


CAM ACADEMY TRUST COURSE INFORMATION

Course Title	<p>40s Woman & Beyond: Life Hacks for Peri-menopause</p> 				
Course Description	<p>Not quite feeling yourself? Are you a woman in your late 30s, 40s or early 50s?</p> <p>Come and enjoy a morning/evening of discussions and easy to implement takeaway ideas on updating your nutrition, exercise, and lifestyle, and finding that daily joy. Relax in a relaxed and intimate environment with other women and hear how to support your mind and body now, through perimenopause, and beyond.</p> <p>This age can present new challenges, but understanding what can happen and how to take control, uplifts and empowering and allows you to thrive.</p>				
Start Date	2 nd Dec 2023	Day & Time	Saturday 10:00-12:30	Venue	Cambourne Village College
Tutor Details	<p>Anna Black is a Peri-menopause Coach & Personal Trainer with 10 years' experience of working with women. Since 2020 she has run numerous '40s Woman and Beyond' events, from zoom sessions to day retreats, both within organisations and in the community.</p> <p>Genevieve Hallam is a certified Nutrition Coach specialising in working with women in their 40s and beyond. She coaches clients 1-2-1 and in group settings, instilling long-lasting behaviour change. She started collaborating with Anna Black on 40s Woman and Beyond events in 2022, inspired by their shared drive to pass on information about peri-menopause and its impact on all aspects of our lives in an accessible format.</p>				
No. of wks	1	Terms		1	
Fee	£45	Concessionary Fee		£34	
Course Level:	Mixed ability			x	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class			None		
Course aims & objectives					

- To provide information on the physical and mental changes that happen during peri-menopause
- To help women gain a better understanding of how to support their bodies through these changes with small, manageable updates in the key three areas of movement, nutrition and lifestyle
- To provide a forum for open discussion and Q&A on all things peri-menopause

Progression – after this course what might you do next?

Anna Black – online monthly movement programme, online strength classes, 1-2-1 PT sessions.

annablackpt.co.uk

Gen Hallam – 1-2-1 nutrition coaching sessions, group nutrition coaching programme.

ghnutritioncoaching.com

Materials/equipment required for first class

Please wear comfortable clothing as there is a small amount of movement (nothing too strenuous or obligatory!)

Contact for further information

Adult Education: 01223 264721

commed@catrust.co.uk

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

We would appreciate payment of fees over the telephone by debit card (credit card fees are more expensive for us), however, if that is not possible then we will accept cheques/cash.

By Phone: 01223 264721 – once the office is open in September

Email: commed@catrust.co.uk

Cheques: The Cam Academy Trust

Address: Adult Education, Comberton Village College, Comberton, Cambridgeshire, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness/snow) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 23rd – 27th Oct 2023

Spring Term Half term 19th – 23rd Feb 2024

Summer Term Half term 27th May – 31st May 2024

During the summer holiday period a member of staff will be answering emails. We are closed in other school holidays.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2023). We positively encourage all 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 do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or

no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website **www.cambsals.co.uk** for details of all our funded courses.

Safeguarding Statement

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.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>