

National Institute of Adult Continuing Education
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MYLEENE KLASS ENCOURAGES ADULTS TO SIGN UP NOW TO LEARNING

Musician and presenter, Myleene Klass, is encouraging adults to take up learning as their New Year's resolution this January, by backing *Sign Up Now* - a national campaign from the National Institute of Adult Continuing Education (NIACE).

Myleene is doing a degree in astronomy. She said, "Astronomy has always interested me as I like the Greek mythology behind the stars and constellations, as well as the science. It fascinates me that we are staring at objects in the sky that aren't necessarily there anymore."

She continued, "That's why I chose to take up studying a degree in astronomy and planetary science. I also think it's really important to keep exercising your brain and learning new things. January is a great time to take up that course you've always wanted to, so challenge yourself now and reap the rewards later."

Colleges, adult education centres, libraries, museums and community centres across the country are full of information about the range of courses available – from learning about computers, maths or a new language to more unusual subjects like learning to analyse dreams, becoming a private investigator and learning about the art of hand painting by taking a course in Mehndi. You can also find out what's on offer where you are, by calling Careers Advice free on 0800 100 900.

Rachel Thomson, Senior Campaigns Officer at NIACE, said, "Like Myleene, you may want your learning to fit in with the International Year of Astronomy. Or this could be the year you learn a new language, paint a watercolour, read your first book or learn to dance a tango. You could earn a qualification that will lead to a promotion or a new job or you could learn about something out of complete fascination or just for the fun of it."

She continued, "Many people find a new lease of life when they decide to learn something new and there are adults across the country who are proof of how

learning transforms lives. Take the opportunity to make your New Year's resolution one to mark 2009 as a year to remember."

Ends

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Notes to Editors

1. Sign Up Now is delivered through hundreds of local colleges, adult education centres and community and voluntary organisations across the country. Its purpose is to raise the demand for learning and skills by celebrating the achievements of adult learners and in doing so, motivate others to get involved. For more information on the Sign Up Now Campaign please visit: www.signupnow.org.uk
2. A free promotional pack is available for learning providers from NIACE which aims to increase the profile of local learning events and courses by providing customizable posters to advertise activities, as well as promotional postcards and pens. Further details are available at: <http://www.niace.org.uk/alw/2008/providers/SUNmaterials.htm>
3. A DVD celebrating the achievements of adults who completed Skills for Life courses will be available to download in January from www.signupnow.org.uk
4. For details of all of this year's Adult Learners' Week Award Winners please visit: <http://www.niace.org.uk/alw/2008/public/winners.htm#National>
5. Nominations are open for the Adult Learners' Week Awards 2009. Individuals, groups and family learners can be nominated for their remarkable and inspirational achievements through learning. Nominations close on Wednesday 21st January 2009 at 5pm. More information available at: www.alw.org.uk/nominate
6. To engage adults in numeracy this year, free maths resources can be found at www.mathstakesyouthere.org.uk
7. The International Year of Astronomy 2009 is a global effort initiated by the International Astronomical Union and UNESCO. For more information visit <http://www.astronomy2009.org/general/>
8. The National Institute of Adult Continuing Education (NIACE) is the leading non-government organisation for lifelong learning in England, and exists to encourage more and different adults to engage in better-quality learning of all kinds. It campaigns for, and celebrates the achievements of, all adult learners.