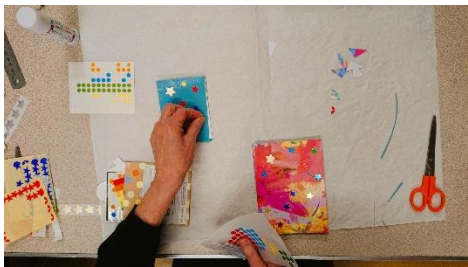


Course Title	Creative Mindfulness				
Course Description	<p>The creative techniques that may be used during this course include gel plate printing, collage, mixed media, movement, and music and breath work, ensuring that each session is unique.</p> <p>These sessions will incorporate the practice of mindfulness, using simple meditation tools, insights and resources to help reduce stress, increase focus and increase mental health and wellbeing, whilst being held within a creative art based environment.</p>				
Start Date	30 th Sept 2024 13 th Jan 2025 21 st April 2025	Day & Time	Tuesday 16:00-17:00	Venue	Comberton Village Hall
Tutor Details	<p>Tracey Altmann is a freelance artist who works part time at the college in the Art Department as the art technician. She also has her own holistic health practise which incorporates movement and kinesiology for wellbeing.</p> <p>Tracey studied graphic design in Johannesburg, South Africa, worked in agencies in Switzerland and has been a freelance artist in the UK for many years. She runs art and craft classes for children after school in the local area.</p> <p>Tracey is a member of the Kinesiology Federation and received her practitioner level certificate in June 2023. Based in Chinese Medicine, the practice uses various techniques to bring mental, emotional and physical balance to the body for overall improved health and wellbeing.</p>				
No. of wks	4	Terms	1		
Fee	£30	Concessionary Fee	£ 23		
Course Level:	Mixed ability				
	Level 1, Level 2 (equiv. to GCSE / NVQ2)		Level 2 English		
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class		None			
Course aims & objectives					
The aim of the course is to introduce ways in which we can reduce levels of stress and anxiety in our lives through creativity.					

Each week we will explore different forms of creative expression to find a sense of inner peace and mindfulness.

When our bodies are stressed, our cortisol levels are raised which in turn has a negative impact on our overall health.

By stimulating the Vagus Nerve and working with the subconscious, using creative activities, gentle movement and breath work, we calm down the nervous system and in turn, reduce our cortisol levels, improving our overall health.

The objective is not to create an artistic masterpiece at the end of each session, but rather - what we produce will be the outcome of a creative journey. (Although, often things produced in this mindfulness state can be beautiful and expressive, as they are a way of releasing what is bottled up inside!)

At the end of the course, each participant will have a toolkit of mental and physical activities or practices they can use to help maintain their feeling of wellbeing.

Progression – after this course what might you do next?

Participants may want to continue with further modules of this course throughout the year or they may want to try a meditation course, an art class or mindfulness yoga course.

How progress & success will be recorded

N/A

Additional course costs (e.g. visits, materials, books, equipment)

None

Materials/equipment required for first class

Please wear comfortable clothing that allows you to move freely and bring an apron or overcoat to protect your clothes from paint/ink etc.

Contact for further information

Adult Education: 01223 264721
commed@combertonvc.org

Enrolling

Enrolments in person, for all our courses, can take place from our office based at Comberton Village College. Please note, the quickest way to enroll onto a class will be to visit our website and follow the online booking links from there. Enquiries can also be made by emailing commed@combertonvc.org or calling our office on 01223 264721.

We are a cashless school. We accept card and cheque payments (made payable to The Cam Academy Trust), from our office based in Comberton Village College.

Online enrolments can be paid directly in GBP (Sterling) via a secure server over the internet by debit or credit card. Online enrolment will ask for additional information that will enable us to register you, on your chosen course and allocate your payment accordingly.

Your debit/card details will be encrypted via a payment processing company Stripe, payment information is not held on college servers. If you are paying online for a course, you will also be asked for contact information to be provided. This information will be held by the college, so we are able to contact you if required.

For further information on Stripe and its privacy policy

<https://stripe.com/gb/privacy>

For further information on how we use your data

<https://www.gov.uk/government/publications/privacy-information-key-stage-4-and-5-and-adult-education>

Secure payment links for courses, can also be sent out via emails or text messages. This process would involve you being notified in advance, of a secure link due to be sent shortly afterwards. If required card payments, in person, can also be taken at the beginning of each term, via a portable payment system.

Refunds

If you choose to withdraw your booking, at least 2 weeks before the start date of a course, a refund will be given, minus a £5 administrative charge. Refunds are only available in the event of course cancellation or early closure from the college.

Classes cancelled by the college due to unforeseen circumstances, will be replaced with an extra class at the end of the course, whenever possible. For comprehensive details, please refer to our fees and refund policy which can be found on our website.

Concessionary Fees

A 25% discount is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP/PIP), evidence must be provided on enrolment. Most of our courses display two fees, the concessionary fee is the lower amount advertised. It is also possible to pay the fees for a course by instalments, please contact us directly for details.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2025). 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 behavior 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 their website **www.cambsals.co.uk** for details of all their funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centers. 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.

Calendar (Please check start date of specific courses)

Autumn Term Half term 27th Oct – 31st Oct 2025

Spring Term Half term 16th Feb – 20th Feb 2026

Summer Term Half term 25th May – 29th May 2026