

DIARY - MARKET RASEN COURSES AT A GLANCE

Material Charge = MC

Start Date	Time	Course	Cost
01/03/12	9:30-12:30	From Impressionism to Abstract Art	£15
01/03/12	13:00-15:00	Intro to Digital Photography	Free
01/03/12	18:00-20:00	Learn French	Free
01/03/12	18:00-21:00	Making a Business Plan	Free
02/03/12	10:00-12:00	Confidence Building	Free
02/03/12	10:00-12:00	Computers for Beginners	Free
02/03/12	13:00-15:00	Computers for Improvers	Free
02/03/12	13:00-15:00	Creative Writing	Free
04/04/12	10:00-15:00	Floral Art for Easter	£5



CG Partnership



E Q U A L I T Y

D I V E R S I T Y

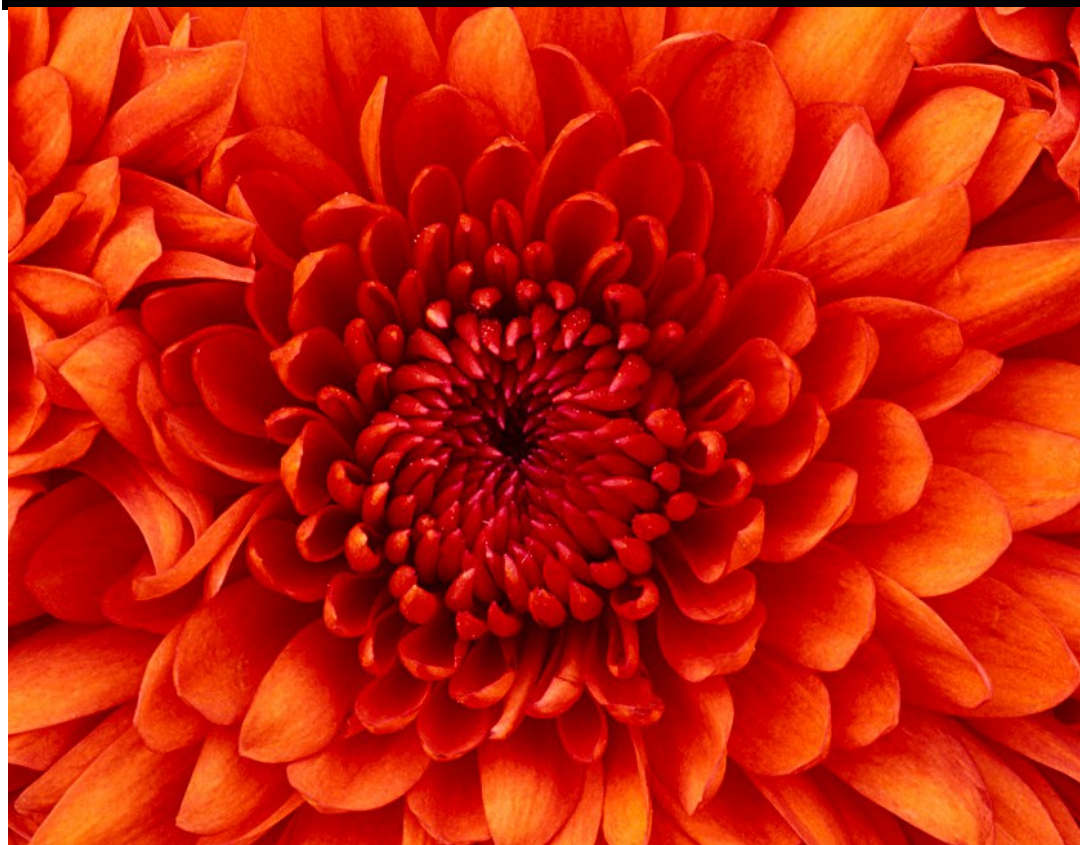


Mental Health Aware



Spring 2012

Adult Learning in



Market Rasen, Louth & Mablethorpe

Market Rasen Learning Centre-Tel: 01673 843489
 Mablethorpe Learning Centre- Tel: 01507 473325
www.cgpartnership.com

Health, Public Services & Care

Psychology of Ageing Population
10:00 - 12:00, Tue 10 January for 5 weeks
10:00 - 12:00, Thu 12 January for 5 weeks

Free
(Market Rasen Centre)
(Mablethorpe Centre)

This course will look at the issues faced by the ageing person, their health needs and how agencies meet these needs. It is ideal for those who wish to work in an elderly care setting as well as those who already work in this field and want to develop skills in meeting the needs of elderly in their care.

