

## 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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### Summer term bookings open

You can book on to a summer term course from Monday 18 March.

From Monday 18 March, you can [click here](#) to find out what courses we have and make your booking.

Course coming up in the Summer term:

- Help for Hearing Loss - Lip Reading and Signed Communication continuation
- Volunteer passport - get knowledge and skills to volunteer
- Dry stone walling
- Pottery for wellbeing
- Summer herbal remedies

Find out what you can do to improve your health and wellbeing, improve your job opportunities or start your learning journey.



## International Women's Day - Friday 8 March



The campaign theme for International Women's Day 2024 is **Inspire Inclusion**.

When we inspire others to understand and value women's inclusion, we forge a better world.

And when women themselves are inspired to be included, there's a sense of belonging, relevance, and empowerment.

Collectively, let's forge a more inclusive world for women.

[Find out more about International Women's Day 2024](#)

### Natural menopause

Online course, cost £3.30 to £11

**Tuesday 12 March, 7pm until 9pm**

You will learn about natural remedies which can help with common menopause symptoms, how you can take them as well as dietary suggestions.



#### Who is this course for?

This course is for you if you would like to find out about the health benefits of plants which may help with menopause symptoms. If you are a beginner or if you have done natural herbal remedy classes in the past. Our courses are for people who live in Derbyshire aged 19 and over.

#### How will I learn?

This is a live online class there will be practical demonstrations with guidance from your tutor, Frances Burton, a Western Medical Herbalist, member of National Institute for Medical Herbalists. You will be given support and feedback from your tutor so you can improve.

[Book your place](#)

## International Women's Day sports event Ashbourne



### Celebrate International Women's Day

Sunday 10 March, from 1pm until 3pm at Ashbourne Recreation Ground.

DACES with Ashbourne Pavilion are hosting a women's sports event. The sports event is to celebrate International Women's Day

The sports event highlights the range of women's sport available in Ashbourne. The event encourages women and girls from Ashbourne and surrounding areas to take part, have fun and sign up.

Local women's sports clubs will be hosting activities for people to try out.

**Activities include:**

- jogging, walking, running, paced laps
- batting, bowling and fielding drills
- how many passes in a minute, race the ball, snatch the sock, rugby touch games
- passing drills, score a goal
- a stick and big ball obstacle course with goals, hit a cone

Join us, have fun, take part and celebrate International Women's Day

For more information contact Ashbourne Adult Community Education Centre, phone: [01629 533696](tel:01629533696) or email: [ashbourne.ace@derbyshire.gov.uk](mailto:ashbourne.ace@derbyshire.gov.uk).

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## Neurodiversity celebration week - find out more

### Neurodiversity celebration week Monday 18 until Sunday 24 March

Join us to celebrate different minds as part of Neurodiversity Celebration Week.

Do you want to find out more about neurodiversity, ADHD or Autism?

We've got some free online sessions to help you learn what these terms mean and how they impact daily life.



#### Neurodiversity: no two brains are the same

Tuesday 19 March, 9.30am until 11.30am [Book your place](#)

Tuesday 19 March, 1.30pm until 3.30pm [Book your place](#)

Neurodiversity recognises that no human brain is the same as another, and some people are more neurodivergent than others. Approximately 15-20% of the population are neurodivergent.

In this session you will develop your knowledge and understanding of neurodiversity and understand why this is important. You will learn to recognise different aspects/traits of neurodivergence and understand how these traits may impact on daily life.

#### ADHD awareness raising

Friday 22 March, 10am until 11am [Book your place](#)

ADHD (Attention Deficit, Hyperactivity Disorder) is a neurodevelopmental condition that affects around 4% of the population. It can affect a person's ability to focus and can cause inattention, hyperactivity and impulsiveness. People with ADHD can be incredibly creative, out of the box thinkers and calm under pressure. Come along to this session to recognise different aspects/traits of ADHD and understand how these strengths/traits may impact on daily life.

## Autism awareness raising

Friday 22 March, 1pm until 2pm [Book your place](#)

Autism is a neurodevelopmental condition that affects around 2% of the population. It can affect how a person perceives the world and interacts and socialises with others. Come along to this session to recognise different aspects/traits of Autism and understand how these strengths/traits may impact on daily life.

## Meet the team

Get to know us better! Our new **Meet the Team** series reveals our team's unique learning stories. Life's journeys are never straightforward, and ours are no exception. Join us!

This month meet Sandra

[\[For screen reader text\]](#)

### Meet the team– learning later

After leaving school I didn't feel university was for me and it wasn't until my forties that I embraced lifelong learning, when I took advantage of opportunities available at Chesterfield College.

Working in the Schools Team, my manager encouraged me to pursue the Diploma in Guidance and NVQ level 3 in Guidance. After being promoted into the Careers Team, I also achieved the level 4 Guidance qualification.

