

Community Learning & Skills Development
Stowmarket - Starting April 2008
FREE courses

Developing Practical Floristry Skills



A thirty-hour course which will help you develop knowledge and practical skills. You will learn how to condition flowers, use tools safely, design arrangements and create bouquets, buttonholes hand-tied arrangements and more.

NOCN Developing Personal Confidence and Self Awareness

This thirty-hour course will help you to understand the reasons why you sometimes lack confidence. During the course you will have the opportunity to:

- develop the skills needed to participate in social situations
- learn techniques to help you manage stress
- set personal goals and plan your next steps

NOCN Sewing Machine Techniques – Level 1

Do you have a sewing machine that you would like to use but don't know how? This course will enable you to gain the confidence to use a sewing machine. You will be working at your own pace to find out about cutting, machine stitching, hemming and more.

NOCN Garment Making – Level 1

This course is a progression from the sewing machine techniques. It will enable you to improve your sewing skills so that you can produce your own garments. You will be working at your own pace to learn about pleating, gathering, hemming, choosing fabrics and more.

NOCN Soft Furnishings – Level 1

This ten week course provides you with the basics in design, planning and sewing in order to create items for your home. You will learn more about using a sewing machine, creating samples and decorative techniques to help you produce something you can be proud of.

Brush up your English or Maths

Do you want to be able to help your children with their homework? Are you thinking of returning to work or study? Are you hoping to gain promotion? We run improve your English and maths courses. You can negotiate exactly what you want to learn and, together with the tutor, plan your individual learning programme. You can work at your own pace in a small and friendly group. You will also have the opportunity to gain a qualification.

Move On English or Maths

Do you need a qualification in English or maths to plug a gap in your CV? The aim of the Move On course is to support people without GCSE English or maths, to brush up these skills to gain a new qualification equivalent to GCSE. Our teaching groups are small and friendly. You can work at your own pace to improve the skills **you** need in order to gain a level 1 or Level 2 City Guilds National Test in English or maths. (Level 2 is equivalent to GCSE grade A * -C).

ESOL (English for Speakers of Other languages)

For help with English – reading, writing, speaking and listening. There is a small charge for this course but free to people on certain benefits or those on a low wage

NOCN Counselling

This 30hr accredited course aims to introduce learners to basic counselling skills. The course will cover themes such as: What is counselling? listening skills, verbal and non-verbal communication, giving feedback to others, dealing with strong emotions and conflict, basic counselling skills and much more.

Creative Arts & Crafts for Beginners

This 20hr course aims to provide you with the opportunity to try out a range of art and craft techniques. Activities may include: glass painting, mosaics, card making, fabric painting and a whole lot more.



NOCN Drawing Skills

Would you like to draw with more confidence?

This course will help you to develop your observational drawing skills. You will have a chance to experiment with different materials including pencil, charcoal, chalk and pen and ink. You will also learn about different aspects of drawing such as line, tone and composition. Complete beginners very welcome!

Living with Children (for parents/carers with children up to 9yrs)

Being a parent or main carer of a child can be one of the most rewarding things we can do but it can also be one of the most challenging jobs we ever do. This course will give parents/carers a chance:

- to share experiences and views in a supportive and confidential group.
- discuss ways of building positive relationships with our children, setting reasonable limits and boundaries and dealing with unacceptable behaviour
- build confidence and overcome stress.

A free crèche may be available with this course

Living with Teenagers

This course is open to all parents or guardians, fathers as well as mothers. As with the previous course you will be able to share experience and views with other parents, look at ways of building positive relationships, learn new skills, build confidence and think about ways to look after yourself as well as looking after your teenager. You may also choose to work towards an Open College Network certificate.

NOCN Massage

This course is an introduction to massage. You will learn more about parts of the body and how massage works to eliminate stress. You will also find out about aromatherapy oils and their benefits in maintaining good health and well being

For further details please contact **Petrina on 01449 613645** or complete the slip below and return to: Petrina Ansell, Community Education Centre, Childer Rd, Stowmarket IP14 1PP

Name.....tel.no.....

Address.....

Course title.....