

Adult Community Education News



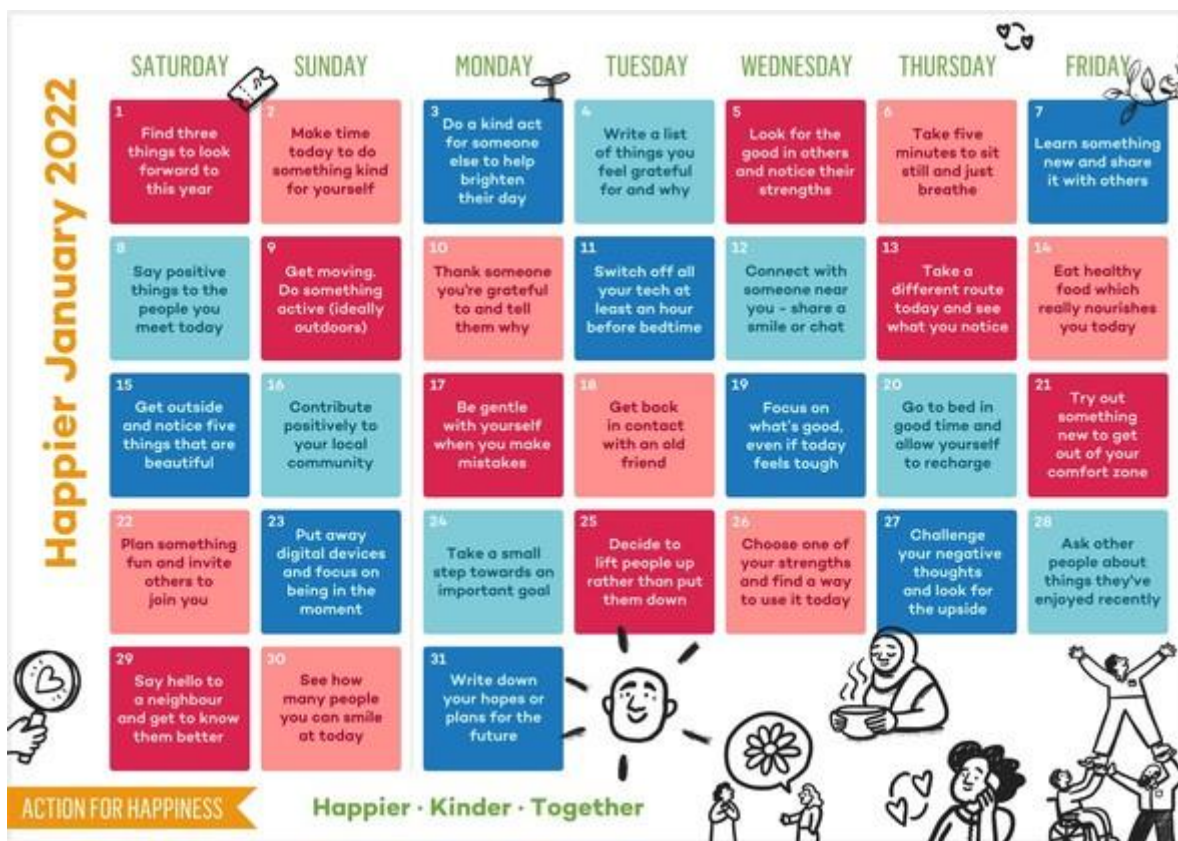
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Happier 2022

How can we start this new year happier? Things have certainly not been easy over the last year, and we are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, [Action for Happiness](#) are encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.

Visit [Action for Happiness](#) to download the below calendar and get more ideas for how you can be happier.



Winter Wellness

Supercharge your defences with our top tips to keeping your health in tip top condition this winter.

- **Keep exercising** - If you don't fancy going outside in the cold and dark try an indoor or online class.
- **Eat a wide variety of fruit and veg** - The more variation, the more vitamins and minerals you will consume, which boosts your immune system.
- **Wrap up warm** - Keeping warm over the winter months can help prevent colds and flu – think hats, scarfs, gloves and proper footwear.
- **Rest and recover** - Regular sleep is vital to staying health and fighting off infections. Find ways to relax and de-stress that work for you.
- **Support your immune system naturally** – using herbal and alternative medicines/ therapies



We offer online and centre-based courses to help you keep well. Why not come on our [Wellbeing Day – Natural Winter Wellness](#) on Saturday 29 January at the Derbyshire Eco Centre. Discover how you can use herbs, essential oils, Bach Flower Remedies and gentle exercise to support your immune system and general wellbeing in the winter months.

