

Foundry Learning Centre

60 Bridge Street
Gainsborough
DN21 1LS

Park Springs Learning Centre

Park Springs Community Centre
Riseholme Road
Gainsborough
DN21 1NJ

Course Enquiry Hotline

01427 677377

www.cgpartnership.com



Mental Health Aware

Foundry Learning Centre

CG Partnership



Grow
Personal Development
& Lifelong Learning



Lincolnshire
COUNTY COUNCIL

Spring 2012

Adult Learning in



Gainsborough

CG Partnership

IT Courses

Beginners' Computers

Thur 26 Jan 10.00 - 12.00 (4 weeks at the Foundry Learning Centre)

Tues 28 Feb 13.00-15.00 (4 weeks at Park Springs Learning Centre)

Learners that attend this course will have a better understanding of computer basics; from using a mouse and keyboard to the internet and sending emails. We will also introduce you to computer security and privacy settings to help you stay safe online.

Computers for Improvers - Thu 1 Mar 10.00 - 12.00

(5 weeks at the Foundry Learning Centre)

Know the basics but want to learn more? Improve your IT skills and help make the most of your computer. This course will cover everything you need to use a computer effectively. We will take a close look at Microsoft Office functions which are becoming increasingly more popular in the workplace.

Microsoft Word - Thu 1 March 13.00 - 15.00

(5 weeks at the Foundry Learning Centre)

Learn how to use Microsoft Office Word 2010 to create professional documents, type letters, create CVs, use mail merge and master the Ribbon menu. This course is for those new to word processing or those wishing to update their current skills on the latest software. Learners wishing to attend this course must have experience using a computer or have attended a basic computer course.

Web Design - Sat 3 March 10.00- 16.00

(2 days at the Foundry Learning Centre)

What do HTTP, HTML, PHP, CSS & FTP mean? The internet has completely changed the way we think, the way communicate and the way we do business. In this course, you will learn the basics of how to create a professional website.

Course Diary

January/February/March

Course Title	Start Date	Time	Duration	Venue
Basic Food Hygiene	12 January	9.30 - 16.30	1 Day	FLC
Container Gardening	24 January	10:00 - 12:00	5 Weeks	PSCC
Famous Lincolnshire People	24 January	13:00 - 15:00	5 Weeks	PSCC
Beginners Computers	26 January	10:00 - 12:00	4 Weeks	FLC
Children's Party Cake Techniques	26 January	14.00 - 16.00	5 Weeks	FLC
Health and Well Being	26 January	9.30 - 15.30	2 Days	FLC
Emergency First Aid	1 February	9.30-16.30	1 Day	PSCC
Health & Safety	09 February	9.30 - 16.30	1 Day	FLC
Spring Cupcakes	15 February	9.30 - 15.30	1 Day	FLC
Understanding ADHD	15 February	10.00-14.00	1 Day	PSCC
Understanding Mental Health	23 February	18.30 - 20.30	5 weeks	FLC
Self Employment	23 February	9.30 - 16.30	1 day	FLC
Spring in your Garden	24 February	10:00 - 12:00	5 weeks	FLC
Medieval Gardening	24 February	13:00 - 15:00	5 weeks	FLC
Beginners Computers	28 February	13:00 - 15:00	4 Weeks	PSCC
Improvers Computers	01 March	10.00 -12:00	5 Weeks	FLC
Microsoft Word	01 March	13:00 - 15:00	5 Weeks	FLC
Web Design	03 March	10:00 - 16.00	2 Days	FLC
Life Drawing	03 March	10:00 - 16.00	1 Day	FLC
Easter Craft	08 March	9.30 - 15.30	1 Day	FLC
Portrait Drawing	10 March	10:00 - 16:00	1 Day	FLC
Understanding Autism	16 March	10:00 - 14.00	1 Day	PSCC
Cupcake Decorating	29 March	9.30 - 15.30	1 Day	PSCC



make online easy

Go On is a **FREE** service that is available to anyone over the age of 16

We make getting online easy!

