

**Family  
Learning  
Courses**

**Fun  
Friendly  
Free!**



**Family Learning**  
Supporting families in Cumbria  
to learn together



**Course Information 2021-22  
for Primary Schools, Nurseries, Libraries  
and Children's Centres**

**Adult Learning**



## Welcome to our offer of Family Learning courses

We hope that you will find something here to prompt you get in touch to find out more about how we can help you to support the families you work with in your nursery, school or children’s centre.

- Visit our website: [www.adultlearning.cumbria.gov.uk](http://www.adultlearning.cumbria.gov.uk) to find out more
- Send us an email or call us for a chat about how we can meet your needs - contact details are on the back page

### ‘Think Family’

Cumbria County Council’s ‘Think Family’ approach encourages us all to embed the wider welfare of families at the heart of all our decision-making and policies, with the ultimate aim of supporting better outcomes for children and young people across the county. ‘Family Learning’ has a role to play in this and we look forward to working with you.

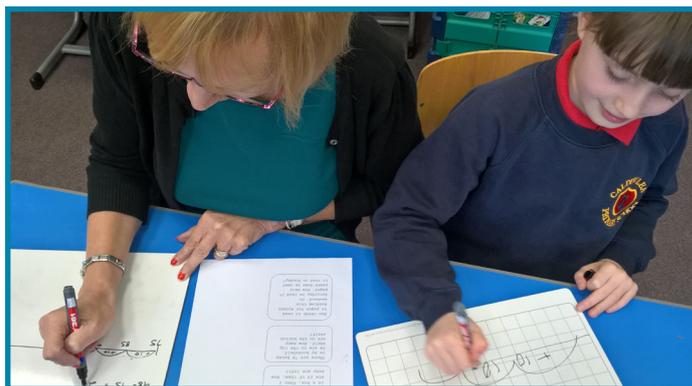


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## What is Family Learning?

- Free courses covering a variety of subjects and topics to help families support their children's education and development.
- For parents, carers and close family members of a child in primary school or early years.
- Face to face courses or 'QuickSkills' courses on 'Zoom' - all tailored to meet individual and group needs.
- Delivered by friendly, qualified and experienced tutors with a background in primary or early years education.



## Why host a Family Learning course?

- Assist 'catch-up' after lockdowns and isolation.
- Bring families together to connect and gain mutual support.
- Build opportunities for positive impact on children's learning and development.
- Create quality time for parents and children to learn together\* and have fun.
- Enable parents to refresh key skills and develop new ones.
- Help parents to update on what their child is learning and how they can offer support.
- Signpost families to further support
- Open up a route into accessible learning opportunities for all parents.
- Boost confidence and resilience.
- Provide a stepping stone into further adult-learning, potentially leading to qualifications and new opportunities for families.
- Facilitate learning in the wider community.
- Strengthen links between home and school/nursery.
- Support positive relationships and communication.

