercises to increase your heart rate to a safe level for you.

Healthy Hearts Plus

A circuit-based class available to men and women of all ages, in particular cardiac patients, post bypass surgery and GP referrals.

Hill Skills and Navigation Advanced On the High Fells

Increase your confidence and technical skills on the high fells.



Hill Skills and Navigation Essentials

Extends your understanding of hill walking and navigation techniques using appropriate equipment to go safely and confidently into the great outdoors. Includes an evening navigation walk.

Hill Skills and Navigation Essentials From the ground up

Extends your understanding of hill walking and navigation techniques using appropriate equipment to go safely and confidently into the great outdoors. Includes an evening navigation walk.

For more detailed information on all courses please visit cumbria.gov.uk/learningandskills



Introduction to Mindfulness

This short course is designed to give you an introduction to Mindfulness. Covering the basic theoretical concepts and incorporating practical exercises, you are invited to start to explore and experience this practice of focusing the attention on the present moment.



Introduction to Nutrition and Vegan Cooking

Whether you want to include more plant based meals in your diet or follow an exclusively vegan diet this 10 week course will give you the tools to plan and cook healthy balanced vegan meals. Each session will focus on a different aspect of healthy eating and how this can be achieved on a vegan diet with an opportunity to cook a new recipe each week. Dietary restrictions can be catered for please advise when booking.

Knead and Feed

Interested in getting into bread making. Each week we make a different type of loaf and accompanying soup for a delicious light snack.

Knead and Feed Half Day Workshop

A taster half day workshop to give you a flavour of courses to come focused on making different breads and soups.

Mindfulness

A gentle introduction to the background and techniques of using a Mindfulness approach to help you relax and develop a positive health routine.

Mindfulness for Beginners

Developing a Mindfulness practice can help you rediscover peace and contentment in your life, enabling you to flourish. This course is designed to help you learn about and experience Mindfulness so that you can use it in your life to enhance wellbeing.

Plants for Free Learning to Propagate

Increases your knowledge of growing plants to learn how to create new plants from seeds, cuttings, divisions and grafting.



For more detailed information on all courses please visit cumbria.gov.uk/learningandskills



Health and Wellbeing

New for this year, we are excited to offer you courses focused on improving your health and wellbeing.

Course title	College Level Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
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Allerdale

Knead and Feed	A	St Joseph's Catholic High School	W	15/01/2020	5	18:00	20:30	£59.40	P
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Barrow

Introduction to Vegan Cookery	B	Barrow CLAS	W	08/01/2020	6	18:30	20:30	£85.00	F
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Carlisle

Introduction to Mindfulness	Ca	Botcherby Community Centre	Th	09/01/2020	1	14:00	16:00	£9.50	P
Mindfulness for Beginners	Ca	Botcherby Community Centre	W	16/01/2020	7	14:00	16:00	£66.50	P
More Mindfulness	Ca	Tourist Information Centre (Carlisle)	W	29/01/2020	6	13:30	15:00	£42.75	P
Hill Skills and Navigation Essentials	Ca	Carlisle College	Th	27/02/2020	6	18:00	20:30	£85.50	P

Eden

Mindfulness for Beginners	E	Quaker Meeting Room (Penrith)	Th	16/01/2020	7	10:00	12:00	£66.50	P
Hill Skills and Navigation Essentials	E	Eden CLAS (Shap CDC)	Tu	25/02/2020	6	18:00	20:30	£85.50	P
More Mindfulness	E	Quaker Meeting Room (Penrith)	W	29/01/2020	6	10:30	12:00	£42.75	P

South Lakeland

Healthy Hearts Improvers	S	Grange Methodist Church Hall	M	06/01/2020	14	13:30	14:30	£66.50	P
Healthy Hearts	S	St Mary's Hospice, Ulverston	Tu	07/01/2020	14	10:30	11:30	£66.50	P
Healthy Hearts	S	Kendal Leisure Centre	Tu	07/01/2020	14	15:15	16:15	£66.50	P
Healthy Hearts Improvers	S	St Mary's Hospice, Ulverston	Tu	07/01/2020	14	11:30	12:30	£66.50	P
Healthy Hearts Improvers	S	Kendal Leisure Centre	W	08/01/2020	14	11:45	12:45	£66.50	P
Healthy Hearts Plus	S	Kendal Leisure Centre	W	08/01/2020	14	12:45	13:45	£66.50	P
Healthy Hearts	S	Grange Methodist Church Hall	Th	09/01/2020	14	9:55	10:55	£66.50	P
Healthy Hearts Improvers	S	Grange Methodist Church Hall	Th	09/01/2020	14	11:00	12:00	£66.50	P

Positive health and wellbeing helps us to achieve everything else we want to do in life. CLAS workshops and courses can help you understand yours and your family's needs and develop useful habits to eat better, move better, cope better and make progress to live a more fulfilling life. Take a look at our CLAS Health and Wellbeing courses in your area to see which ones best suit your needs.



"The course was very useful. Learning new recipes and working and cooperating with others. Learning to prepare foods/ingredients that I haven't used before."

Healthy Cooking Learner

See page 10 for centre contact details

Community Learning and Skills

Community Learning and Skills centres provide a wide variety of courses, workshops and events. These include some of the following: English; ESOL; Maths; Science; Employability Skills; Arts and Crafts; Languages; Health and Wellbeing; Digital Skills; LLDD and Family Learning. We also work with a variety of partner organisations, Schools and Children's Centres to support outreach provision to deliver programmes for Family Learning and Learners with Learning Difficulties and/or Disabilities (LLDD).

