

COMMUNITY & FAMILY LEARNING

Support anyone with caring responsibility
for children and young people (parents,
carers, guardians, and grandparents)
across Essex.



COMMUNITY & FAMILY LEARNING

All our current courses and workshops are **FREE** to attend and are delivered either face to face or online in our virtual classrooms.

We also work in partnership with schools, pre-schools, nurseries, community organisations and partners that support families to learn together.

We offer FREE interactive courses that help you through whatever challenges life currently brings. Make sure to visit our Facebook Group 'ACL Essex Community & Family Learning' for updates, activities and courses!

- Understanding Maths and English
- Emotional wellbeing
- Parenting
- Early Years
- Family wellbeing
- Qualification and Employment
- Specialist Workshops



Join our Facebook Group: Search for 'ACL Essex Community & Family Learning'



UNDERSTANDING MATHS AND ENGLISH

We offer courses to help families understand the different subjects children are learning at school.

With experienced tutor support, these courses aim to improve parents' or carers' ability to support children's learning and development.

- Understanding Maths & English KS1
- Understanding Maths & English KS2
- Family English for ESOL
- Introduction to Phonics



EMOTIONAL WELLBEING

These courses offer families guided support and tips on keeping children emotionally well.

We deliver courses and workshops based on the developmental age of your children.

- Emotional Wellbeing KS1
- Emotional Wellbeing KS2
- Emotional Wellbeing KS2 Teenagers
- Emotional Wellbeing for Parents
- Big Emotions KS1 and KS2
- Separation Anxiety
- Understanding family anxiety
- Understanding children's anxiety

PARENTING

These workshops are to recognise and accept children's feelings in a positive way and choose from a range of strategies to put fair boundaries into place.

- Understanding Children
- Motivating Teens
- Sibling Rivalry
- Child Development KS2
- Child Development KS3
- Sleep Clinic
- Managing Big Emotions KS1
- Managing Big Emotions KS2
- Choices and Consequences
- Setting successful boundaries

EARLY YEARS

These workshops will provide support for parents or carers of children under 5 on a range of topics.

- Creative Play
- Outdoor Play
- Storysacks
- Numbersacks
- Play and Language



QUALIFICATIONS AND EMPLOYMENT

This is your year!

This course will help you start your year the best way possible, inspiring you to harness skills to gain employment and a Gateway Awarded qualification.

An opportunity to be in control of shaping your employment choices so that this is your year! This is not just a course that looks at employability skills, but it gives you the chance to harness the skills you already have, develop additional skills and realise your true potential.

FAMILY WELLBEING

Our Family Wellbeing courses help you to develop mindfulness strategies and tools with your family in addition to caring for each other's and your own wellbeing.

- Supporting self-care
- Family Mindfulness
- Healthy Store Cupboard Cooking
- First Aid & Family First Aid
- Healthy Lunchboxes
- Family Survival for Home-schooling
- Surviving Holidays
- Family Kitchen

SUPPORT

ADVICE

GUIDANCE



SPECIALIST WORKSHOPS

These one-off workshops cover a variety of topics, offering support for you and your family.

They give you an opportunity to speak to professional tutors about your concerns and other parents or carers facing the same challenges.

- Managing Big Emotions KS1
- Managing Big Emotions KS2
- Separation Anxiety
- Understanding Anxiety
- Family Kitchen
- Sleep for parents of under 5's
- Choices and Consequences
- Child Development KS2

- Child Development KS3
- Starting the next stage in Education - Starting Primary - Starting Secondary
- Online-safety



WORKING WITH SCHOOLS, EARLY YEARS ORGANISATIONS AND COMMUNITY GROUPS

We also offer bespoke courses for schools, organisations and groups that are delivered either online or face-to-face. We are always looking at innovative ways to work in partnership to support Essex residents. If are interested in working with our team, please contact us.



