

Adult Community Education News

DACES is Derbyshire Adult Community Education Service

Join us to get qualifications, confidence and skills for life and work!

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World Mental Health Day 10th October

As World Mental Health Day approaches, it's a great time to reflect on the powerful impact that learning can have on mental well-being

Taking care of your mental health is important for your overall well-being. Exercise and healthy eating are well-known for improving health, but learning new things is another way to have a positive impact on your wellbeing.

Learning has many benefits for your mind and emotions. It keeps your brain active. Just like your muscles need exercise to stay strong, your brain needs to stay healthy. Studies show that life long learning can improve your memory, thinking, and problem-solving skills.

Learning can also make you feel good about yourself. When you challenge yourself and learn new things, it can boost your confidence and self-esteem.

It's also a great way to meet new people. Joining a class or workshop can help you connect with others, which is important for your emotional health and can help reduce loneliness.

Finally, learning helps you deal with change. The world is always changing, and being able to learn new things makes it easier to handle challenges in life. It can also lower stress and make you feel more positive.



Take the first step and take a look at the courses that we offer at DACES!

[DACES Course List \(dacesderbyshire.org.uk\)](https://dacesderbyshire.org.uk)

Where to find us



Did you know we have centres across Derbyshire, all offering a wide variety of courses?

Our friendly staff are waiting to welcome you.

To find your local centre click on the link below.

[Our adult education centres - Derbyshire County Council](#)

Brightside



Our health and wellbeing courses can help you improve or support your physical health or mental wellbeing.

Learning is one of the **5 ways to wellbeing**. When you join one of our wellbeing courses you will learn skills alongside tools and techniques to help you improve and support your wellbeing.

Types of wellbeing courses we offer include; gardening, cookery, yoga, photography.

Brightside courses can be a helpful part of your mental health recovery. It can be enjoyable to learn a new skill, build confidence and meet new people with similar interests.

Email: Brightside.Mailbox@derbyshire.gov.uk

Telephone: 01629 532447

[Book on to a Brightside course](#)

Multiply your confidence with numbers.

Free training, workshops and courses for Derbyshire residents, businesses, and communities



We deliver Multiply courses across Derbyshire. If you're 19 and over and don't have maths GCSE at grade C (or equivalent), or if you're working below level 2, we can help.

Good maths skills can give you more job opportunities, lead to higher wages or further study. They also help in everyday life. You can help children with maths homework or budget to make your money go further.

We have a range of free [Multiply courses](#) that are open to all adults.

What we offer

Our courses cover a variety of practical and exciting topics, including:

- Cooking
- Food safety
- Patchwork and quilting
- Photography
- Helping your child with their homework
- Managing your money

Complete a course and you could receive a fantastic free gift, such as a Love2Shop voucher or an air fryer!

For more information, visit our [Facebook page](#) or check out the [Derbyshire Adult Community Education Service webpage](#). You can also email us at multiply@derbyshire.gov.uk

Derbyshire employers and organisations



Would your employees, volunteers and/or apprentices benefit from boosting their confidence with maths? Multiply is an excellent opportunity for Derbyshire businesses and organisations to access bespoke and flexible training that we design around your needs. **And best of all... it's free!**

What we offer

We will work with you to design bespoke courses to fit your business needs, integrating essential maths and number skills. Plus, we can reimburse you for staff time and venue use.

Our Multiply offer for employers could include:

- Online or face to face training
- Weighing or measuring skills specific to particular job roles
- Interpreting charts and data
- Calculating prices and other money management skills
- First aid awareness
- Team building activities that have built in numeracy challenges
- Incentives to encourage employees to attend

Participants in our Multiply courses or workshops may also receive rewards such as Love2Shop vouchers!

Multiply is available to all Derbyshire-based businesses and organisations.

Contact us today at multiply@derbyshire.gov.uk to create a free, customized training package that meets your needs.

Check your maths skills

Unsure about your current maths level? Take our short quiz to find out! [Maths skills checker](#)

Elevate your maths skills with Multiply—where learning meets fun!

Find a job with Derbyshire County Council

We work hard to be an excellent employer and in return we expect our employees to give their best so that we can deliver high quality services to the people of Derbyshire.

[Find a job with Derbyshire County Council.](#)

Ofsted says we're Good!



For further information, contact your local [Adult Community Education Centre](#) or visit our website www.derbyshire.gov.uk/adulteducation