

# ADULT LEARNING & SKILLS AUTUMN 2017 COURSES

## COTTENHAM & SWAVESEY VILLAGE COLLEGES



High Street, Cottenham  
Cambridge CB24 8UA  
Tel: 01954 288751  
[community@cvcweb.net](mailto:community@cvcweb.net)

<http://community.cvcweb.net>



Gibraltar Lane, Swavesey  
Cambridge CB24 4RS  
Tel : 01954 234488  
[community@swaveseyvc.co.uk](mailto:community@swaveseyvc.co.uk)

[www.swaveseyvc.co.uk](http://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.

**Courses are funded by the Education & Skills Funding Agency.**

## 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 the appropriate College: -

Cottenham Village College  
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 23rd-27th October 2017  
Swavesey 23rd-27th October 2017

**PAYMENT:** Fees are payable in full on enrolment by cash/cheque/ credit or debit card (or parentpay at Swavesey VC) Credit card payments may incur a fee.

**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](http://www.parentpay.com) or visit the school's website: [www.parentpayshop.com/schools/8734007/adulted.html](http://www.parentpayshop.com/schools/8734007/adulted.html))

**Online** (Swavesey only) [www.swaveseyvc.co.uk](http://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 extra classes will be added and no refund will be available.

**FEES:** Full fee/concessionary fee - concessionary fees (eg. £50/£38) are available if you are in receipt of a means-tested benefit (evidence of which must be available on enrolment)

## Cottenham Village College - FREE TASTERS/MEET THE TUTOR

### Monday 11th Sept 7pm-8pm

Italian for Beginners  
German for Beginners  
Silver Jewellery for Improvers

### Tuesday 12th Sept 7pm-8pm

Revive Your Latin  
Revive Your French  
T'ai Chi for Beginners

### Wednesday 13th Sept 7pm-8pm

Carpentry Learn Design & Make

## Swavesey Village College - First Classes FREE

Calligraphy for Beginners, Introduction to Patchwork & Quilting, Affordable Wedding Floristry, Heal Your Life

## 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 and welcome enrolments from everyone. 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 ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.



## Booking Form

Title: \_\_\_\_\_ Forename: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Tel (Home): \_\_\_\_\_

Tel:(Work): \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

**PAYMENT BY CREDIT CARDS MAY INCUR A FEE – CHECK WITH THE COLLEGE**

Course	College C/S	Day	Fee £	Receipt No.

## Arts and Crafts

Course	Day	Start date	Time	Weeks	Cost
<b>S</b> Affordable Wedding Floristry+ <b>First Class Free</b>	Tues	26 Sep	19.00-21.00	8	£70/£52
<b>C</b> Art History (The Renaissance Period)	Mon	18 Sep	19.00-21.00	10	£100/£75
<b>S</b> Calligraphy for Beginners+ <b>First Class Free</b>	Mon	18 Sep	09.30-11.30	10	£90/£67
<b>C</b> Carpentry, Learn Design & Make+	Wed	20 Sep	19.00-21.00	10	£100/£75
<b>C</b> Ceramics/Pottery (Clay & Firing included)	Mon	18 Sep	19.00-21.00	10	£120/£90
<b>C</b> Ceramics/Pottery (Clay & Firing included)	Wed	20 Sep	19.00-21.00	10	£120/£90
<b>C</b> Dichroic Glass Jewellery+	Mon	18 Sep	19.00-21.00	5	£50/£38
<b>C</b> Dressmaking+	Mon	18 Sep	12.30-14.30	10	£100/£75
<b>C</b> Dressmaking for Beginners+	Mon	06 Nov	19.00-21.00	5	£50/£38
<b>C</b> Exploring Drawing+	Mon	20 Sep	18.30-20.00	5	£40/£30
<b>C</b> Free Machine Embroidery Beginners+	Wed	01 Nov	09.30-12.30	5	£75/£56
<b>C</b> Images on Cloth+	Wed	20 Sep	10.00-13.00	5	£75/£56
<b>S</b> Intro to Patchwork & Quilting+ <b>First Class Free</b>	Mon	18 Sep	19.00-21.00	9	£80/£60
<b>C</b> Learn to Love your Sewing Machine+	Mon	18 Sep	19.00-21.00	5	£50/£38
<b>S</b> Print Making Multi Layered Linocut+	Wed	20 Sep	19.00-21.00	5	£50/£38
<b>C</b> Silver Jewellery for Improvers +	Mon	18 Sep	19.00-21.00	10	£100/£75
<b>C</b> Textiles-Advanced Textiles Workshop+	alt Tues	26 Sep	10.00-15.30	5	£125/£94
<b>C</b> Textiles-Designer Textiles Workshop+	alt Tues	19 Sep	10.00-15.30	5	£125/£94
<b>C</b> Upholstery Workshop+ (waiting list only)	Thurs	21 Sep	10.00-15.30	10	£250/£187
<b>C</b> Upholstery Workshop+ (waiting list only)	Fri	22 Sep	10.00-15.30	10	£250/£187
<b>C</b> Upholstery Workshop+Rampton Village Hall	Thurs	28 Sep	10.00-15.00	8	£248/£186
<b>S</b> Upholstery Mixed Level+	Thurs	21 Sep	19.00-21.00	9	£90/£67
<b>S</b> Upholstery Mixed Level+	Wed	20 Sep	19.00-21.00	10	£100/£75
<b>C</b> Watercolour Painting Beginners+	Mon	18 Sep	19.00-21.00	10	£100/£75
<b>C</b> Watercolour Painting Improvers+	Mon	18 Sep	10.00-12.00	10	£100/£75
<b>S</b> Watercolour Painting - Mixed Level Papworth Everard +	Tues	26 Sep	10.00-12.30	10	£115/£86
<b>S</b> Watercolour Painting+	Tues	19 Sep	18.00-20.00	8	£80/£60

