

RUNSHAW ADULT COLLEGE

The College of Choice...



*Student Stories:
telling the tale...*



From turntables to times tables

Derek Webster, Smooth Radio DJ, sums up why he's enrolled on an essential skills maths course...

Derek Webster works from midnight to 6am four days a week at Smooth Radio on the Smooth Nights show and on the Saturday afternoon show. In spite of his busy schedule he has still found time to study a maths course at Runshaw Adult College!

When asked why he enrolled on an Essential Skills maths course the DJ replied, "Maths is something I always wanted to do; I gave up on maths at school so my aim now is to gain a maths qualification. At school I was always good at English, I achieved an O Level in English, but maths just wasn't for me."

Derek is really enjoying the course and looks forward to coming to class even though he spent the night before DJing until 6am! "I am really enjoying this class and it's nice to do something that is totally different from my job. It's also much more enjoyable than when I studied maths at school!"

Once Derek has completed the entry level maths course his aim is to continue studying until he has achieved the equivalent of a GCSE in maths. He believes it is important to have a maths qualification under his belt. "Even though I have been in the job for over 30 years, if I ever wanted to teach radio skills I would still need a maths qualification in order to join a teaching course," added Derek.



Derek began his career in radio in 1982 when he joined Red Rose Radio in Preston. He loves his job and thinks himself very fortunate, "I am really lucky to get paid doing a job I love. Even if I hadn't been lucky enough to be paid to do radio, I would still have done it as a hobby."

If you would like to enrol on a FREE Essential Skills maths or English course call us on 01772 642040 to book in for a skills check.

Counselling courses at Runshaw

Counselling skills involve the ability to listen to another person and hear exactly what they are trying to say, from their point of view. It is not about giving advice or providing solutions but facilitating – putting a person at ease, being attentive and helping that person tell their 'story', or talk about what is troubling them. In doing so, that person will be in a much better position to make a decision about what to do.

The awarding body for Counselling courses at Runshaw Adult College is the Counselling & Psychotherapy Central Awarding Body (CPCAB). This is a UK awarding body that is managed by professional counselling practitioners, trainers and supervisors. It is the only awarding body in Europe to specialise in the field of counselling.



**Sue
Whitehead**

Sue was recommended the 'Introduction to Counselling' course by a friend. After completing the course, she continued with her studies and has recently completed a Level 4 Diploma in Therapeutic Counselling. Sue currently works as a Teaching Assistant and has just been offered counselling hours at the school where she works.

"Living in Adlington and working as a Teaching Assistant for a Bolton school, Runshaw College was conveniently located and easy to access both from work and home. I absolutely loved the course and, although sometimes I found it tiring holding down a job and having a young family, I would not have missed the experience for the world. I was always interested to know how the mind works. I did all my counselling courses at Runshaw. I found the tutors very friendly and the quality and range of courses on offer are fantastic. I miss being at college!"



**Eugene
O'Regan**

Eugene originally worked in the printing industry, but had always been interested in working with people and counselling. He enrolled to a Level 2 counselling course at Runshaw Adult College and continued his studies, successfully completing a Level 4 Diploma in Therapeutic Counselling in June 2011. Eugene is now employed as a full-time counsellor at Shardale Therapeutic Community for Alcohol Rehabilitation in Bury.

"Whilst working in the printing industry, I met a counsellor and became interested finding out more and exploring the subject. The support I received from Runshaw was outstanding. I started working at Shardale as part of my work placement and was later offered a full-time position in the same organisation as a counsellor. I would definitely recommend Runshaw College to anyone."



Former Runshaw student opens Vintage Hair Salon

Former Runshaw student, Kelly Brindle, launched her own hair salon in July 2011. KSL Hair Design is a unique vintage themed salon in the heart of Chorley. 31 year old Kelly had always been interested in hairdressing and was encouraged by her late grandmother, Olive Turner, to open her own salon. Prior to starting her own business, Kelly completed her NVQ Levels 2 and 3 in Hairdressing at Runshaw Adult College.