LET'S FOCUS ON FAMILY WELLBEING

➤ Written by Melissa,
ACL Community & Family
Learning Curriculum Lead



SELF-CARE

To look after your family, the most important thing is to first look after yourself. We know this might seem unnatural, but it is so important to be a role model to your children on how to self-care. It also has the added benefit of reenergising you so that you can be the most effective parent you can be. It is important to practise the 5 steps to wellbeing:

Connect: Spend time connecting with the people around you and developing these relationships. These relationships will support and enrich you on a daily basis.

Be active: It is important to discover a physical activity that you enjoy and that suits your mobility and fitness. Exercising has amazing health benefits, it releases chemicals called endorphins that trigger positive responses in your brain.

Take notice: There is so much beauty around us that a lot of us miss, normally whilst we are glued to our phones. Awareness of the world around us and how it makes us feel is important. It helps us reflect on experiences and truly appreciate what matters to us.

Keep learning: There are so many ways to expand our knowledge of the world around us, and fun ways to do it! Set yourself a challenge and try something new, rediscover a hobby or sign up for a course. You never know, it may take you in a previously unexplored and exciting new direction.

Give: Over the past year we have seen so many examples of people supporting their community and those around them. It can be incredibly rewarding to do something nice for a friend or stranger, and it may influence them to give to others. The beauty of it is that your small act of kindness could positively impact countless lives.

These steps are equally important in supporting children. What might seem trivial to you can be a huge worry to your child. Telling them not to be silly is a sure-fire way to stop them sharing their worries with you in the future.

THE FINAL SAY

Listening and offering advice but giving your child(ren) the final say for how they handle the issue is always good practice. Acknowledging their feelings is so important too. Telling them “I can see you are feeling anxious, frustrated, or angry about this. How do you think we can solve it?” is far better than saying “oh, don’t worry about it, it’ll all work itself out”. You’re not expected to have all the answers, the idea is for you to facilitate them to work out their own plan of action.

EXPRESSING EMOTIONS

Sometimes children can have feelings that they can’t explain or don’t have a name for. For example, they know they have butterflies in their tummy but can’t put that feeling into words. This is where it is good to help them name those feelings.

There are books out there that explain emotions very well. For younger children I love ‘The Colour Monster’ by Anna Llenas or ‘My body sends a signal’ by Natalia Maguire. Mood cards (available online) can be good too as children can simply pick the card from the pack that has the face on that corresponds most closely to how they are feeling and then you can discuss the feeling this represents.

Generally, the cards have information on the reverse to help you have a conversation with your child and often include questions for you to ask if you’re stuck.

A ‘Feelings Wheel’ is a good tool to have too. You can find these online by simply typing in ‘feelings wheel’ into a search engine. They show the eight main emotions that everything else stems from and can be helpful with older children. Alternatively, give the film ‘Inside Out’ another watch. It is a lovely reminder of dealing with emotions, which could also be a great end of week treat!



1

Stay well fuelled.

No one can run on an empty tank so make sure you and your family are eating healthily & drinking enough water.



3

Be kind to yourself.

We’ve all been thrust into a huge, unwanted change to our lives. Give yourself a pat on the back and know that it is almost over (as long as we all keep sticking to the guidelines of course!) Celebrate the small wins and give yourself credit for getting through this huge moment in history.



2

Practice gratitude.

You’ve come this far, think about all that you and your children have achieved in this time, all the things you are grateful for and reflect on how you have changed as a family in positive ways, especially over the last 18 months.



TOP TIPS FOR PARENTS

4

Having something to look forward to.

How about organise a picnic outside? Decide on a suitable spot and get discussing who is bringing the salad, cricket set and cakes!



5

For the next week, EAT THAT FROG!

This doesn’t mean putting amphibians on the dinner menu but getting the jobs you hate the most out of the way early in the day. Once the schoolwork ironing, or whatever job it is you usually procrastinate over is done, the rest of the day can be spent doing the things you enjoy more.



Give yourself a small reward for getting the boring stuff out of the way and treat yourself to some down time. In the words of Finding Nemo’s Dory “Just keep swimming” and remember – you’ve got this!



HOW WE SUPPORT YOU DURING YOUR STUDIES

We're committed to supporting our learners during and after their studies. With ACL, you don't just enrol on a course, you also gain access to a wide range of opportunities that could be free.