### + Materials Extra

#### General

Course	Day	Start date	Time	Weeks	Cost
<b>S</b> Advanced Electronics+	Mon	18 Sep	19.00-21.00	4	£40/£30
<b>S</b> Basic Electronics+	Mon	06 Nov	19.00-21.00	4	£40/£30
<b>S</b> Chinese Cookery with Meiru	Mon	18 Sep	19.00-21.00	5	£50/£38
<b>S</b> Creative Writing for Beginners	Thurs	21 Sep	19.00-21.00	8	£80/£60
<b>C</b> Curry House Favourites+	Tues	19 Sep	19.00-21.00	5	£55/£43
<b>S</b> Curry in a Hurry	Wed	01 Nov	19.00-21.00	5	£50/£38
<b>S</b> Flour Power! Best of Bread Making	Thurs	05 Oct	19.00-21.00	8	£80/£60
<b>S</b> Introduction to CAD CAM	Wed	20 Sep	19.00-21.00	6	£60/£45
<b>C</b> Preserves 1 - Jam Making+	Wed	27 Sep	18.30-21.00	1	£15/£10
<b>C</b> Preserves 2 - Chutney Making+	Wed	11 Oct	18.30-21.00	1	£15/£10
<b>C</b> RYA Day Skipper Theory	Mon	25 Sep	19.30-21.30	22	£330
<b>C</b> RYA Coastal Skipper	Tues	26 Sep	19.30-21.30	22	£330
<b>C</b> Thai Cooking+	Mon	06 Nov	18.30-21.00	3	£42/£32



**C**

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**S**

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Cambridgeshire  
County Council



Education & Skills  
Funding Agency



European Union  
Social Fund

## Affordable Wedding Floristry+ First Class Free - Swavesey

Personalise your special day with your own flower designs and save some money too. A short course introducing the main floristry skills for beginners or those with a small amount of experience in handling flowers. Build a repertoire of floristry designs you can produce at home.

## Calligraphy for Beginners Swavesey & Cottenham

An introduction to the development of hand lettering from medieval manuscripts to the present day. Learn the Foundational script (Swavesey) and Gothic script (Cottenham), plus explore design and layout skills that can be applied to small projects such as greeting cards.

## Print Making Multi Layered Linocut+ NEW Swavesey

A hands-on course where you will increase your knowledge of making linocut prints, learning how to design more complex prints and register multiple layers so they print accurately.

## 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.

## 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.

## Silver Jewellery for Improvers Cottenham

Develop existing skills & techniques to produce unique pieces of jewellery in our well-equipped workshop.

## Dichroic & Coloured Fused Glass - Cottenham & Swavesey

Be amazed at how creative you can be, making tiles and jewellery at these workshops.

## Curry in a Hurry - Swavesey

The class for all Indian food lovers. Come and learn how to prepare delicious dishes to share with family and friends. Broaden your knowledge and experience of spices. We will be preparing 'Real' Indian food.

## Basic Electronics - Swavesey

Gain a basic understanding of electronics and the theory behind it, designing and building circuits, with the opportunity for individual projects.