I went on to study the Business and Management Foundation degree whilst on day release. Following this, I progressed onto the top up Business and Management evening course for 2 years and achieved a first class honours degree. I then went onto study the Level 7 Extended Diploma in Strategic Management evening course for a year.

I enjoy encouraging the young people I work with at the Youth Hub to make the most of opportunities available and embark on their own learning journey



**Sandra Currey**  
Programme development worker



**Speak up and win big: your feedback shapes our learning journey!**

## Share your thoughts with us!



After finishing a course, let us know what you think on our [easy feedback form](#).



We've made it super simple. Your feedback helps us make your learning better.



You could win an iPad Mini!

Each time you finish a course with DACES, complete the form for a chance to win! (one entry per course). Your feedback makes a big difference in shaping how we teach.

### [Complete the feedback form](#)

This will be the third year that a learner has won an iPad, could this year be your year. An iPad mini could help you learn on the go and is a great size for taking notes, or reading digital books.

### [Derbyshire County Council terms and conditions](#)



## Derbyshire Eco Centre news



Tutor Iain Thistlethwaite spoke to Reflections magazine about teaching hedgelaying. Lots of the countryside skills we teach across the county can help biodiversity and provide you with skills to support local organisations through volunteering.

[You can read the article online.](#)

## Volunteer passport courses, more dates added - unlock your potential!

Get volunteering, get active, get social, get cups of tea

and a biscuit (we can't guarantee this



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### About the Volunteer Passport

The Volunteer Passport is our 10 hour course, usually run over several weeks. It covers key topics all volunteers need to be aware of. These include:

- Diversity, equity 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 attend 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.

### Courses

Courses are held at venues across Derbyshire and online.

[Get details of courses coming up near you and book a course.](#)

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](mailto:cs.dacesvolunteerpassport@derbyshire.gov.uk)

## Multiply newsletter – for individuals and employers



### What is Multiply?

Multiply is an adult numeracy programme funded by the UK Government. It is tailored for adults over 19, to improve numeracy skills, confidence with numbers and career prospects. It's designed to help people looking to boost their career, support family learning, get new qualifications or better manage their finances.

### Multiply and you!

Today can be the day you decide to boost your skills and confidence with a free Multiply course. Explore Multiply with DACES and see where it can take you. [Multiply - maths skills for work and life - Derbyshire County Council](#)

Want to support your child with their maths? Enrol on a free Multiply course to help build the skills and confidence you need to support learning in the home.

Love baking, budgeting, doing crafts or exploring nature? Sign up to a free Multiply course which combines essential numeracy skills with everyday life! Explore DACES courses in your area today by visiting our website [Multiply - maths skills for work and life - Derbyshire County Council](#) or contacting your local Adult Education Centre.

You will be able to learn at a pace that suits you and you could receive a free gift such as a Love2Shop voucher or an air fryer upon completion of a course – so sign up today.

## Multiply for employers!

Did you know what Multiply can offer free, bespoke training for your staff and workforce?

Multiply can help your employees, volunteers and/or apprentices build confidence with numbers for work and career progression. Courses are fully funded and very flexible to limit pressures on existing commitments. We can also potentially pay you for staff time and venue costs!

Improving your employees' numeracy skills can help support the growth of your workforce, encourage better productivity, fewer numerical mistakes and motivate your employees to pursue different forms of training in the workplace.

To find out more scan the QR code or email [multiply@derbyshire.gov.uk](mailto:multiply@derbyshire.gov.uk).



## Maths Skills Checker

Do you know what maths level you have? If you struggle with numbers or just want to know your current level, take our short quiz to find out! [Maths Skills Checker - Click here](#)

## Swadlincote Festival of Words



The Swadlincote Festival of Words starts on World Book Day Thursday 7 March. It's four days of literary fun and adventure for people of all ages, exploring fiction, non-fiction, poetry and performance, across several venues!

Get involved in activities and free 'meet the author' sessions. Well known authors include Berlie Doherty, Paul Linnet, Caryl Hart, Jonathan Taylor and poet Attie Lime, with many more!

You can book through the [Swadlincote Festival of Words website](#). A number of events are being held in [Swadlincote Library](#) too.

## Meet the Crime Writers

### Crime Writers Panel

**Swadlincote Library , Thursday 7 March starts 7 pm, price £5**

Successful crime writers Christine Poulson, Sarah Ward and Jane Adams discuss their inspirations, their experiences and, of course, their books.

**Booking is essential, for this and for the other exciting events in the library and at other venues in Swadlincote during the Festival of Words. For more information, visit [www.swadlincotefestivalofwords.co.uk](http://www.swadlincotefestivalofwords.co.uk)**

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## 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.](#)

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## Ofsted says we're Good!



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## Meet the team - Sandra

Screen reader text

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Love learning locally with  
Derbyshire Adult Community Education Service

**SKILLS  
FOR LIFE**



Funded by  
UK Government

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