




CAM ACADEMY TRUST COURSE INFORMATION

Course Title	<p style="font-size: 1.2em; margin: 0;">Creative Mindfulness</p> 				
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. 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 an creative art based environment.</p>				
Start Date	25 th Sept 2024 5 th March 2025 30 th April 2025	Day & Time	Wednesday 19:00-21:0	Venue	Comberton Village College
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>She 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 over all improved health and well being.</p>				
No. of wks	5/5/4	Terms	1		
Fee	FREE* /£83 <small>See eligibility criteria below</small>	Concessionary Fee	FREE* /67 <small>See eligibility criteria below</small>		
	Mixed ability				

Course Level:	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		
<p>The aim of the course is to introduce ways in which we can reduce levels of stress and anxiety in our lives through creativity.</p> <p>Each week we will explore different forms of creative expression to find a sense of inner peace and mindfulness.</p> <p>When our bodies are stressed, our cortisol levels are raised which in turn has a negative impact on our overall health.</p> <p>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.</p> <p>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!)</p> <p>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.</p>		
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		
Completion of on Individual Learning Plan (ILP) which is a document required to be completed to receive funding for your space in this class. This document is a diary of your learning journey with us.		
Additional course costs (e.g. visits, materials, books, equipment)		
None		
Materials/equipment required for first class	<p>You must bring photographic ID to the first class</p> <p>Please wear comfortable clothing that allows you to move freely and bring an apron or overcoat to protect your clothes from paint/ink etc.</p>	

Contact for further information

Adult Education: 01223 264721
commed@catrust.co.uk

Funding

This course is funded through the Adult Education Budget allocated by the Cambridgeshire and Peterborough Combined Authority (CPCA) or the Education and Skills Funding Agency (ESFA) and part financed by the European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: <http://ec.europa.eu/esf/home.jsp>

Eligibility criteria *

In order to qualify for a FREE place on this course, you must be eligible for us to claim funding to cover the costs. The eligibility criteria are as follows:

- Aged 19 or older on 31 August 2024
- You are a citizen of a country within the European Economic Area (EEA) or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, or have settled status or the Right of Abode in the UK (including Afghanistan, Hong Kong and Ukraine)
- Currently living within the Cambridgeshire & Peterborough postcode area
- **AND** have been ordinarily resident in the EEA or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, for at least the previous 3 years on the first day of learning (does not apply to Afghanistan, Hong Kong and Ukraine).

In line with the national policy, the CPCA has introduced an earnings threshold for entitlements. The current earnings threshold for policy entitlements is £30,491.

In order to receive a FREE place on this course, you must attend regularly, more than 50% of the classes and complete an individual learning plan (ILP) whilst attending this course.

If you do not qualify for a free course, you are welcome to join this class and can attend by paying the relevant fee.

Enrolment and Payment

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

You can contact our office via the following:

By Phone: 01223 264721 – please check our office opening hours

Email: commed@catrust.co.uk

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

We can currently accept card payments within our office based in Comberton Village College. We also accept cash and cheques made payable to The Cam Academy Trust. We will also be available to collect payments in person on all sites, at the beginning of each term. However, if that is not possible, we can send out secure payment requests for fees, via a text message and will notify you in advance of this.

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, wherever possible.

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 28th Oct – 01st Nov 2024

Spring Term Half term 17th Feb – 21st Feb 2025

Summer Term Half term 26th May – 30th May 2025

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 31st August 2024). 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>