"I have always been interested in hairdressing" said Kelly. "At the age of seven I used to French plait my own hair. My friends in school never believed me when I told them that I did the French plaits myself! I loved trying out different styles on my grandma's hair and every time she used to tell me to open my own salon."

"I worked as a pharmacy technician for a few years but still pursued my interest in hairdressing by helping out friends and family for different events such as weddings, christenings and parties. I then stopped working in the pharmacy and started helping my ex-mother-in-law with her mobile hairdressing business. I later decided to join Runshaw Adult College on a hairdressing course. The class timings were really convenient and allowed me to continue working part-time with the mobile hairdressing company whilst studying."

When asked what she enjoyed most about the hairdressing course, Kelly replied, "I enjoyed learning about hair colouring, especially the science behind it in terms of colour combinations. I liked the competition in College and thoroughly enjoyed my time at Runshaw. All my tutors were fantastic especially Katie Turner. Katie was very helpful and her advice was invaluable in helping me set up my own salon."

KSL Hair Design has a vintage styled décor with framed pictures of Kelly's grandparents on the walls. Kelly's sister, who has a degree in design, helped her with the logo and the theme.

"I am really pleased with how the salon has come together. We have set it up with a different theme to give customers a relaxing and refreshing environment. We have genuine 1940's hairdressing chairs and everyone who has seen it, loves it. We always have some 1940's and 50's inspired music playing in the background. We also offer traditional English tea in vintage China! KSL aims to offer a unique hairdressing experience with professionalism and care that takes you back in time."



Bringing teaching to life at Wigan Museum

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Jenny Roberts, 25, from Westhoughton is a Learning Officer at 'The Museum of Wigan Life', a little gem in the centre of the town that houses fascinating exhibitions about Wigan life, its past and its people. As well as training volunteers at the museum, Jenny's job is to bring history to life delivering inspirational learning sessions to different age groups, (including school children), about local history, family history and historical periods that link to their collections.

In order to improve her teaching skills as well as gain a qualification, Jenny enrolled on the Preparing to Teach in the Lifelong Learning Sector (PTLLS) course at Runshaw Adult College. Jenny had this to say about the College, her night course and future plans:

"There were several other colleges offering PTLLS in and around the Bolton area but I chose Runshaw College in Chorley primarily because of the option to study in the evenings, as this fits perfectly with my job. The course also seemed the most comprehensive and I preferred that it ran over 12 weeks, as opposed to a 'crash course' offered in a few days. Runshaw's fantastic reputation was also a big influence and as my cousin had studied at the College, I knew I would have excellent tutors and support. Getting to the College from home would also be easy as it's so close to the motorway network."

"The length of the course has given me the opportunity to do further reading and reflect on my teaching practice, which I've found so important. I've also really enjoyed talking to and studying with such great people from many different industries. This has fostered



some highly interesting, and sometimes amusing, discussions and debates in class, and in the College restaurant. The chance to meet like minded people, who are also thinking about a career in teaching, has been really valuable and affirming for me."

"I would highly recommend Runshaw College to anyone thinking of studying PTLLS."

"If I had to sum up my feelings about studying the PTLLS course at Runshaw, I'd say it's definitely confidence building, enjoyable and hard work but worth it! I intend to use all my learning in everything I deliver at work and perhaps move into more formal teaching in the future, as I feel the course has given me more confidence."

"...confidence building, enjoyable and hard work but worth it!"

"I would highly recommend Runshaw College to anyone thinking of studying PTLLS. The tutors are extremely knowledgeable and supportive and the study facilities great. The length of the course is just right and gives you the opportunity to study and learn at a good pace, without being too intense. For those in full time employment who want to do this course, I think it is the best around!"

Are you thinking about a teaching career?

The Preparing to Teach in the Lifelong Learning Sector (PTLLS) course is an introductory programme aimed at providing a basic minimum standard for anyone entering the post-16 teaching profession. It is an Advanced (Level 3) qualification open to all new in-service, pre-service and pre-employment teachers in the lifelong learning sector.