## Thai Cooking - Cottenham

Learn the cooking techniques to produce delicious and authentic Thai street food and native favourites.



## Fitness and Health

Course	Day	Start date	Time	Weeks	Cost
<b>S</b> Aerobic Workout <b>NEW</b>	Mon	18 Sep	18.00-19.00	10	£50/£38
<b>S</b> Badminton for Fun - Improvers	Tues	19 Sep	20.00-21.30	10	£59
<b>S</b> Cycle with Confidence	Wed	20 Sep	19.00-21.00	5	£50/£38
<b>S</b> Dynamic Mindfulness	Mon	18 Sep	19.00-21.00	5	£50/£38
<b>S</b> Fitsteps	Mon	18 Sep	19.15-20.15	10	£50/£38
<b>C</b> Fitness for Mature Movers (Tillage Hall, Waterbeach)	Mon	18 Sep	10.00-11.00	5	£20
<b>C</b> Fitness for Mature Movers (Salvation Army Hall, Willingham)	Tues	19 Sep	11.30-12.30	5	£20
<b>C</b> Fitness for Mature Movers (Cottenham Village College)	Wed	20 Sep	14.00-15.00	5	£20
<b>S</b> Heal your Life+ <b>First Class FREE</b>	Wed	20 Sep	19.00-21.00	10	£90/£67
<b>S</b> Introduction to Reflexology <b>NEW</b>	Wed	20 Sep	19.00-21.00	5	£50/£38
<b>S</b> Intro to British Sign Language	Wed	13 Sep	19.00-21.00	5	£50/£38
<b>C</b> Pilates for Everyone (Ploughman's Hall, Willingham)	Mon	18 Sep	11.30-12.30	10	£55/£42
<b>C</b> Pilates for Everyone (Ploughman's Hall, Willingham)	Mon	18 Sep	12.30-13.30	10	£55/£42
<b>C</b> Pilates for Everyone	Mon	18 Sep	19.00-20.00	10	£55/£42
<b>C</b> Pilates for Runners	Mon	18 Sep	20.15-21.00	10	£50/£38
<b>S</b> Pilates - Mixed Ability (Bar Hill VH)	Mon	25 Sep	19.15-20.15	9	£45/£34
<b>S</b> Pilates for the Mature Learner (over 50's) Bar Hill VH	Thurs	07 Sep	10.00-11.00	9	£45/£34
<b>S</b> Pilates - Mixed Ability	Thurs	14 Sep	19.00-20.00	10	£50/£38
<b>S</b> Pilates - Mixed Ability	Wed	20 Sep	19.00-20.00	10	£50/£38
<b>C</b> Salsasize <b>NEW - First Class FREE</b>	Mon	18 Sep	19.00-20.00	10	£45/£34
<b>S</b> Slow Yoga	Thurs	21 Sep	19.00-20.00	10	£50/£38
<b>C</b> T'ai Chi for Beginners	Tues	19 Sep	18.00-19.00	10	£50/£38
<b>C</b> T'ai Chi for Beginners Plus	Tues	19 Sep	19.00-20.00	10	£50/£38
<b>C</b> T'ai Chi for Improvers	Tues	19 Sep	20.00-21.15	10	£63/£47
<b>S</b> T'ai Chi for Beginners	Wed	13 Sep	19.30-21.00	11	£83/£62
<b>S</b> Walking Football	Thurs	21 Sep	20.30-21.30	10	£50/£38
<b>C</b> Yoga for Beginners	Mon	25 Sep	18.30-20.00	9	£68/£51
<b>C</b> Yoga for Improvers	Tues	26 Sep	19.00-20.30	9	£68/£51
<b>S</b> Yoga - Mixed Level	Thurs	21 Sep	20.00-21.00	10	£50/£38
<b>S</b> Yoga - Mixed Level	Mon	18 Sep	19.00-20.00	10	£50/£38
<b>S</b> Yoga - Mixed Level	Mon	18 Sep	20.00-21.00	10	£50/£38

## Computing and Photography

Course	Day	Start date	Time	Weeks	Cost
<b>C</b> Digital Photography Genres (suitable for beginners)	Mon	18 Sep	19.00-21.00	5	£50/£38
<b>S</b> Digital Photography	Mon	18 Sep	19.00-21.00	5	£50/£38
<b>S</b> Photoshop for Beginners	Mon	06 Nov	19.00-21.00	5	£50/£38

