



LIGHTS, CAMERA, ACTION!

The WEA, East Midlands and Bright Ideas Nottingham is proud offer this new and unique opportunity for South Asian women. Get On Up; lights, camera, action is offering an opportunity for up to 12 women to come together to talk and learn and shed light on local issues and take action in their local communities.



is a relaxed and fun and inspiring learning programme that will give you the opportunity to:

- talk with other local people about issues that affect them
- find out about how decisions are made by public agencies (such as the council and NHS)
- go on study visits to individuals such as local councilors and MPs and national places such as the Houses of Parliament in London
- take action to get local people's views heard
- meet new people
- learn new skills for your CV

Shazia Khan, the group facilitator and Nadia Mir, the programme assistant will ensure that you:

- are involved in designing the learning programme
- have access to a range of different speakers and presenters
- are supported as a group to go on study visits together
- record your experiences on the project
- have opportunities to learn how to use 'social media' such as flickr, face book, and twitter to put across viewpoints
- learn to develop other useful skills such as photography, film making and editing

- **The pre-programme meeting will be held on Tuesday 19th October, 2010**
- **The group sessions are on Tuesdays from 10 am to 12.30pm and run from October 2010 to March 2011**
- **In addition to this we will visit places and people of interest to the group**

All learners will be provided with:

- Light lunches and/or refreshments
- Travel costs
- Childcare costs for pre-school children (please discuss your needs with Shazia)
- All stationary and course files
- Certificate and reference

For more information, please contact:

Shazia Khan or Nadia Mir
Bright Ideas Nottingham
Telephone: 0115 8379474 / 07971 971404313
Shazia@brightideasnottingham.co.uk
Nadia@brightideasnottingham.co.uk

Get On Up: lights, camera, action is brought to you by the Workers Educational Association WEA East Midlands and Bright Ideas Nottingham. The programme is supported by the African-Caribbean and Asian Forum. The work is funded by the Tackling Race Inequalities Fund, Communities and Local Government.



Expression of Interest

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Name: _____

Address: _____

Telephone: _____

How would you describe your ethnic background? Bangladeshi Indian Kashmiri Pakistani

Do you have any requirements (e.g. childcare costs, dietary requirements, etc.) _____

Why would you like to join Get On Up? _____

Tell us 3 things about yourself

1 _____

2 _____

3 _____