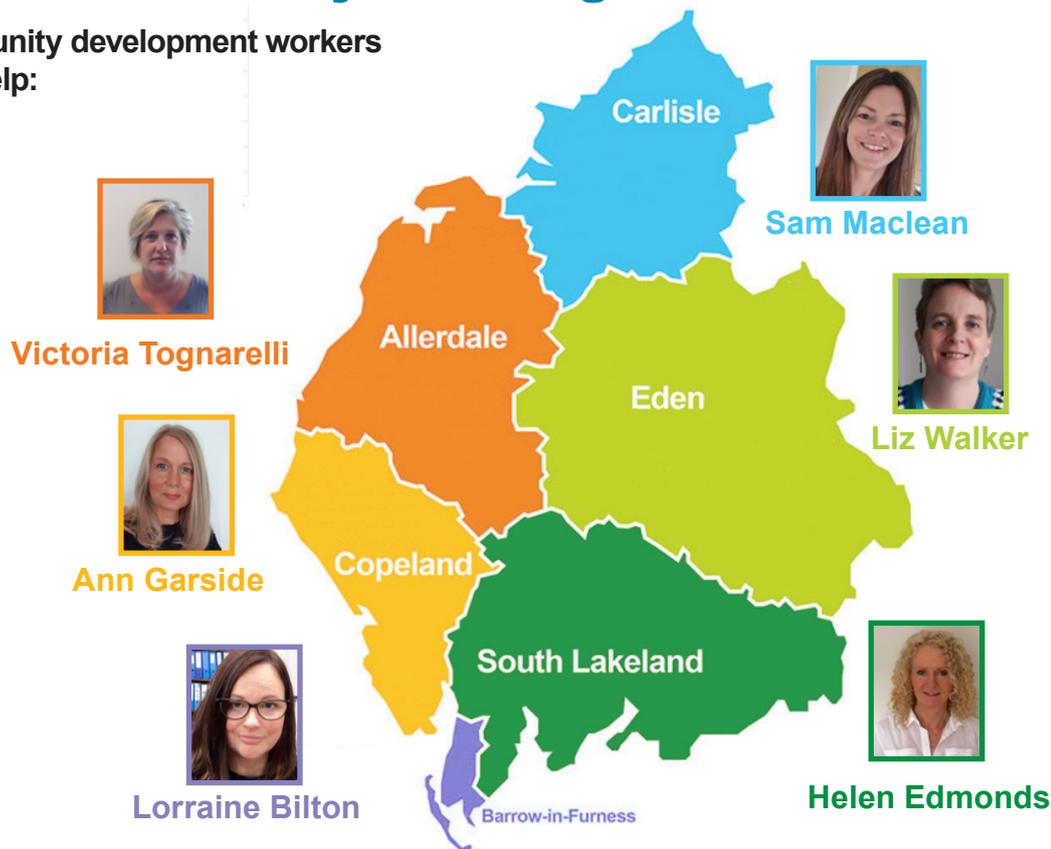


Traditional African proverb

(\*May depend on current restrictions. Usually, one designated child per adult joins for part of the course. Courses can be adapted for delivery to parents only. Some courses are designed just for the adults.)

# How to host a Family Learning course

1. Our community development workers are here to help:



- 2. Identify your member of staff who will be the named contact to liaise with the Community Development Worker (CDW) and the parents on the course.**
- 3. Identify a suitable teaching space for the course to be delivered. Where not possible on site, a local hall or community centre may be an option.**

Funding may be available to cover hire costs, depending on enrolment numbers.
- 4. Choose a course - you could:**
  - Consult the school/local community
  - Identify which year groups or key stages may benefit from a family learning course
  - Identify the curriculum areas where support may be required
  - Choose a course that you think would be most appealing, to get parents initially involved.
- 5. Liaise with your community development worker**

Discuss course options and availability; finalise dates and times and keep open the lines of communication. There is a little bit of paperwork to sign and return, including a service level agreement, which clearly sets out expectations. We have options available to support parents with childcare - ask for further information.
- 6. Publicise and invite your target groups**

We provide support with publicity materials. Ideally, course numbers will be between 7 and 10, but don't be put off - we try to be flexible.
- 7. Collect in expressions of interest from parents**

Let us know who would like to enrol.
- 8. Ensure parents attending the course receive a warm welcome**

Please provide a friendly welcome at first point of contact. A cuppa and a few biscuits go down well.

## Different types of course to suit your needs

Choose from:

### Tasters

- A fun introduction to Family Learning - usually 2 hours
- Pave the way to a short or long course
- Ratio 1 adult : 1 child

### Short courses

- Support key skills and build confidence
- Range from 6 - 12 hours (three to six weeks)
- Usually two hour sessions
- Delivered by a tutor who works with the parents, then the children may join\*
- Ratio 1 adult : 1 child
- Support for childcare\*\*

### Long courses

- Increased opportunities for positive impact and coverage of skills
- 21 or 30 hours (seven or ten weeks)
- Usually 3 hour sessions
- Delivered jointly by one of our tutors and a member of teaching staff from your setting\*\*
- A typical session would be the tutor working with the adults, whilst the teacher works with the children, then all meet to work together\*
- Includes a free 'reward' visit to a local venue linked to the course content for parents and children on the course.
- Ratio 1 adult : 1 child
- Support for childcare\*\*

\* Depends on current restrictions and nature of the course.

