

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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Have a calm Christmas



Christmas is on the horizon. You may already have this sussed, but for many it can be a stressful and exhausting time. We can help with strategies to help you feel much more organised and calm this festive season.

Step forward our experienced adult education tutors who are offering **FREE** online courses to help you cope in the lead up to Christmas and beyond. Courses cover:

- **Getting out and about.** Encouraging winter walks and getting close to nature for our wellbeing
- **Mindful Drawing.** Learn simple drawing activities and breathing techniques to help you to relax and reduce your worries
- **Top Tips for surviving Christmas.** Helpful techniques and strategies for staying calm over the festive period.
- **Calm and Wellbeing.** Chatting about the ideas behind creating calm and wellbeing plus some short practical activities like self face/hand massage, slow calm stitch and breathing techniques
- **New Year, New Ideas, New You.** Planning ahead by writing a 'diary in advance' to help predict what you may encounter and how any challenges can be best handled for you and others in your life.

Book your place here: [DACES Course List](#)

Multiply courses

Through Multiply, we want to boost people's confidence and ability to use maths and numbers in daily life, at home and work.

Multiply offers easy access to free courses and initiatives that can help you brush up your maths skills and help you become more confident with numbers.

We offer courses such as cooking on a budget, cookery, gardening, using everyday maths skills and arts and crafts. You will be able to learn at a pace that suits you and you could receive a gift such as a Love2Shop voucher or an air fryer upon completion of a course.

You can sign up for updates about Multiply on our Facebook page. To find out more email multiply@derbyshire.gov.uk.

See below some of our current Multiply courses!

Multiply - Simple street food

Day: Monday 24 February

Time: 9.15am to 12.45pm

Venue: Shirebrook Adult Community Education Centre

Cost: **FREE**

[Multiply - Simple street food](#)

Multiply - Cook outside

Day: Saturday 18 January

Time: 11am to 1pm

Venue: South Normanton allotments

Cost: **FREE**

[Multiply - Cook outside](#)

Multiply - Food safety

Day: Monday 9 December

Time: 9am to 11am

Venue: Bolsover Adult Community Education Centre

Cost: **FREE**

[Multiply - Food Safety level 2](#)

International Volunteer day - Thursday 5 December



Volunteering is a great way to build stronger connections and contribute to your community. It is also a great opportunity for you to gain new skills and try new things.

If you live in Derbyshire and are thinking of volunteering, this free course is for you.

Helping others is one of the [five ways to wellbeing](#). These are 5 steps you can take to help improve your mental health and wellbeing. The others are connect, be active, take notice and keep learning. Volunteering is a great way of doing most of these.

Volunteers are important. They support people in Derbyshire in a variety of different ways. You might want to help with a youth group, sports club, befriending service, day centre or local community group.

About the Volunteer Passport

The Volunteer Passport is a 10-hour course delivered by Derbyshire Adult Community Education Service (DACES). It can be run over several weeks. It looks at key topics all volunteers need to be aware of. These include:

- equality, diversity and inclusion
- health and safety
- keeping yourself and others safe
- first aid awareness
- the person-centred approach

Everyone who completes the course gets an accredited certificate and a Volunteer Passport photo ID badge. There is no charge for these or to come on the course.

Who the Volunteer Passport is for

You could be an experienced volunteer who already gives several hours a week. Or you could be thinking about volunteering for the first time.

You don't need any qualifications to come on a course, but you do need to be a Derbyshire resident.

Why you should get a Volunteer Passport

It shows that you have the commitment, enthusiasm and skills needed to volunteer.

It can help you build on previous volunteering, work and life experience. It might help you find future volunteering, work or education opportunities.

Courses

For details of courses coming up at a venue near you visit [DACES Volunteer passport](#).

Find out more

For more information about the Volunteer Passport course, or to put your name down for future courses in your area email cs.dacesvolunteerpassport@derbyshire.gov.uk or tel: [01629 531241](tel:01629531241).

If you are an organisation looking to deliver the volunteer passport we also want to hear from you.

A poet in the making



Remembrance day writing.

Learners in our 14-19 Study programme were tasked with writing a poem for Remembrance day. We thought we would take the opportunity to share this wonderful piece of writing by one of our students.

The world stood still, so hushed and tranquil, the only sound being the soft melody of the birdsong. The gentle caress of the wind danced along the flowers; the silent words of lives cut short fluttering through the petals and drifting into the ears of whoever cares enough to listen.

The sun dipped deep below the clouds, the few visible rays illuminating the rows of flourishing poppies, the droplets of the prior rain remaining in place, reminiscent of tears on a cheek.

Though there may come a day that these poppies will wither and wilt, there will always be another in its place, continuing to stand amongst its peers in the very same way that soldiers stood shoulder to shoulder.

The poppy will forever be a way to pay homage to those that fought for something bigger than themselves, and in thanks, these beautiful flowers will hold their eternal life, and their eternal memory.

Support for your mental wellbeing

For some, the festive season can be a difficult time of year. If you would like support, the [Derby and Derbyshire emotional health and wellbeing](#) site contains regularly updated local and national links and resources.

Mind also has a number of tips for coping at Christmas on their website. [Christmas coping tips - Mind](#)

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