

Student News Update

A Quarterly Newsletter on Adult and Community Learning



Welcome to the new quarterly news update for students of the Adult College for Rural East Sussex. We hope you will enjoy reading this newsletter where you'll find out all that's happening at ACRES.

This is designed very much with the student in mind and we would welcome your contributions, letters of interest and feedback. So drop us a line on email to: adultlearn@uctc.org.uk with 'newsletter' in the subject box with any comments you have or write to:

Adult Learning Manager, ACRES Office,
Uckfield Community Technology College, Downsview Crescent, Uckfield TN22 3DJ

What to look out for in the coming months....

New Courses added this year!

RYA Day Skipper/Watch Leader

A course designed to offer a comprehensive introduction to cruising for inexperienced skippers giving sufficient knowledge to navigate familiar waters by day.

Wildlife and Sustainable Gardening

Shows how to encourage native wildlife in to your garden, limit use of non-renewable resources and help conserve the environment whilst still being a great garden for the family and friends to enjoy.

Bicycle Maintenance

Provides students with the knowledge to carry out basic repairs and upkeep to add to their enjoyment of the two wheeled experience.

Wood Sculpture

Learn to carve and work with wood to create your own unique sculpture.

Those with experience will be extended with more complex work.

Project Management

A course specifically designed to provide a greater understanding of the processes involved and offer a springboard onto further study.

Adobe Flash

A computer based animation programme that will enable students to build experience of image manipulation in digital photograph and produce animated web design.

ACRES Celebration and Performance Evening On Wed. 14 July 7pm—9pm

Come along and experience this exciting **FREE** event at Uckfield Community Technology College, Downsview Crescent, Uckfield

You'll get first hand experience of what adult learning can offer you, Plus you'll be entertained by our Dance Performers and view our students work in our Visual Art Exhibition

Dance Performance

Students and tutors from ACRES will perform:

**Belly Dance
Charleston
Latin Dance
Yoga Dance**

Visual Art Exhibition

Which will include exhibits of students work from:

**Art
Creative Writing
Digital Photography
Embroidery
Jewellery
Printmaking**

You'll have the opportunity to have your questions answered and also enroll on the course of your choice from our stimulating new 2010-11 programme

Come and join in the fun!

Weekend Workshops in October at Uplands Community College in Wadhurst

If time is limited why not try one of our Weekend Workshop sessions we have running throughout the year on Saturdays.

This first one at Uplands offers the following choices:

Bicycle Maintenance.

Life Drawing.

Contemporary Stained Glass.

Writing Your Novel.

Beekeeping.

Wildlife Gardening and

Sustainable Living.

Digital Compact/Hybrid Camera

Digital SLR

Getting to Grips with

Photoshop Elements

Next Steps with Photoshop Elements

Beaded Jewellery

So why not set aside that Saturday now and book your place. These prove very popular make sure you don't miss out call

01825 761820

Have you got your FREE copy of the new 2010-11 brochure yet? Call 01825 761820 to request a copy

Silver Surfing proves a hit at Buxted Court



The residents at Buxted Court are delighted with their beginners computing courses devised by ACRES as part of the Community Development Programme. This launch into cyber space is part of a pilot scheme by Wealden District Council to offer internet access in all its sheltered accommodation.

The pilot scheme was devised to encourage sheltered accommodation residents to become familiar with new technology and therefore provide a convenient way to maintain contact within the community. These newcomers to the internet are proving that age should not be a barrier to the wonders of the World Wide Web. Community Project Co-ordinator at ACRES Cari Hopkins said "The response from students has been absolutely amazing, the residents' willingness to learn new skills is inspiring, we have one learner in her 90 year." Wealden District Councillor Di Phillips, who has been helping with the scheme, was equally praiseworthy saying "I'm more than pleased with the response, the scheme is going so well with even more residents keen to sign up".

Fun Corner

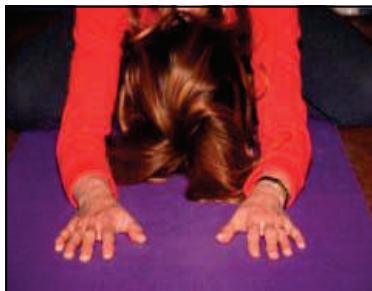
Two Eskimos sitting in a Kayak were chilly so they lit a fire in the craft, unfortunately it sank. Proving once and for all that you can't have your Kayak and heat it.

I said to the train ticket office "I want to go to Paris" He said "Eurostar" I said "I was on TV once, but I'm no Simon Cowell."

I said to the Gym instructor "Can you teach me to do the splits" She said "How flexible are you" I said "I can't do Tuesdays."

Medau Beats Stress

A way to beat stress and get yourself fit at the same time surely must be a bonus in these recessionary times. ACRES now offer Medau as part of its dance and fitness programme. What is Medau? I hear you ask, well for those yet to discover the delights of Medau, it is a unique form of exercise for the whole body designed to keep you fit, healthy and free of stress.



ACRES offer a group exercise class that is designed not only to provide fitness but also the enjoyment you are looking for. You will feel energised, not exhausted, your core will be strengthened and the stresses of the day released.

A Medau Movement Class is an effective dance based workout, leaving you refreshed, lifting your spirits and helping you to feel great. You'll find a healthy amount of Cardio, moves for strength, stretch and suppleness, a variety of music and rhythm, pace and mood. Classes are based around having fun and enjoying the exercise using a variety of apparatus such as clubs, balls and hoops. All levels can join in, young or not so young, male or female.

Becoming more aware of your posture from your work in class, and improving this and your balance and co-ordination, means you are set to achieve a very positive impact on your overall fitness week after week. Each class is personally designed by your teacher for the 'whole you'. Physically, mentally and emotionally. Skills you develop in class will also help you in every day life. Faster reaction times, stamina to run for that bus, more energy for that longer walk in the countryside, and poise to strut your stuff on the dance floor!



Is Beekeeping causing a new buzz?



The British Beekeepers' Association (BBKA) has reported a 25% jump in membership to 15,000 in 2009, interest in bees is buzzing. High-profile campaigns and the backing of celebrity enthusiasts - like Scarlett Johansson - have helped plant the issue firmly into the heart of the nation. The actress developed an interest after Samuel L. Jackson presented a hive as a wedding present. Other famous keepers include BBC Newsreader Bill Turnbull, the comedian Ronnie Corbett and actor Nicholas Lyndhurst who keeps bees at his home in West Sussex.

So the buzz words these days are Apiarist or honey farmer, or beekeepers to you and me. With honeybee numbers in decline and falling at near catastrophic levels - 30% at the last count - interest in their plight has never been greater, raising issues on environment and climate change.

So much local interest in the subject has been generated that ACRES now offer accredited beekeeping courses. So if you just want start out with a small hive or become a fully fledged honey farmer give ACRES a call for more information

Did you know....

Verona, the Italian City where Shakespeare's Play Romeo and Juliet is based, receives over 1000 letters each year on Valentines day addressed to Juliet.

The sentence "The quick brown fox jumps over a lazy dog" uses every letter of the alphabet.

Although a diamond is the hardest substance on Earth, when heated to 763C or 1404F it vanishes, a bit of CO2 is released, but not even ash remains!