Or try a Pilates class in [Matlock](#), a yoga class in [New Mills](#) or Matlock or a Tai Chi class at [Clay Cross](#). Or perhaps the online [New Year, New You - Healthier Eating at home and work](#) short course to inspire you to eat more healthily (with downloadable recipes). You can do it any time between 10 January and 10 February.

January to April course bookings are open!



We have many new courses starting in 2022 face to face in adult community education centres and online!

Joining courses online means that you can learn new skills in the comfort of your own home whilst meeting people from around Derbyshire and, of course, being supported by our friendly, knowledgeable tutors. There are lots to choose from, including a murder mystery, aromatherapy, wine tasting and creative courses. You can even participate whilst wearing your slippers and with a

hot drink (made just the way you like it!). To see what online courses are available, visit our Eventbrite page <https://www.eventbrite.com/cc/live-online-courses-derbyshire-ace-14159>

If you want to meet new people by learning in one of our adult community education centres, visit [Find an adult education course - Derbyshire County Council](#).

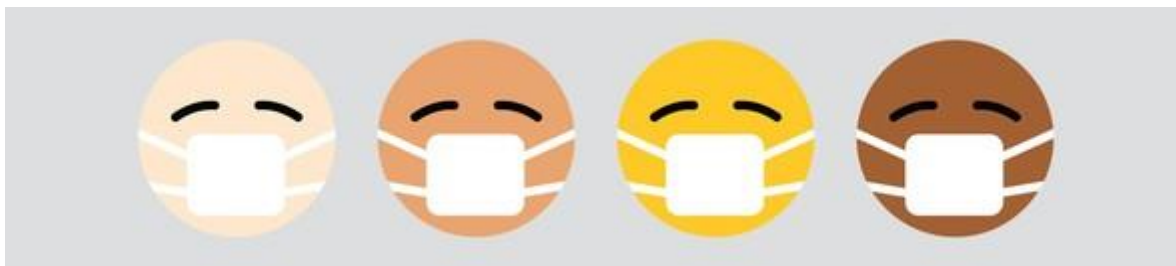
Learn a new skill with Learning for Leisure courses - [search by centre](#) to see what's on offer near you, from pottery to tap dancing!

And if you've resolved to become more sustainable, check out our courses at [Derbyshire Eco Centre](#) to see how you can live a little lighter on the earth.



Our [Qualifications and Skills](#) courses are perfect if you are thinking about changing your career. There are also opportunities to gain basic maths or English qualifications, or even upskill for the digital world.

COVID-19 safety measures in our centres



Following the recent government announcement, a reminder that we have continued to encourage face mask wearing throughout. You can read a complete list of our current [COVID-19 safety measures](#), which include:

- Face coverings (masks) should be worn by everyone when moving around the building, and in the classroom unless you are exempt for medical or other reasons.
 - Encouraging the use of the sanitising stations at the entrance and around all centres
 - High levels of ventilation in rooms
 - Restricting the number of people in classes
 - Asking everyone to take a lateral flow test before attending a centre or twice a week if you are attending multiple times a week
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Derbyshire Libraries- National Poetry Day winner



On Thursday 7 October 2021, to celebrate National Poetry Day, Derbyshire Libraries launched a poetry competition.

The theme of the competition was inspired by the theme of National Poetry Day itself: 'choice'. To enter, participants were asked to create a poem on the theme of choice in 200 words or less. The competition was open to adults aged 18 and over living within the administrative boundaries of Derbyshire County Council.

Our librarian judges had an enjoyable time reading all the entries and they are delighted to announce the winner as:

- ['The Choice' by Prue Potiphar](#)

The judging panel also chose the following poems as highly commended:

- ['The Sale' by Arnie Rainbow](#)
- ['Therefore, I am' by Rebecca Summerscale](#)
- ['CHOICE?' by Philippa Young](#)

The winning entrant will be awarded a bottle of Laureate Sherry, kindly donated by the 21st Poet Laureate, Simon Armitage when he visited the new Belper Library in April. Laureate Sherry has long been a tradition, and this unique bottle has a specially designed label by Simon's wife, Sue and features a drawing of the Marsden Cuckoo.

We received 29 eligible entries and all of these will be published in a compendium poetry eBook on BorrowBox in the new year.

Congratulations to our winner and to all those who entered.

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We'll be sad to see you go but we'll always welcome you back with open arms.

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

Photo 1. Photo by [Michael Cummins](#) on [Unsplash](#)