**WEA Cottenham**  
British Legion Hall  
121 High Street, Cottenham CB24 8SD

**Russians and Russian Culture through Witness' Eyes**

**Tutor: Marina Burrell**  
**Start:** Tuesday 19th Sept for 10 sessions  
10.15am-11.45am  
**Fee:** £54  
**Contact:** Liz Milway 01954 250039

**WEA Willingham**  
Baptist Church Hall, George Street,  
Willingham

**USA - from Sleeping Giant to Superpower**  
To introduce students to the development of  
the USA 1880-1970

**Tutor: Mike Muncaster**  
**Start:** 18th Sept for 9 sessions at 10am  
**Fee:** £48.60

**Contact:** Rosemary Mumford 01954 260934



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Swavesey - 01954 234488  
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## Intro to British Sign Language Swavesey

Improve your communication with those people who have a hearing impairment, whether at home, work or in education. This course will give you basic sign language skills including greetings, the alphabet and numbering, as well as some deaf awareness knowledge too.

## Salsasize NEW - Cottenham

Get fit and tone up to Latin music with this fun and energetic form of exercise. **FIRST CLASS FREE**

## Pilates - Mixed Ability NEW Class Bar Hill Village Hall

Improve your posture, balance, flexibility and core strength in our new class at Bar Hill. Learn the principles of Pilates such as concentration, good use of breath, abdominal work and good alignment. Improve body awareness and movement in everyday life.

## Pilates - Cottenham & Swavesey

Various classes available at both colleges. Improve all over toning, core & general fitness, with experienced tutors. Pilates for Runners at Cottenham.

## 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 - *free taster 12th Sept 7-8pm at Cottenham*

## Yoga - Cottenham & Swavesey

Various classes available at both Colleges, check the listing for times & dates for classes.

### Levels

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



## Digital Photography Genres Cottenham

Learn and build upon digital photography techniques and how to apply them to different themes or genres.

## Get to Know Your iPad - Cottenham Saturday 23rd September

A basic introduction to using the most popular features of your iPad.

## Dance and Music

Course	Day	Start date	Time	Weeks	Cost
C Acoustic Guitar for Beginners	Mon	25 Sep	19.00-20.30	8	£60/£45
S Adult Contemporary Dance	Wed	27 Sep	19.00-20.00	10	£50/£38
C Ballet for Beginners (Cott Commun Centre)	Mon	18 Sep	10.00-11.00	10	£65/£49
C Ballet for Beginners (Cott Commun Centre)	Thurs	21 Sep	10.00-11.00	10	£65/£49
C Ballet for Improvers (Cott Commun Centre)	Mon	18 Sep	11.00-12.00	10	£65/£49
C Ballet for Improvers (Cott Commun Centre)	Thurs	21 Sep	11.00-12.00	10	£65/£49
C Ballroom Dancing Beginners	Mon	18 Sep	18.15-19.15	10	£50/£38
S Banjo for Beginners <b>NEW</b>	Tues	19 Sep	19.00-20.00	9	£45/£34
S Guitar for Absolute Beginners	Thurs	21 Sep	20.00-21.00	9	£45/£34
S Guitar for Beginners Term 3	Thurs	21 Sep	18.45-19.45	9	£45/£34
C Just Jive Beginners	Mon	18 Sep	20.15-21.15	10	£50/£38
C Just Jive Improvers	Mon	18 Sep	19.15-20.15	10	£50/£38
C Salsasize <b>NEW First Class FREE</b>	Mon	18 Sep	19.00-20.00	10	£45/£34
C Salsa Dance for Beginners	Wed	20 Sep	19.00-20.00	10	£50/£38
C Salsa Dance for Improvers	Wed	20 Sep	20.00-21.00	10	£50/£38
C Tap Dancing for Beginners <b>NEW</b>	Wed	20 Sep	19.00-20.00	10	£50/£38
C Tap Dancing for Improvers	Wed	20 Sep	20.00-21.00	10	£50/£38
S Zumba with Chrissy Thompson <b>NEW</b>	Wed	20 Sep	19.30-20.30	10	£50/£38