\*\* Costs of facilitating courses are supported. Contact us to find out more.



## Free Activity Days with Cumbria Outdoors



- A reward for parents and children who complete a short or long Family Learning course.\*
- Activities tailored to the age-group and needs - includes free transport from pick-up points.
- New for Early Years families (aged 3 to 5): half days of themed active play, including 'Teddy Bears Picnic' and 'Mrs Tiggywinkle Adventure'.

# QuickSkills Courses Online



When face to face courses are a challenge, check out our Quickskills offer (delivered on Zoom).

Select a course (or two), advertise, let us know who is attending and we'll do the rest.

You could also signpost your school community to our online cross-county offer, which is regularly updated on our website.

A 30 minute intro is followed by 2 or 3 x 90 minute sessions.

Support families to...

## Pick up a QuickSkill in Early Years

- All about playing and learning with playdough
- All about counting and playing - make a maths mobile
- All about fun - journey with a caterpillar
- All about learning through stories

## Pick up a QuickSkill in Resilience

- All about soothing feelings - make a cuddle cushion (Nur-Rec-KS1)
- All about feeling good - make an 'Awesome Me' collage (EY-KS1-KS2)
- All about confidence and bouncing back (KS2)



## Pick up a QuickSkill in English

- All about basic/trickier/the trickiest punctuation (KS1 & KS2)
- All about writing basic/better/marvellous sentences (KS1 & KS2)
- All about phonics - make a rhyming puppet (Rec & KS1)
- All about reading - make a reading den (Nur, Rec & KS1)
- All about showing you care - write a poem (KS1 or KS2)
- All about writing - playful ways to help your child (KS1 or KS2)
- All about preparing your child for English in Year 1 or 2

## Pick up a QuickSkill in Maths

- All about number/addition/subtraction/multiplication/division/fractions/shape (KS1)
- All about big numbers/addition/subtraction/multiplication/division/fractions, decimals and percentages (KS2)
- All about times tables (KS1 & KS2)
- All about preparing your child for maths in Year 1 or 2





**Pop in for a QuickSkill in Science** - All about looking after the insects (KS1 & KS2)  
All about investigations (KS1 & KS2)  
All about looking after the birds (KS1 & KS2)



**Pick up a QuickSkill in Healthier Living** -  
All about snacks (Nur, Rec, KS1 and KS2)  
All about a better sleep (Nur, Rec, KS1 and KS2)



**Pick up a QuickSkill in Digital** -  
All about safety and social media  
All about safety and online gaming

**Pop in for a QuickSkill in Art and Craft** -  
All about taking a 'lion' for a walk (KS1 or KS2)  
All about Christmas/Easter/winter/summer craftiness

## QuickSkills feedback:

### All About Number

*'I thoroughly enjoyed this course... the sessions were fun and interactive. The games that we made have really helped me to simplify counting, addition and subtraction with my son...'*