Our centres in Allerdale and Copeland

- Allerdale Community Learning and Skills Centre (A)
T: **01900 706023** E: **allerdaleclas@cumbria.gov.uk**
- Copeland Community Learning and Skills Centre (Co)
T: **01946 506416** E: **copelandclas@cumbria.gov.uk**
- Groundwork NE & Cumbria T: **07548 223758** E: **michelle.harrison@groundwork.org.uk**
- Gen 2 (G2) T: **01900 701300** E: **info@gen2.ac.uk**
- PHX Training (PHX) T: **01946 834018** E: **workington@phxtraining.co.uk**

Our centres in Barrow and South Lakeland

- Barrow Community Learning and Skills (B) T: **01229 820700** E: **barrowclas@cumbria.gov.uk**
- Barrow and District Disability Association
T: **01229 432599** E: **enquiries.bdda@btconnect.com**
- PHX Training (PHX) T: **01229 808095** E: **barrow@phxtraining.co.uk**
- Gen 2 (G2) T: **01229 483760** E: **info@gen2.ac.uk**
- South Lakeland Community Learning and Skills (S)
T: **01539 713257** E: **southlakelandclas@cumbria.gov.uk**
- Growing Well (GW) T: **07903 013648** E: **hazel@growingwell.co.uk**

Our centres in Carlisle and Eden

- Carlisle Community Learning and Skills (Ca)
T: **01228 227304** T: **01228 227305** E: **carlisleclas@cumbria.gov.uk**
- Kingmoor CBC (K) T: **01228 598484** E: **office@kingmoorcbc.co.uk**
- Pennine Way CDC (P) T: **01228 598979** E: **cdc@pennineway.cumbria.sch.uk**
- Upperby CDC (U) T: **01228 815461** E: **cdcadmin@upperbycdc.org.uk**
- Groundwork NE & Cumbria T: **07548 223756** E: **Sammy.mitchell@groundwork.org.uk**
- PHX Training (PHX) **01228 810960** E: **carlisle@phxtraining.co.uk**
- Gen 2 (G2) T: **01228 599890** E: **info@gen2.ac.uk**
- Eden Community Learning and Skills (E) T: **01931 716447** E: **edencclas@cumbria.gov.uk**
- Appleby Heritage Centre (Ap) T: **017683 53350** E: **info@applebyheritagecentre.org.uk**

Why not contact one of our centres and have an informal chat to find out how we can help? To book or enrol, please contact the centre advertising your chosen course. For more detailed information please visit our website: **cumbria.gov.uk/learningandskills**



Find

You can find a course in this brochure or search online by subject, title or by area: cumbria.gov.uk/learningandskills



Book

You can book and pay online, over the phone or visit into your local centre.



Enrol

Depending on the course you have booked on we will need some personal information at the first session. For example our qualification courses will need your National Insurance number and proof of identification.

Minimum Age - Please note that you must be aged 19 or over on 31 August 2019 to access one of our courses.

Course Fees

Code	Type of Provision	Remission/fees	Funding Information
S	Fully-subsidised Community Learning	Free to all learners	100% subsidised by the Government's Education and Skills Funding Agency (ESFA)
P	Part-subsidised Community Learning	Reduced fees apply	There is a fee for this course but it has been reduced significantly as it is part-subsidised through the ESFA. Individuals may also be eligible for a further fee reduction if they are unemployed, low-waged or on another means tested benefit.
F	Full-cost Community Learning	Fees apply to all individuals	This course is not supported by Government funding and reduced fees do not apply.
M	Accredited Maths or English Qualification	Free to all learners if prior attainment is below GCSE grade 9-4 or A-C	100% subsidised by the Government's Education and Skills Funding Agency (ESFA).
A	Accredited Skills Qualification up to Level 2	Fees apply but free to some individuals	Qualification may be free to individuals who are unemployed, low waged (less than £16,009.50 gross annual salary) or they are aged 19-23 and their highest prior attainment is less than Level 2. Reduced fees apply for all other individuals as qualification is part-subsidised through the ESFA.
B	Accredited Skills Qualification	Fees apply to most individuals	In most cases this course will not be supported by Government Funding. However, in some instances individuals may be eligible for support if they meet certain conditions or they may be eligible for an advanced learner loan to help with fees.



For all current and future courses, why not have a look at our **website**

cumbria.gov.uk/learningandskills

You will be able to find a wide range of courses that may inspire you to get back into learning! **To book a place on a course** please contact the centre advertising your chosen course to enrol.



Please come and check out the Community Learning and Skills Facebook page **@CumbriaLearning**. Feel free to share and like with your friends! Stay up to date with what's going on, what's coming up and all of our latest news.

We also have a new Instagram account - **@cumbrialearning** - to showcase what's on offer, and you can also follow us on Twitter at **@CumbriaLearning**.

We would love to see what you are up to in class and all of the wonderful work you create, so feel free to share your pictures and be sure to tag us in! Use the hashtag **#beinspired**.



10% off pay online courses, for a limited time!

Be quick! available until 6 January 2020!

#BeInspired



For courses starting April 2020 visit our website from 3 April 2020 to download our new digital brochure or to view and book our courses online.