## Languages

Course	Day	Start date	Time	Weeks	Cost
C French - Revive your French	Tues	19 Sep	19.00-21.00	10	£100/£75
C French Conversation (Intermediate)	Thurs	21 Sep	09.30-11.30	10	£100/£75
S Functional Skills English **	Mon	18 Sep	10.00-12.00	30	FREE
C German for Beginners <b>NEW</b>	Mon	18 Sep	19.00-21.00	10	£75/£56
C Italian for Beginners <b>NEW</b>	Mon	18 Sep	19.00-21.00	10	£75/£56
S Italian for Absolute Beginners	Mon	18 Sep	18.30-20.00	10	£75/£56
S Italian Intermediate	Wed	20 Sep	19.00-21.00	11	£110/£82
S Italian Advanced with Conversation	Mon	18 Sep	20.00-21.30	10	£75/£56
C Just Talk French (Improvers)	Wed	20 Sep	19.00-21.00	10	£100/£75
C Latin - Revive your Latin	Tues	26 Sep	19.00-20.30	8	£60/£45
S Latin for Beginners <b>NEW</b>	Mon	18 Sep	19.00-20.30	8	£60/£45
S Mandarin Language for Beginners	Wed	20 Sep	19.00-20.30	8	£60/£45
S Spanish for Beginners	Thurs	14 Sep	18.00-19.30	10	£75/£56
S Spanish Intermediate	Mon	18 Sep	19.30-21.00	10	£75/£56
S Spanish for Absolute Beginners	Thurs	14 Sep	19.30-21.00	10	£75/£56

### Italian for Beginners **NEW** at Cottenham

Learn basic Italian with our native tutor and build up your knowledge of phrases, grammar and pronunciation in this fun and relaxed class - *free taster 11th Sept 7-8pm.*

### German for Beginners **NEW** at Cottenham

An introduction to German, enabling basic understanding and communication in everyday situations. Using a course text book you'll build your knowledge of grammar, vocabulary and pronunciation - *free taster 11th Sept 7-8pm.*

### Functional Skills English at Swavesey

\*\*FREE 30-week course designed to help improve your English skills and qualifications. Please note this accredited course has a 5-week initial assessment period. Basic English reading and writing skills required. Phone Swavesey 01954 234488 for more info.

### Zumba **NEW** - Swavesey

A combination of dance moves and aerobic exercise to energetic music.

### Tap Dancing Beginners **NEW** Cottenham

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

### Adult Ballet - Cottenham

Classes available for those that are completely new to Ballet or those that have some experience, be it a long time ago or more recently. Daytime classes held at Cottenham Community Centre. Dust off those ballet pumps & join a fun dance class!

### Salsa Beginners & Improvers Cottenham

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

### Just Jive! Beginners & Improvers Cottenham

Have you always wanted to dance to your favourite jazz/rock&roll music? Join an energetic dance class & learn some iconic jive moves, kicks, jumps, swings & great routines.



### 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) - 120 hours prior experience

**Advanced/Conversation** (Level 2/3) over 120 hours prior experience

C

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S

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Education & Skills  
Funding Agency