Stress & Anger Management
13:00 - 15:00, Tue 10 January for 5 weeks
13:00 - 15:00, Thu 12 January for 5 weeks

Free
(Market Rasen Centre)
(Mablethorpe Centre)

Is 'feeling stressed' a commonly heard complaint from yourself or those around you? You are not alone. This course aims to look at what causes stress, how to manage stress and anger, how to prevent stress and anger and how to avoid the negative impacts it can have on ourselves and on our lives.

Baby Massage
10:00-11:30, Tue 10 January for 5 weeks
10:00-11:30, Wed 11 January for 5 weeks

Free
(Mablethorpe Centre)
(Market Rasen Children's Centre)

Baby Massage is the art of using gentle touch techniques to promote relaxation, circulation and suppleness. This form of contact and closeness allows for a deeper understanding to develop. There are many benefits from Baby Massage, these include, improved lung capacity, strengthens the immune system, healthy skin texture, improves blood circulation.

DIARY - MARKET RASEN COURSES AT A GLANCE

Material Charge = MC

Start Date	Time	Course	Cost
09/01/12	13:00-16:00	Improvers Portrait & Painting	£15
10/01/12	13:00-15:00	Stress & Angry Management	Free
10/01/12	10:00-12:00	Psychology of Aging Population	Free
10/01/12	10:00-12:00	Web Design	Free
11/01/12	10:00-11:30	Baby Massage - Children's Centre	Free
12/01/12	9:30-12:30	Drawing & Watercolour Painting Skills	£15
12/01/12	13:00-15:00	Intro to Digital Photography	Free
12/01/12	18:00-20:00	Intro to eBay	Free
13/01/12	10:00-12:00	Medieval Garden Design	Free
13/01/12	10:00-12:00	Computers for Beginners	Free
13/01/12	13:00-15:00	Computers for Improvers	Free
13/01/11	13:00-15:00	Famous Lincolnshire People	Free
21/02/12	10:00-15:00	Exploring Self Employment	Free
22/02/12	9:30-16:30	Basic Food Hygiene	£15
23-24/02/12	9:30-16:30	Paediatric First Aid	TBC
27/02/12	13:00-16:00	Introduction to Painting Portrait Oils	£15
28/02/12	10:00-12:00	Introduction to British Sign Language	Free
28/02/12	13:00-15:00	Shakespeare Made easy	Free
28/02/11	10:00-12:00	Intro to eBay	Free
29/02/12	10:00-12:00	Exercise for over 50's	Free
29/02/12	18:00-20:00	Easter Crafts	£10
29/02/12	18:00-20:00	Bookkeeping	£50

DIARY - LOUTH COURSES AT A GLANCE

Material Charge = MC (no concessions)

Start Date	Time	Course	Cost
10/01/2012	13:00-15:00	Introduction to Antiques	Free
21/02/2012	13:00-16:00	Introduction to Drawing & Painting Portraits	£15 MC
23/02/2012	09:30-16:30	Basic Food Hygiene	£15
29/02/2012	10:00-12:00	Medieval Garden Design	Free
29/02/2012	13:00-15:00	Lincolnshire Dialect	Free
01/03/2012	10:00-12:00	Child Psychology	Free
01/03/2012	13:00-15:00	Creative Writing	Free

Health, Public Services & Care

Introduction to Counselling Skills
09:30-15:30, Sat 28 Jan for 3 weeks

Free
(Market Rasen Centre)

The Introduction to Counselling Skills course will be helpful for those wishing to improve their communication skills when encountering friends, work colleagues, customers and clients, struggling with everyday problems. Counselling skills can help us understand what is really being said and how we can respond in a helpful way.

Paediatric First Aid
09:30-16:30, Thu 23 February for 2 days

TBC
(Market Rasen Centre)

This 2 day emergency first aid course has been developed for those who are responsible for the supervision of children and babies. This course will provide a sound knowledge and understanding of first aid procedures, along with the ability to recognise and treat many conditions and illnesses. HSE recognised certificate.