The course is designed as an initial 'toolkit' for those who are thinking about, a post-16 teaching career. The course will be a mixture of tutor led sessions, individual and small group tasks, group tutorials, practical and reflective activities. All teaching strategies aim to develop the confidence to undertake the role of teaching, and develop informed reflection that will help shape your own actions.



PERSONAL TRAINING – EXCITING TIMES AHEAD!

Betti Thinks Runshaw is The Best!

Betti Worth, 19, from Westhoughton, has studied sport at Runshaw College since leaving high school. After achieving a Distinction in her BTEC National Diploma in Sports Science, Betti chose not to progress to university and instead enrolled on the Diploma in Personal Training (CYQ), a one year, part-time, NVQ Level 3 course. Below, Betti reflects on what motivates her, her reasons for choosing this route, how she has benefited from the course and her thoughts on Runshaw College.

“Studying the Personal Training Diploma at the best College for sport is just brilliant!”

“Sport is my passion and I want to be the best, so studying Personal Training at the best College for sport is just brilliant! I’m enjoying the challenges of the course and the rewards of gaining confidence, building new skills and seeing the clients I work with begin such important changes in their lives!”

“I’ve always loved being active so the Diploma in Personal Training and the way it’s delivered is ideal. Most of the practical side of the course is taught in the gym - this really motivates me, increases my enjoyment and helps me focus. It’s definitely a challenging course, but very rewarding.”

“Sport has always been my passion; I love the commitment you have to give and the huge amount of fun and laughs on the way. I play the ‘beautiful game’ for Manchester City as well as Runshaw’s Ladies Football Academy - this involves training four times a week and playing fixtures twice a week, I love it! The Academy is a great way to meet like-minded people, have a laugh



“It’s definitely a challenging course, but very rewarding!”

but focus and commit when representing the College. It’s really paying off too, we’re currently top in the British Colleges’ North West Academy Elite North League and have just qualified for the National Finals.”

“You’d think that would be enough football for even the most avid fan - but I also train children from the ages of 18 months to 7 years. The skills I’ve developed from my personal training course have really helped with this.”

“I’ve learnt a lot about the personal training industry and the course has confirmed to me that I want a career in this area, but first I’m off to America for the summer to coach football to 8 to 12 year olds.”

“I’ve thoroughly enjoyed every minute of my time at Runshaw, it’s a great College with fantastic teachers and the latest sports facilities. If anyone is thinking of studying for the Diploma in Personal Training and looking for a career in a relatively young and fast-growing industry, I’d say go for it!”

Ben Dickinson, course leader for the Personal Trainer course, comments:

"The Personal Trainer course equips students with a wide range of skills to become advanced practitioners of exercise and fitness. It looks at anatomy and physiology, the principles of exercise, health and safety and how to support clients. Students practically apply this knowledge, forming exercise programmes for clients as part of their NVQ. At the end of the course students achieve industry recognised qualifications and have expert knowledge and confidence to deliver exercise, helping to change the lifestyles of the people they train."

"It's a great college with fantastic teachers and the latest sports facilities."

**DIPLOMA IN
PERSONAL
TRAINING**

Do you fit the bill?

The personal training course at Runshaw provides advanced exercise theory and knowledge.

It allows you to find employment working with clients on a one-to-one basis (helping them achieve their health goals), or to specialise in certain fitness areas such as sports conditioning.

As a Personal Trainer you will be expected to build up a client base and be competent in training people with a variety of fitness levels and training needs. Personal Trainers may also be expected to deliver classes such as Spinning, VIPR, Kettlebells or Core Stability training as well as dealing with gym members.

Excellent communication skills and a desire to support people to get fitter, as well as commitment and reliability, are key to providing a professional and motivating service to clients.

Personal Trainer students at Runshaw College will develop these skills throughout the course.



Students on the Personal Training course pictured in the College gym with their clients, whom they develop and lead through a 12 week training programme. Working and learning in a 'real' environment like this is central to the course and allows students to develop skills and experience required by employers in the health and fitness industry.





Teaching is a rewarding profession that offers fantastic career prospects and development opportunities. Over the last decade, whilst the number of teachers in England has risen by 10%, the number of teaching assistants has risen by an incredible 200%.