### All About Phonics...

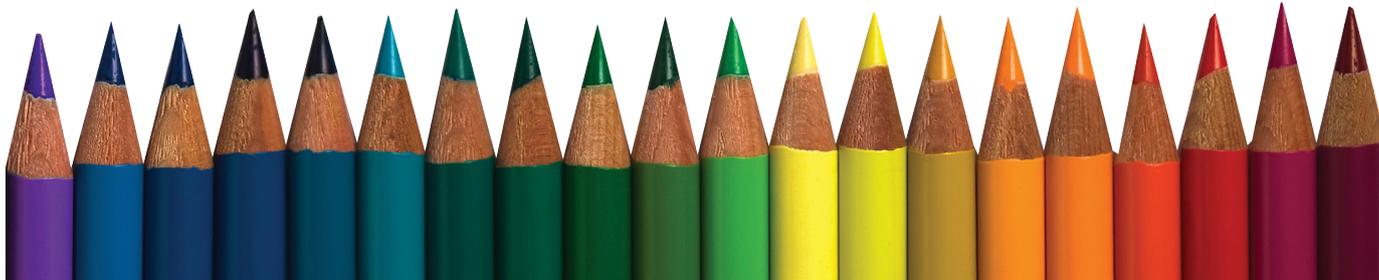
*'This course has given me a clarity on phonics and how to engage my daughter to make her excited about learning.'*  
*'I feel much more confident helping my son with his sounds and spelling...'*

### All About SPaG

*'I have found the whole course really useful as a refresher and it has ignited an interest in the subject. It should help me help my son with enthusiasm for the subject.'*



**All About Reading - Make a Den**  
*'I wouldn't have thought to make a reading den... the children really enjoyed it and will continue to keep making them... share stories and make them fun.'*



# Face-to-face courses

## Early Years

Courses designed to:

- Build skills and knowledge of parents to support children’s development and learning in the early years
- To support settings gain the ‘Healthy Families Pledge’ status.



For more information, visit: [www.cumbria.gov.uk/publichealth/healthyfamiliescumbriapledge.asp](http://www.cumbria.gov.uk/publichealth/healthyfamiliescumbriapledge.asp)

We are delighted to be able to extend our Early Years offer this year. We are always on the lookout for ideas for new courses to support families of young children, so please get in touch if you identify a need; we might be able to help.

## Family Active Start

5 x 2 hours

Active Start is a new early years programme supporting children to be healthy, to learn and to be active for life. Launching earlier this year, the programme is available to selected schools and settings across the county. If your setting has already signed up to the Active Start programme of training for staff, or plans to do so, then we have the perfect Family Learning course for you to share with parents. Help the children in your setting to become more active with the vibrant colourful resources and ideas!



Complementing the Active Start programme in school, families can explore how to follow up the learning with fun activities at home to help build strong bodies and happy minds, which provide the foundation for so many aspects of children’s learning, health and development. Every family receives an activity pack to share with their child and the adults can explore options to support their own health and wellbeing, providing more options to move together more as a family.

To find out more about the Active Start programme for your setting, or to book a Family Active Start course, please contact [kelly.alty@cumbria.gov.uk](mailto:kelly.alty@cumbria.gov.uk)

The Benefits of Physical Activity

Builds relationships & social skills

Improves sleep

Maintains health & weight

Develops muscles & bones

Contributes to brain development & learning

Encourages movement & co-ordination

Emotional resilience

Physical literacy has four elements – motivation (measured through enjoyment), confidence, competence and knowledge and understanding. The more elements present, the more active a child or young person is likely to be.

Motivation

Confidence

Competence

Knowledge and understanding

Enjoyment

**90% of girls and 91% of boys aged 2-4 years do not achieve the daily recommended CMO physical activity guidelines for health and wellbeing.**

Children learn more physical skills in their **first five years** than at any other time in their lives. **80% of their brain development** takes place by the age of 3. (The British Heart Foundation National Centre for Physical Activity and Health 2011)

Children with **active parents** are **twice as likely to be active themselves** and continue this into adolescence. (Designed to Move 2012)

Children with **greater levels of activity** between the ages of **3-5 years** tend to maintain this into **Primary School** entry. (The British Heart Foundation National Centre for Physical Activity and Health 2011)

Increasing **sedentary behaviour** is linked to **poor health and lower cognitive development.** (CMO Physical Activity Guidelines for Early Years 2019)

## NEW! - Stepping Stones

English for speakers of other languages (ESOL)

18 x 2 hours

Packed with colourful resources and activities to support the crucial milestones of baby-development, parents and their babies can meet in a friendly space to learn English to talk both to, and about, their baby - as well as connect with other families to develop friendships and networks of support.