Basic Food Hygiene - Level 2
09:30-16:30, Thu 05 January for 1 day
09:30-16:30, Wed 22 February for 1 day
09:30-16:30, Thu 23 February for 1 day

£15.00
(Mablethorpe Centre)
(Market Rasen Centre)
(Louth, Trinity Centre)

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

50+ Gentle Exercise, Tone & Stretch
13:00-15:00, Tue 10 January for 5 weeks
10:00-12:00, Wed 29 February for 5 weeks

Free
(Mablethorpe Centre)
(Market Rasen Centre)

This course of gentle exercise is to help improve muscle tone, joint mobility and gentle stretches, to lengthen the muscle fibres. Participants will learn how to exercise appropriately and safely through warm-ups, exercising and cool-downs. You will also be taught muscles and joints of the human body, making this an interesting exercise course which is aimed at men and women who have an interest in keeping fit and healthy.

**TRINITY
CENTRE,
LOUTH**
Eastgate
Louth
LN11 8DJ



Health, Public Services & Care

Child Psychology **Free**
10:00-12:00, Thu 01 March for 5 weeks **(Louth, Trinity Centre)**

This course examines how we communicate with our children. It considers how children form bonds, learn language and offers insight into their behaviour and on-going development. The course also examines effective ways in which to help and improve children's communication skills and those of their primary care givers.

Confidence Building **Free**
10:00-12:00, Fri 02 March for 5 week **(Market Rasen Centre)**

A course for people who like to boost their confidence. During this course we will look at behaviour styles, how to say no in difficult situations and what factors contribute to healthy self esteem and confidence and the lack of it.

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 and 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.

IT and Business related Courses

Improvers' Computers **Free**
13:00-15:00, Fri 13 January for 5 weeks **(Market Rasen Centre)**
13:00-15:00, Fri 02 March for 5 weeks **(Market Rasen Centre)**

Do you want to get more from your computer? If you have a basic computer knowledge and want to increase your skills in Word, Excel, use of the internet, file management and e-mail then this course is for you.

Exploring Self-Employment Workshop **Free**
09:30-16:30, Tue 21 February for 1 day **(Market Rasen Centre)**
09:30-16:30, Wed 22 February for 1 day **(Mablethorpe Centre)**

This workshops looks at what is involved in becoming self-employed and starting a business and goes through personal aim/objectives; raising finance; product or service etc. It explores what is involved in starting a business; running a business and will help you decide what you want from your business and whether it is the right thing for you. This will be a one-day workshop of about 6 hours. The next stage will be the 5 week "Developing a Business Plan" workshop.

Bookkeeping IAB Level 1 **£50**
18:00-20:00, Wed 29 February for 10 weeks **(Market Rasen Centre)**

This course will be beneficial for those who are self employed, working for community organisations or simply wanting to learn how to keep detailed financial records, understand VAT returns, cash-flow and basic accounting. Learners will be given the opportunity to study for, and sit the level 1 Certificate in Bookkeeping from the International Association of Bookkeeping.

Making a Business Plan **Free**
18:00-21:00, Thu 01 March for 5 weeks **(Market Rasen Centre)**

This workshop is aimed at those people who have decided to start their own business. Over the five weeks of this workshop you will cover topics such as business ideas; legal issues; funding; competition analysis; cash flow forecasting. It will take you through easy steps to start putting your Business Plan together and will help you look at what your next steps will be.

IT and Business Related Courses

Web Design **Free**
10:00-12:00, Tue 10 January for 5 weeks **(Market Rasen Centre)**
10:00-12:00, Wed 11 January for 5 weeks **(Mablethorpe Centre)**

What do HTTP, HTML, PHP, CSS & FTP mean? The internet has completely changed the way we think, the way we communicate and the way we do business. In this course, you will learn the basic of how to create a professional website. Entry Requirements: **Computer knowledge is required, from previous experience or from attending our “computers for improvers” course.**

Introduction to eBay **Free**
18:00-20:00, Thu 12 January for 4 weeks **(Market Rasen Centre)**
10:00-12:00, Tue 28 February for 4 weeks **(Market Rasen Centre)**

Clear out your attic and learn how to buy and sell those family treasures on eBay. During this course you will set up your own eBay account and learn how to search for and buy items. We will also cover basic uploading of photos and promotion of your items for sale. **Computer knowledge is required, from previous experience or from attending our “computers for improvers” course.**

Beginners' Computers **Free**
10:00-12:00, Fri 13 January for 4 weeks **(Market Rasen Centre)**
10:00-12:00, Fri 02 March for 4 weeks **(Market Rasen Centre)**

Learners that attend the course will be introduced to using the computer basics, file management, internet & e-mail basics, using programs, computer security and privacy.