Runshaw College has also seen increased interest in their teaching assistant courses, more especially from prospective male applicants. In a predominantly female profession, this is refreshing to see. In fact, a recent report on primary schools by the Government's Training & Development Agency (TDA) has highlighted the importance of male teachers in a child's development and how in particular, boys benefit greatly from male role models.

Howard Clegg

After serving in the army, working as a prison officer and more recently working as a HGV driver, Howard Clegg decided on a total career change and enrolled on a Teaching Assistant course at Runshaw College.

Currently studying the 'NCFE Level 2 in Supporting Teaching & Learning in Schools', as part of his work placement, Howard works as a teaching assistant at St Anne's Primary School in Leyland.

"It has been 21 years since I've been in school," said Howard. "It's been a total career change for me and I am thoroughly enjoying the course, especially the practical side. Runshaw tutors have been very supportive and are always approachable. The course has opened my eyes to different aspects of teaching and learning in schools, such as safeguarding and communication skills."

Men into Teaching



Glenn Gelder

Glenn Gelder is also studying an 'NCFE Level 2 Supporting Teaching & Learning in Schools' course at Runshaw. Like Howard, Glenn decided on a career change and eventually plans to become a primary

"Runshaw tutors have been very supportive and are always approachable."

school teacher. "I used to be a driving instructor and before that had jobs where I was in charge of a team, so training is something I have been involved with in various guises throughout my working life," said Glenn. "I believe I have many life skills that will support me in my new

choice of career – hence my reason for turning my talents to teaching!"

The reaction from Glenn's friends and family when telling them he was going to become a teaching assistant was positive. "At first they were a little surprised at my decision to change career later in life, but they all said to me 'well done' and 'good on you!'", added Glenn.

Glenn is the only male in his class at Runshaw but this doesn't bother him in the slightest, "I enjoy sharing ideas with the rest of the class and it is interesting to hear different points of view and experiences, from which we all learn."

As part of his course, Glenn has a voluntary placement working two afternoons a week as a Teaching Assistant at Euxton Church of England Primary School. "It feels great to be in the classroom," says Glen. "Being a male in a predominantly female environment is a positive thing, as I believe there aren't enough male role models at the younger end of the education ladder."

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All aboard...

Runshaw student and Beauty Therapist, Sarah Howden, will be setting out to sea working for leading luxury cruise operator Steiner. Steiner recruits hairdressers, nail technicians and beauty professionals from all over the world for over 126 luxury cruise ships sailing the seven seas.

23 year old Sarah is an NVQ Level 3 Beauty Therapy student at Runshaw College. After attending a recruitment talk given by Steiner, she applied for the role of a massage therapist and was successful!



"I am very excited about this job. I have always wanted a career in beauty therapy, especially massage. I enjoy learning and being a massage therapist. My tutors at Runshaw College have been absolutely brilliant and very supportive. They recommended applying for the

position at Steiner. Jan Robinson, my tutor guided me throughout the interview process and helped me with different terminologies related to massage therapy. This is an excellent opportunity to enjoy

"My tutors at Runshaw College have been absolutely brilliant and very supportive."

work and travel around the world at the same time. I am looking forward to my 12 week training in London, after which I will begin my first 9 month contract. The training will help me learn about the different techniques and product ranges used by Steiner, especially Elemis which is a leading British spa and skincare brand for Beauty Therapy."



Sarah recently won the first place in the World Skills Beauty Therapy Competition in the regional heats at Wakefield for the Level 3 Advanced Competition category.

"I am happy to have won the award for the World Skills Competition and hope to make it to the finals at Cambridge in June. I was required to complete a back massage, body faradic-toning treatment and facial microdermabrasion treatment. There are