Employability & careers

Improve your employment prospects to get back into work or move into a new job opportunity. Whatever your previous experience, we can support you to achieve your career goals. Our courses and apprenticeships will help you develop lifelong skills that will boost your prospects and take you in the previously unexplored directions that could result in exciting new career pathways and opportunities.

► aclessex.com/get-back-into-work

Mental health & wellbeing

We offer the space to explore ways to improve your wellbeing and provide tools to help you navigate everyday life. Our wellbeing courses are there to improve your self-care techniques, boost confidence, and improve your goal setting strategies.

► aclessex.com/mental-wellbeing



IT/Digital skills

Are you, or do you know someone who struggles to use digital technology and would like to be more confident? We offer Essential Digital Skills courses that will help you complete tasks on a daily basis, saving you time, energy and reducing potentially stressful situations. Gain knowledge and skills whilst using your computer and devices in a home or work environment. We also offer Microsoft Office and Cyber Security courses to help you improve your career prospects and feel more confident.

► aclessex.com/digital-skills

Maths & English

English and maths play a vital part in our daily lives. Whether applying for a job, helping children with their homework or just reading a newspaper or online article. Our free* English and maths courses will help to blow away the cobwebs, improve your confidence and gain a qualification. Whatever your reason to improve your English or maths, we can help! Our courses could be free* and start from beginners to GCSEs. You can learn in the classroom or online.

► aclessex.com/english

► aclessex.com/maths

*FREE to those who do not currently hold a grade C or 4 (or above) in this subject.

Support for all the family

If you're a parent, grandparent or caring for a child or young person in Essex, we have support for you. We offer guided workshops focused on keeping children emotionally well, improving carers' or parents' ability to support children's learning and development, and strengthening family relationships.

► aclessex.com/community-family-learning

ONLINE SUPPORT

Help Hub

Full of useful guidance and resources, our online home for support will ensure you have all the necessary tools whilst learning with us.

- **Technical support**
- **Financial support**
- **Wellbeing support**
- **Safeguarding**
- **Career advice**
- **Frequently asked questions**
- **Feedback**

We continuously update topics to best meet our learner's needs. Please don't forget to send us your feedback (aclessex.com/feedback) to let us know about any additional support you require.

► aclessex.com/help-hub



HOW TO ENROL

Once you have chosen your course/s, you can either enrol on our website or by phone.

1. ONLINE

Visit www.aclessex.com and create an account. You can then either search for the course title using the search box or browse our website.

Once the course has been selected, you will be asked to fill out an enrolment form (non-qualification) or asked to enrol onto an assessment session (qualification).

2. PHONE

Call **03330 607 002** and you will be put through to a member of our customer service team. Before calling, please make a note of the course title or course code.

Our phone lines are open Monday to Friday, from 8:30am to 5pm, unless otherwise stated.

If you have any enquiries, you can contact us through our website or by email:



aclessex.com/contact-us



lifelong.learning@essex.gov.uk

EQUALITY AND DIVERSITY

ACL is committed to fairness and equality of access, opportunity and outcome for all learners and potential learners. We oppose discrimination in any form and have a commitment to making our courses inclusive and available for all. We positively welcome enrolments from everyone, regardless of age, culture, race, religion/belief and sexual orientation, and actively promote Equality and Diversity across all areas of the service.

SAFEGUARDING

We are committed to the safeguarding of all our learners, staff, volunteers and visitors. We are particularly mindful of specific vulnerable groups although we promote the safety and wellbeing of all members of the ACL community. We want you to feel safe and not threatened by the environment or other people and we have policies and procedures in place to deal effectively with any safeguarding concerns raised. We ensure all staff are trained and our learners are advised on reporting concerns.

PLEASE NOTE

It is always our intention to run our courses as advertised, however if demand is low, they may be postponed or cancelled. Alternative options will be offered in these circumstances. Prices are in line with our fees and charges policy. For full information, please visit www.aclessex.com/fees-policy