

Community and Family Learning – Free virtual offer from ACL'



Essex County Council

Following a recent redesign and in response to the pandemic ACL have developed a range of virtual courses under the heading 'community and family learning'

All free to access

Potential to support our families, and practitioners to deal with some of the pressures around wellbeing and home learning

Programme still being developed – Aiming to be flexible & responsive

COMMUNITY & FAMILY LEARNING

Understanding
Maths &
English

Emotional
wellbeing

Family
Wellbeing

Commissioned
Support

Specialist
workshops

If you are a parent, grandparent
or caring for a child or young
person living in Essex we have
support for you.

Learn
Anytime

Surviving
as a
family

Partnerships

Parenting

The next
stage in
education

Visit our website for specific course details:
aclessex.com/community-family-learning-online

For more details and to discuss upcoming courses, contact our team:
Melissa Williamson: 03330321597 / Melissa.Williamson@essex.gov.uk
Zoe Mallett: 03330321372 / Zoe.Mallett@essex.gov.uk


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



Specialist Workshops

These workshops/ special events offer support for you and your family on a variety of topics. They give you an opportunity to speak to professional tutors about your concerns, other parents facing the same challenges, or join events that have been created to bring you and your family together to learn. If there are specific topics or ideas that you would like to see us deliver then please do email us.

Emotional Wellbeing

An opportunity to have guided support and tips on keeping your children emotionally well.

Family Wellbeing

Develop mindfulness strategies and tools with your family alongside finding time as a parent to look after your needs.

Learning Anytime

Virtual teaching on topics that will allow you to take the learning at your pace and when your little one is ready, day or night. For older children topics that will allow you to fit learning in around their school work, mealtimes, downtime, socialising with peers and when they are ready to.

Starting the next stage in education

How to support your children's education journey whether they are starting primary or secondary school in September.

Surviving as a Family

Develop strategies and tools to eat healthily, maintain boundaries with technology, behaviour and tips to survive as a family.

Understanding English & Maths

Information on how to gain confidence to support your children's learning of all things Maths & English for KS1 & KS2.

Parenting

To recognise and accept children's feelings in a positive way and choose from a range of strategies to put fair boundaries into place. Ultimately, we want to improve parent/child relationships through the implementation of effective assertive techniques.

Partnerships

If you would like us to deliver any of our offer exclusively for your families, either online or face-to-face then please contact us. We are always looking at innovative ways to work in partnership to support Essex residents.

Commissioned Support

If you would like a bespoke service, training for staff or something that is outside our funding regulations then we can support through a commissioned service.

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We offer FREE interactive courses to help you negotiate these tricky times. If you are a parent, grandparent or caring for a child or young person living in Essex we have support for you.

To participate in these courses, learners will need a laptop or PC with webcam and microphone, internet connection with Google Chrome browser, an email address and be able to access websites.

Overview

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, KS2 and Teenagers
- Emotional Wellbeing for Parents
- Separation Anxiety
- Understanding anxiety
- Parental Guilt

[View courses](#)

Understanding English & Maths

Understanding of the different subjects' children are learning at school. With experienced tutor support, they also aim to improve parents' or carers' ability to support children's learning and development.

- Understanding Maths & English KS1, KS2 & KS3
- Family English for ESOL
- Intro to Phonics

[View courses](#)

Early Years

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

- Creative
- Outdoor Play
- Storysacks
- Numbersacks
- Play and Language
- Intro to Phonics
- Sleep for parents of under 5's

[View courses](#)

Feedback

Overview

Qualification and Employment

We offer free courses to help you regain control of your employment prospects. Let's make 2021 your year!

- Harness the skills you already have
- Develop your employability skills
- Gain confidence in your own abilities
- Take responsibility and realise your true potential

[View courses](#)

Parenting

These workshops are to recognise to recognise and accept children's feelings in a positive way and choose from a range of strategies to put fair boundaries into place. Ultimately, we want to improve parent/child relationships through the implementation of effective assertive techniques.

- Sibling Rivalry
- Motivating & Negotiating with Teens
- Child Development KS2 & KS3
- Connecting in an unconnected world
- Choices and Consequences
- Parental Guilt
- Fussy Eaters

[View courses](#)

Specialist Workshops

These one-off workshops that 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 facing the same challenges.

- Money Talk for Kids
- Family First Aid
- Successful Co-Parenting
- Learning Be a Homework Hero
- Keeping Children Safe on the Internet
- Making Science Fun in the Holidays

[View courses](#)

Feedback



Book now: <https://tinyurl.com/Dads-and-kids>

Dads have a very special set of skills and are important in the development of their children. Often Dads don't get the opportunities to discuss parenting skills and coping with emotions. Learn strategies in how to develop your special Dad skills.



Book now: <https://tinyurl.com/Early-Years-3-5yrs-2nd-March>

This session is to support parents of early years children to plan activities and ideas for outdoor learning and provide an opportunity for parents to support each other.



Parent of a 3-5 year old?

ACL Family Learning

Tues 2nd March
7:00-9:00pm
or
Tues 9th March
7:00-9:00pm

Help you to plan activities and ideas for outdoor learning, to keep your children entertained and connect with other parents

Book now: <https://tinyurl.com/Early-Years-1-3-yrs-10th-March>

This session is to support parents of early years children to plan activities and ideas for outdoor learning and provide an opportunity for parents to support each other.



Book now: <https://tinyurl.com/Understanding-Children-Feb>

This course is designed to support you and your family to explore boundaries and general parenting tips



Understanding Children

Tues 23rd February - 9th March
12:30-2:30pm

ACL FAMILY LEARNING

Parenting is not an easy job at all and at this time we all feel that we are being tested. Some days are better than others but life is not easy all living under one roof all of the time. This course is designed to support

Book now: <https://tinyurl.com/Phonics-for-Rec-and-beyond>

A chance to explore what phonics is all about, and some useful tips to help your children learn whether they are in reception, year 1, 2 or beyond.



Newsletter / Wellbeing blog / Facebook

[Updates - ACL Community and Family Learning \(office.com\)](#)

<https://aclessex.com/how-to-feel-like-youve-had-a-half-term-break-despite-lockdown/>

[ACL Essex Community & Family Learning | Facebook](#)