



## CELEBRATING ADULT LEARNERS' WEEK

CORE was delighted to participate in the event organised by the National Institute of Adult Continuing Education (NIACE) to present awards to successful learners in the Midlands Region held in Leicester on 16 May. CORE nominated Sarah Wadeley for her outstanding dedication to her learning which has improved her prospects and transformed her life.



Sarah receiving regional award on 16 May 2012

In 2009 Sarah visited us as a pregnant 25 year old with no formal qualifications. She became a full time volunteer with CORE and received training in a range of subjects including qualifications in IT and an NVQ Level 2 in Managing Voluntary and Community Organisations. As her confidence grew, so did the urge to progress to the next level of study and following the birth of her daughter, (she went into labour working on the reception desk at CORE!), Sarah completed an Access to HE: Teaching Diploma. Sarah is now studying a degree in Education at Derby University and hopes to specialise in work to help people with learning disabilities.

We are so pleased that, with initial support from CORE, life has really turned around for Sarah, who said, "I now feel an overwhelming sense of achievement. I feel alive and capable of achieving anything I set my heart to. I only hope I can inspire others to give education a chance and allow it to change their lives for the better."

Sarah's story is so inspiring. If you relate to her experience and want to give learning another chance do drop into CORE as Sarah did. We have lots of classes to get you started!

As part of Adult Learners' Week, CORE also held a free Stress Relieving Taster Session which was very well attended. In fact 10 learners have signed up for a longer course in September.



Julie Ward demonstrating Breathing Technique

The participants learned techniques for coping with stress including breathing exercises, soothing hand and arm massage and many more tips. Everyone enjoyed it so much we are running a longer course on the topic in September. Look out for details.