To secure a place on your chosen course call 01673 843489 Market Rasen or 01507 473325 Mablethorpe for an enrolment form or download the form at our website: www.cgpartnership.com

Horticulture & Floristry Courses

Medieval Gardening **Free**
10:00-12:00, Fri 13 January for 5 weeks **(Market Rasen Centre)**
10:00-12:00, Wed 29 February for 5 weeks **(Louth , Trinity 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.

Spring In the Garden **Free**
13:00-15:00, Thu 01 March for 5 weeks **(Mablethorpe 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.

Floral Art for Easter **£5(MC)**
10:00-15:00, Fri 30 March for 1 day **(Mablethorpe Centre)**
10:00-15:00, Wed 04 April for 1 day **(Market Rasen Centre)**

We will be doing a stunning contemporary floral display for Easter incorporating flowers and manipulated foliage. This class will cover how to condition flowers and foliage, techniques for flower arranging. The workshop is ideal for beginners or persons with experience.

If you are unsure about suitability for a course please speak to a learning advisor or to secure a place on your chosen course call 01673 843489 for an enrolment form or download the form at our website:

www.cgpartnership.com



Arts, Media & Publishing Courses

Improvers Drawing & Painting Portraits
13:00-16:00, Mon 09 January for 6 weeks

£15 (MC)
(Market Rasen Centre)

This course is for those who have some experience in portrait drawing. You will develop your drawing and painting skills through a variety of learning exercises during this course; Understanding perspective in Portraiture, How to make your picture more exciting using composition and colour and Working with acrylic paints on board and canvas.
NB: Learners to bring an easel if possible.

Drawing & Watercolour Painting Skills
09:30-12:30, Thu 12 January for 6 weeks

£15 (MC)
(Market Rasen Centre)

This course is suitable for complete beginners or for those with some experience but are a bit rusty ! During this course we will: Draw and paint from still life, Learn how to draw using the basic theory of perspective and Learn painting skills (watercolour).
NB: Learners to bring an easel if possible.

Digital Photography
13:00-15:00, Thu 12 January for 4 weeks
13:00-15:00, Thu 01 March for 4 weeks

Free
(Market Rasen Centre)
(Market Rasen Centre)

Enjoy photography? Have a home computer? Feeling creative? Then this course is for you. You will learn to use your digital camera and computer to create art and photographic compositions from your collection of photos. You will be shown a variety of tips and techniques using different software to enhance and improve your images to a professional standard. **Some past computer experience will be essential for this course.**

To secure a place on your chosen course call 01673 843489 Market Rasen or 01507 473325 Mablethorpe for an enrolment form or download the form at our website: www.cgpartnership.com

History & Philosophy Courses

Introduction to Antiques
13:00-15:00, Tue 10 January for 5 weeks

Free
(Trinity Centre, Louth)

The course is for anyone who wants to improve their knowledge in the field of antiques. We will look at the last five centuries but look at specialist areas such as arts and crafts, art nouveau, art deco, 50s, 60s and 70s modern and 20th century collectables. We will have a look at valuations and what would be an antique of the future.

Famous Lincolnshire People
13:00-15:00, Fri 13 January for 5 weeks
10:00-12:00, Thu 01 March for 5 weeks

Free
(Market Rasen Centre)
(Mablethorpe Centre)

Lincolnshire has produced many famous (and infamous) people ranging from politicians to poets, explorers to inventers and even a king. Depending on the student interest this course will look at some of these famous characters.

Absolute Beginners IT Workshops

Computer Basics such as:

- [Using public services online](#)
- [Job hunting online](#)
- [Jobs and interviews](#)
- [Shopping online](#)
- [Facebook and socialising online](#)
- [Photos online](#)
- [Using a mobile phone](#)
- How to use a keyboard and mouse
- How to keep in touch with email
- How to stay safe online
- How to search and explore the Internet
- How to use on- line public services
- [Using a computer](#)

Call 01673 843489 Market Rasen
Or 01507 473325 Mablethorpe
to book registration session

Map of Market Rasen Centres

Arts, Media & Publishing Courses

Cupcake Decorating

10:00-12:30, Tue 21 February for 1 day

£6 (MC)
(Mablethorpe Centre)

During this course you will investigate the history of cupcakes, what makes a good cupcake. Look at what makes a good design and a good cupcake for everyone.

NB. Learners bring aprons, piping bags and nozzles. Also a box to take them home.