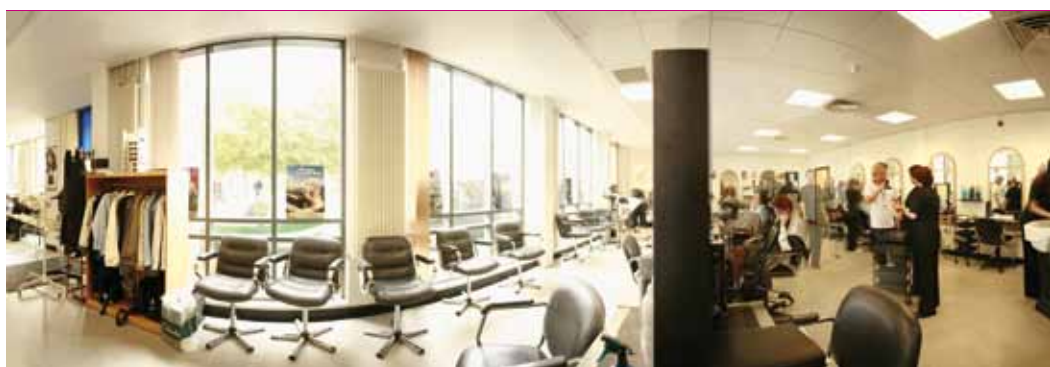


Image Academy Salons - Market Street, Chorley

many opportunities to participate in events and competitions at Runshaw College. I also took part in an in-house body art competition where I came first. Runshaw is a fantastic college."

Louise Bramwell, Course Leader for Beauty Therapy at Runshaw College commented, "We are very proud of Sarah's

"Runshaw is a fantastic college! There are many opportunities to participate in events and competitions."

achievements. She is hardworking and dedicated to her career. We would like to wish her all the best and will be happy to welcome her to Runshaw anytime to speak to students about her experience at Steiner."

Runshaw College offers a modern salon with up to date facilities meeting the needs of industry within a town centre setting. A qualification in Beauty Therapy opens up a range of opportunities in salons, hospitals, leisure clubs, spas, hotels and health farms in the UK, as well as overseas on cruise ships such as Steiner and in holiday resorts. More than 7,500 UK beauty therapy salons and over 5,400 hairdressing salons offer a variety of beauty treatments*, and the industry continues to grow with the introduction of new and innovative products and treatments.

*Source: Hairdressing & Beauty Industry Authority (HABIA) UK.



Beauty student opens her own salon in Wigan



After completing her NVQ Level 3 Beauty Therapy course at Runshaw College, Donna Kelly has since opened her very own beauty salon, The Little Dermatology Clinic, in the busy centre of Wigan.

The Little Dermatology Clinic offers a relaxed and holistic approach to beauty and skin therapy with treatments such as the unusual Fish Spa Therapy (which uses garra rufa fish), waxing, eyebrow and eyelash tint, eyelash extensions and Crystal Clear Microdermabrasion (made famous by celebrities such as Victoria Beckham, Cameron Diaz and Madonna).

Donna has always been interested in beauty and make up from a very young age and always wanted to have a business of her own. Although she found getting the business started a bit of a struggle in the beginning, she now has a strong client list.

Donna feels taking the beauty course at Runshaw really helped her in getting her business off the ground.

Donna felt she had excellent support from her tutors during her time on the course and even after she had left, "The tutors were brilliant - everyone was really nice. My tutor, Louise Bramwell, still keeps in touch."

"If it wasn't for the course I wouldn't be where I am now. It has given me a lot of confidence and I made a lot of new friends."

Runshaw College offers quality training in purpose built state-of-the-art high street salons. It offers students the opportunity to gain training and qualifications in the fields of hairdressing, and beauty treatments. Visiting clients to the salon provide students with invaluable work experience, enabling them to develop professional skills including technical ability, customer service, time management, team work, and building self-confidence.

Every season brings new beauty treatments and products to salons nationwide. The College's hair and beauty salons are no exception, introducing students to the latest application techniques and treatment processes. In an industry known for its rapid growth and constant transformations, this certainly gives students at Runshaw a competitive edge.

Donna really enjoyed learning new beauty techniques on the course, she particularly enjoyed studying the Microdermabrasion method which is now one of the treatments she offers in her salon.

Donna thoroughly enjoyed her time at Runshaw and would recommend it to others, "the College has a really nice atmosphere, the teachers are nice, professional and approachable. It is a lovely College."

RUNSHAW
ADULT COLLEGE

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