“I’m 64 years young and I love to email my friends” Gerry, 64

Park Springs Community Centre and the Foundry Learning Centre we offer a completely **FREE** service called **Go-ON** that helps you get to grips with computers and the internet.

Park Springs Learning Centre:

- Mondays & Thursdays 9.30-15.30
- Wednesday 13.00 - 16.00

For more info call Ayla on 01427 611666

Foundry Learning Centre:

- Tuesdays & Fridays 9.30-15.30

For more info call Danielle on 01427 677377

Foundry Learning Centre

CG Partnership



Arts and Crafts

Introduction to Life Drawing - Sat 3 March 10.00 - 16.00

(1 day at the Foundry Learning Centre)

This course is suitable for complete beginners or as a refresher course for those with some experience in Life Drawing but a bit rusty!

There is a £15 fee for this course.

Spring/Easter Crafting - Thu 8 March 9.30 - 15.30

(1 day at Foundry Learning Centre)

As the evenings get lighter and days warm up, it's time to freshen up our crafting skills or even have a go at something new. In this one day course you will find lots of fresh ideas and new techniques for making greetings cards, gift boxes and small personal gifts, using paper-crafts, textiles and mixed media. Suitable for beginners and more experienced crafters.

Introduction to Portrait Drawing - Sat 10 March 10.00 - 16.00

(1 day at the Foundry Learning Centre)

This course is suitable for complete beginners or as a refresher course for those with some experience in Portraiture but a bit rusty!

There is a £15 fee for this course.

PRE - APPRENTICESHIP TRAINING

Are you aged 16-18 and thinking of doing an Apprenticeship?

CG Partnership are offering a 6week intensive course to help you improve your skills and assist you in finding an Apprenticeship Position.

For more info contact Sarah-Jayne on either 01673 843489 or sarah-jayne@cgpartnership.com

Available in Market Rasen, Gainsborough and Mablethorpe.



Apprenticeships

CG Partnership

Health & Social Care Courses

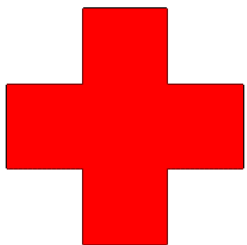
Health and Wellbeing - Thu 26 January 9.30 - 15.30 (2 days at the Foundry Learning Centre)

We all want to be fit and healthy especially with the start of a New Year, but how do you go about this and become motivated to maintain it? In this course we will address some of the key areas of health and wellbeing including eating for fitness, weight management, and lifestyle factors particularly the benefits of exercise and what type would suit you best. We will spend time looking at key areas such as optimising our digestion and absorption, heart health, bone health, liver health all key areas for health and wellbeing. We will round things off by addressing the area of mental health and see how we can optimise this area and so enhance our wellbeing and motivation. So if you want to improve your health and wellbeing for the New Year then this is the course for you.

Please note there is a £20 fee for this course.

Understanding ADHD - Thu 15 February 10.00 -14.00 (1 day at Park Springs Learning Centre)

This one day course will consider the debates surrounding this controversial disorder. We will look at how being diagnosed with the disorder can impact on the individual and their family. We will discuss strategies and interventions for managing behaviour.



Advice & Guidance

Our staff will offer impartial advice and guidance regarding your options for learning with CG Partnership and other education or training providers. CG Partnership has been awarded the Matrix Quality Standard for its provision of information, advice and guidance services.

Course Suitability

If you are unsure if a course will be suitable to your requirements please call the enquiries line 01427 677377 and speak to one of our learning advisors about your needs. They will be happy to answer any of your questions or put you in touch with the course tutor.

Safeguarding

CG Partnership aims to provide safe environment and promote a positive culture and climate to widen participation of learning and leisure activities. More details on safeguarding at CG Partnership can be found on our website.

Equality & Diversity Statement

CG Partnership as an organization is committed to ensuring equal access to education and training for all potential learners (within funding provision eligibility). We acknowledge the unique contribution that all learners, volunteers and our staff team members bring in terms of their culture, ethnicity, race, age, religion, disability, gender and gender identity, sexual orientation, education, experiences, opinions and beliefs.