Introduction to Drawing & Painting Portraits

13:00-16:00, Tue 21 February for 6 weeks

£15 (MC)
(Louth, Trinity Centre)

For those who have little or no experience in portrait drawing, and for those who have experience but are a bit rusty! We will begin the course with the basic theory of portraiture, suitable for beginners and useful as a refresher for those with some experience. During the course we will mainly draw and paint portraits from real life (self and model (tbc)). We will explore using charcoal, chalk pastels and water-colour paints. **NB: Learners to bring an easel if possible.**

Introduction to Painting Portraits in Oils

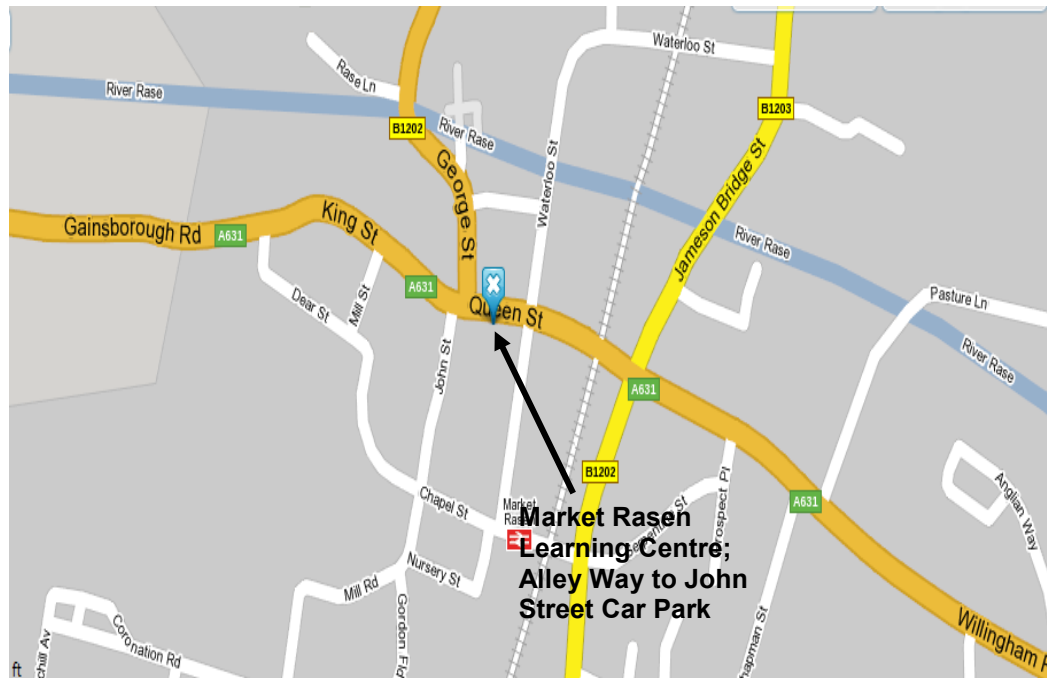
13:00-15:00, Mon 27 Feb for 6 weeks

£15(MC)
(Market Rasen Centre)

During this course you will be learning how to paint portraits using Oil Paints, how to prepare your surface (board and canvas). What creates a good composition and various oil painting techniques. This course is for those who have some experience in drawing portraits.

NB: Learners to bring an easel if possible.

To secure a place on your chosen course call 01673 843489 Market Rasen or 01507 473325 Mablethorpe for an enrolment form or download the form at our website: www.cgpartnership.com



Arts, Media & Publishing Courses

Getting your short stories published
10:00-14:30, Thu 23 February for 1 day

Free
(Mablethorpe Centre)

For all budding short story writers, this course offers help on honing your existing skills. The content includes practical advice on editing, structure, characterisation and plot along with practical tips on finding an agent and stepping nearer to your goal to becoming published.

Easter Crafts
TBC, Tue 28 February for 5 weeks
18:00-20:00, Wed 29 February for 5 weeks

£10 MC
(Mablethorpe Centre)
(Market Rasen Centre)

Learners will acquire the skills to make a variety of Spring and Easter themed cards, gift boxes and decorative items. Beginning with the Basics i.e. tools, what materials, what glues. Creating interest through card shape and construction and add a touch of luxury with texture and embellishments. Simple seasonal gifts. Add a touch of luxury with texture and embellishments.

From Impressionism to Abstract Art
09:30-12:30, Thu 01 March for 6 weeks

£15 MC
(Market Rasen Centre)

This course is for all interested in drawing and painting in different styles. Beginners and experienced welcome. Western Art changed dramatically from representational art (figurative and landscape) to breaking up the image in Cubism, and then into pure Abstract Art in a remarkably short timescale. How did this happen? Through practical art-making exercises, we will be exploring: painting in the style of the Impressionists (Acrylics) how the Cubists would draw a still life drawing and painting semi and pure abstract pieces (Acrylics).