## Saturdays - Bring a packed lunch - refreshments available

Course	Day	Start date	Time	Weeks	Cost
C Dressmaking+ (3 days 23 Sep/14 Oct/18 Nov)	Sat	23 Sep	10.00-16.00	3	£105/£79
C Get to know your iPad	Sat	23 Sep	10.00-13.00	1	£18
C Introduction to Watercolour Landscapes+	Sat	23 Sep	10.00-16.00	1	£35/£26
C Patchwork Day+	Sat	23 Sep	10.00-16.00	1	£35/£26
C Thai Cooking+	Sat	23 Sep	10.00-16.00	1	£37/£28
C Upholstery+ (3 days 23 Sep/14 Oct/18 Nov)	Sat	23 Sep	10.00-16.00	3	£105/£79
C Coloured Glass Fusing+	Sat	14 Oct	09.30-13.30	1	£20/£15
C Emergency First Aid at Work	Sat	14 Oct	10.00-16.00	1	£65
C Family Cooking Together (ingredients included)	Sat	14 Oct	10.00-12.30	1	£5 per adult
C Family Cooking Together (ingredients included)	Sat	14 Oct	13.30-16.00	1	£5 per adult
C Screen Printing Studio+	Sat	14 Oct	10.00-16.00	1	£35/£26
S Emotional Detox 2 days 11 & 25 Nov	Sat	11 Nov	10.00-16.00	2	£70/£52
S Excel for Beginners	Sat	11 Nov	10.00-16.00	1	£35/£26
S Exploring Emotion Through Poetry	Sat	11 Nov	10.00-16.00	1	£35/£26
S Introduction to Counselling 2 days 11 & 25 Nov	Sat	11 Nov	10.00-16.00	2	£70/£52
S Introduction to Play Therapy 2 days 11 & 25 Nov	Sat	11 Nov	10.00-16.00	2	£70/£52
S Learn to Jive	Sat	11 Nov	10.00-12.00	1	£20/£15
S Reiki Level One+ 2 days 11 & 25 Nov	Sat	11 Nov	09.30-16.00	2	£75/£56
S Stone Sculpture Create a Sun Spirit/Greenman+ 2 days 11 & 25 Nov	Sat	11 Nov	10.00-16.00	2	£70/£52
S Winter Landscapes in Watercolour+ Mixed ability	Sat	11 Nov	10.00-16.00	1	£35/£26
S Worldwide Street Food+	Sat	11 Nov	10.00-16.00	1	£35/£26
C Calligraphy+ (Gothic Script & Lombardic Versals)	Sat	18 Nov	09.30-16.00	1	£38/£28
C Christmas Ceramics*	Sat	18 Nov	10.00-16.00	1	£45/£36
C Christmas Party Food+	Sat	18 Nov	10.00-16.00	1	£35/£26
C Christmas Willow Decorations+	Sat	18 Nov	10.00-16.00	1	£35/£26
C Dichroic Glass Christmas Decorations+	Sat	18 Nov	10.00-15.00	1	£30/£23
C Lino Printing*	Sat	18 Nov	10.00-16.00	1	£40/£30
S Chair Caning & Upholstery+	Sat	25 Nov	09.30-15.30	1	£35/£26
S Harmonica	Sat	25 Nov	10.00-16.00	1	£35/£26
S Watercolour Painting Creating Gift Cards+ Mixed ability	Sat	25 Nov	10.00-16.00	1	£35/£26
S Indian Stuffed Breads+	Sat	25 Nov	10.00-16.00	1	£35/£26
S One Day Emergency First Aid at Work	Sat	25 Nov	09.00-15.00	1	£70
S Intermediate Excel	Sat	25 Nov	10.00-16.00	1	£35/£26
S Dichroic Glass Christmas Decorations+	Sat	25 Nov	10.00-16.00	1	£35/£26
S Lindyhop	Sat	25 Nov	10.00-12.00	1	£20/£15

+ Materials not included \* Materials included

### Introduction to Counselling - Swavesey 2 days

Learn basic skills of listening, reflecting, paraphrasing, managing silence and summarising. Take the opportunity to self-reflect in areas such as self-care, support network and burn out. Understand what counselling is and learn about referrals, confidentiality and signposting.

### Family Cooking Together - Cottenham 10am-12.30pm or 1.30-4pm

Cooking together is a great way for children to learn, so come along and have fun creating tasty treats to take home and enjoy together with the children. All ingredients included. Maximum 2 children per adult, £5 charge for adult only - **BOOKING ESSENTIAL 01954 288751**

### Ballet For Children And Young People at Cottenham

**WEDNESDAYS** at Cottenham Village College. Classes start 13th September for 12 weeks.

Tutor - April Martin (Associate ARBTA & Member BDQT)

For enquiries telephone 01954 200533 or E-mail a.r.martin@ntlworld.com or tutusrus@ntlworld.com

	1 Term	2 Terms	3 Terms
Cj51 Reception Age	4.00-4.30pm £36.00	£68.00	£98.00
Cj52 School Year 1-2 + older Reception	4.30-5.00pm £36.00	£68.00	£98.00
Cj53 School Years 3, 4, 5, 6	5.00-5.45pm £54.00	£102.00	£145.00
Cj54 School Year 6 upwards	5.45-6.45pm £72.00	£136.00	£194.00

C

Cottenham - 01954 288751  
community@cvcweb.net  
http://community.cvcweb.net

S

Swavesey - 01954 234488  
community@swaveseyvc.co.uk  
www.swaveseyvc.co.uk



### Adult Learning in Cambridgeshire

Cambridgeshire County Council supports a wide range of adult learning opportunities across Cambridgeshire, including courses, clubs, community groups and family learning opportunities. 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.

### 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. Talk to us about how to access support or go to [www.camsals.co.uk](http://www.camsals.co.uk) and click on the advice button to find out how to book an appointment.

### Support for you

Further support advice & specific courses are available for people with disabilities, contact 01223 703530

### [www.cambridgeshire.net](http://www.cambridgeshire.net)

Search the website for details of other courses and learning opportunities in Cambridgeshire