Job Club

Job Club is a FREE drop in service at **Park Springs Community Centre** aimed at anyone over 18 looking for a job. At **Job Club** you can:

- learn how to write CVs,
- improve your interview techniques,
- get help looking for jobs in your local area.



Every Tuesday 10am-12pm
For more information call 01427 611666

Community Courses

Famous Lincolnshire People - Tues 24 January 13.00 - 15.00
(5 weeks at the Foundry Learning Centre)

Lincolnshire has produced many famous (and infamous) people ranging from politicians to poets, explorers to inventors and even a king. Learn more about the culture and local history of Lincolnshire with this 5 week course. We will discuss the Famous people and places that make this county so special and unique.

Self Employment - Thu 23 February 9.30 - 16.30
(1 day at the Foundry Learning Centre)

This workshop looks at what is involved in becoming self-employed and goes through personal aim/objectives; raising finance; product or service.

Understanding Mental Health - Thu 23 February 18.30 - 20.30
(5 weeks at the Foundry Learning Centre)

This course aims to identify key symptoms of mental health illnesses and the social impact mental health has on society and the individual. The course will also cover the treatment and management of mental illness and the support agencies and services that are available. On completion of this course you have an option of submitting your work for accreditation at a Level 2.

Please note there is a £25 fee for this course. Concessions may apply.

Health & Safety - Thu 9 February 9.30 - 16.30
(1 day at the Foundry Learning Centre)

Gain a recognised Health and Safety at Work qualification by attending this one day course.

Please note there is a £20 fee for this course. Concessions may apply.

Understanding Autism - Fri 16 March 10.00 - 14.00
(1 day at Park Springs Learning Centre)

This one day course will help learners to understand what Autistic Spectrum Disorders actually are, the possible causes, affects on the individual and the interventions designed to support individuals and their families.

Emergency First Aid - Wed 1 February 9.30 - 16.30
(1 Day at Park Springs Learning Centre)

Gain a recognised Emergency First Aid qualification by attending this intensive one day course. Learners will also receive a copy of the First Aid Handbook.

Please note there is a £15 Accreditation charge for this course.

Food Courses

Basic Food Hygiene - Thu 12 Jan 9.30 - 16.30 (1 day at Foundry Learning Centre)

Attend this course and gain a nationally recognised qualification. This course is ideal for those who work with food or hope to do so in the future.

Please note there is a £15 fee for this course

Spring Cupcakes - Thu 15 February 9.30 - 15.30 (1 day at the Foundry Learning Centre)

This one day course is a hands on opportunity to explore and share new icing recipes and techniques for cupcake decoration. Cakes and decorating ingredients are provided but please bring a container in which to take home your beautifully decorated cakes to impress your friends and family

Please note there is a £6 fee for this course.

Cupcake Decorating - Thu 29 Mar 9.30 - 15.30 (1 day at Park Springs Learning Centre)

Learn to create your own tasty icings and fun techniques to create beautiful cupcakes. Book early to secure your place on this popular course.

Please note there is a £6 fee for this course.



Gardening Courses

Container Gardening - Tues 24 January 10.00 - 12.00 (5 weeks at the Park Springs Learning Centre)

How to grow and what to grow in containers! With the reduction in garden size in recent years, there has been an equal increase in interest in growing plants in containers. We will look at suitable containers for growing bulbs, annuals, vegetables and even shrubs and trees!

Spring in your Garden - Fri 24 February 10.00 - 12.00 (5 weeks at the Foundry Learning Centre)

Spring into spring with this course! Get ready for the garden coming into life, and find suitable plants to improve your garden this spring. We will look at jobs to do and how to get the best out of your garden at this time of the year.

Medieval Gardening - Fri 24 February 13.00 - 15.00 (5 weeks at the Foundry Learning Centre)

What do we know about Medieval gardens and gardeners? Where can we find out? The Medieval gardener needed seeds and plants just like today's gardener and during this course we will look at the plants and tools available at that time and the styles of garden created during this period.