DIARY - MABLETHORPE COURSES AT A GLANCE

Material Charge = MC (no concessions)

Start Date	Time	Course	Cost
05/01/2012	09:30-16:30	Basic Food Hygiene	£15
10/01/2012	10:00-11:30	Baby Massage	Free
10/01/2012	10:00-12:00	Shakespeare made easy	Free
10/01/2012	13:00-15:00	Intro to British Sign Language	Free
10/01/2012	13:00-15:00	Over 50's Stretch & Tone	Free
11/01/2012	10:00-12:00	Web Design	Free
12/01/2012	10:00-12:00	Psychology of the Ageing population	Free
12/01/2012	13:00-15:00	Stress Management	Free
21/02/2012	10:00-14:30	Cupcake Decorating	£6 MC
22/02/2012	09:30-16:30	Self Employment Workshop	Free
23/02/2012	10:00-14:30	Getting your short stories published	Free
28/02/2012	TBC	Easter Crafts	£10MC
01/03/2012	10:00-12:00	Famous Lincolnshire People	Free
01/03/2012	13:00-15:00	Spring in your Garden	Free
30/03/2012	10:00-15:00	Floral Art at Easter	£5 MC



To secure a place on your chosen course call 01673 843489 Market Rasen or 01507 473325 Mablethorpe for an enrolment form or download the form at our website: www.cgpartnership.com

Language, Literature & Culture Courses

Introduction to British Sign Language **Free**
13:00-15:00, Tue 10 January for 5 weeks **(Mablethorpe Centre)**
10:00-12:00, Tue 28 February for 5 weeks **(Market Rasen Centre)**

This short course continues to develop Deaf Awareness and teaches the skills of basic British Sign Language. Participants will be using signs from the first lesson both in 1-1 and group settings. The course is ideal for people who have relatives or who work with people who sign. This course is not accredited.

Shakespeare Made Easy **Free**
10:00-12:00, Tue 10 January for 5 weeks **(Mablethorpe Centre)**
13:00-15:00, Tue 28 February for 5 weeks **(Market Rasen Centre)**

This course will introduce you to this great playwright and his work. Who was Shakespeare - when and where was he born? This course will look at Shakespeare's life and some of his major works through discussion / play texts and screen. It is an opportunity to act out scenes from Romeo & Juliet / Macbeth or Hamlet. If you have ever said that something is a forgone conclusion or insisted on fair play, then you have already quoted Shakespeare. You can't have too much of a good thing - Shakespeare is fun!

Lincolnshire Dialect **Free**
13:00-15:00, Wed 29 February for 5 weeks **(Market Rasen Centre)**

Come along and find out the meaning of *rigwalted*, *arrad*, *clunch* and *swarming* in Lincolnshire Dialect. This course will look at the meanings of Lincolnshire words, their history and literature.

Language, Literature & Culture Courses

Creative Writing **Free**
13:00-15:00, Thu 01 March for 5 weeks **(Louth Trinity Centre)**
13:00-15:00, Fri 02 March for 5 weeks **(Market Rasen Centre)**

Fancy yourself as the next Sebastian Faulks, or the next Ali Smith? This course will provide an introduction to creative writing, for prose, and will provide an opportunity to meet like minded individuals who you can bounce ideas off.

French Lifestyle & Language **Free**
18:00-20:00, Thu 01 March for 5 weeks **(Market Rasen Centre)**

"Dreaming of holidays in France and need basic understanding of the language? With this *introduction to French* course, you will learn about the history of the French language and its similarities with English and you will learn more about the culture and the everyday life. You also be able to participate in simple conversations."



PRE-APPRENTICESHIP TRAINING

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

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



- Gain qualifications
- Meet employers
- Build confidence
- Develop interview skills
- CV building

Places available in Market Rasen, Gainsborough and Mablethorpe.

Ring Sarah –Jayne on 01673 843489 or email sarah-jayne@cgpartnership.com to find out more!

CG Partnership



CG Partnership

Preparation to Teach in the Lifelong Learning Sector



Start Date:	Monday 13 February 2012
Time:	9 – 4 pm
Duration:	1 week
Cost:	£300.00
Qualification:	NCFE Level 3 Award in Preparing to Teach in the Lifelong Learning Sector
Information:	www.cgpartnership.com

Market Rasen Learning Centre

8 Queen Street, Market Rasen LN8 3EH
01673 843489