Developed by a team from 'LUCID' and Manchester University, this course is designed for mums with babies aged up to 1 year. (Depending on cultural requirements, there may be scope for it to be offered to a mixed group where dads could join too.)



### Tasters: 2/3 hours

#### Sing-Along and Play

*Ages 0-3*

This first taste of Family Learning is a chance to meet up with other families and enjoy sharing action songs and rhymes with their child whilst learning about how this links to early language development. Families make a simple resource to take home such as a puppet or a musical instrument.

#### Awesome Me

*Age 3+*

Use collage techniques to make a crafty canvas all about your child and take home a resource to celebrate his or her fabulous uniqueness. This is a fun way to get a taste of Family Learning and boost children's confidence. It is an ideal stepping stone to "Happy Minds" or "Family Active Start".

#### Make and Play

*Age 3+*

Based on the story 'Owl Babies', this fun taster session explores how a simple story can lead to creative play. Parents create an owl-themed set of resources for play (perhaps with a little helper), whilst gaining confidence in sharing stories to inspire hands-on creativity from an early age.

### Short: 10 hours over 5 weeks

#### Focus on Phonics

*Ages 0-5*

Find the information on page 11.

#### Story Sacks (10 or 12 hours)

*Ages 0-5*

Story sacks encourage language development and a love of books in a creative, exciting and interactive way. Learners develop understanding of how and why to make a story sack. Parents design and make a range of resources, then excitement builds as the sacks are shared with the children in the final session before being taken home to keep.

#### Chat and Play

*Ages 0-5*

Research shows that chatting with children from Day 1 is a crucial part of healthy development. This course introduces parents to some of the reasons why chit-chat is so important, along with top tips, skills and activities to make it part of the everyday.

### Count and Play

Ages 0-5

Research shows that chatting with children from Day 1 is a crucial part of healthy development. This course introduces parents to some of the reasons why chit-chat is so important, along with top tips, skills and activities to make it part of the everyday.

### Happy Minds - build your child's resilience

Ages 0-5

Young, healthy bodies are supported by happy minds and on this course parents can explore the importance of developing resilience from an early age - all through making crafty resources to share back home, along with the chance for plenty of discussion.

### Fairy Tale Science

Ages 0-5

A great little course exploring the science behind some of our traditional stories; for example, have you ever considered what materials and design of bridge would be best to support the Three Billy Goats Gruff as they cross the treacherous river? Parents can explore how an interest in science can be fostered from an early age through fun and investigative activities, whilst providing plenty of opportunity for chat with little ones and gain an understanding of early scientific concepts.

### Short: 6 hours over 3 weeks

#### Happy Hands

Age 3+

Make a 'Happy Hands' activity box of resources to encourage children's creativity and build fine motor skills to help get ready for writing. Parents are guided through the skills of squeezing, pinching, twisting and hand-eye coordination, exploring activities and ideas to follow up at home. Homemade 'playdough' features heavily, along with everyday resources that can be put to new uses.

#### Maths Outdoors

Age 3+

Getting outdoors in itself is great for little ones, and this short course explores ideas to make even the smallest outdoor area or a walk to the park more fun with simple maths activities to explore.

### Longer: 21 hours over 7 weeks or 30 hours over 10 weeks

#### Time Together at Home EYFS

Parents are introduced to the excellent 'Time Together at Home' resources - developed by the Early Years Team. Packed with ideas and activities, the course introduces parents to the Early Learning Goals, supporting them to build a 'home full of activities', which they record in a unique, take-home poster. Includes a reward visit.



## What our learners say about Family Learning...

### Count and Play

*"Excellent course... well organised and ran... very informative."*

*"I absolutely love these... (Early Years) courses!"*

### Fairy Tale Science

*"I have really enjoyed learning. A good tutor... good teaching technique."*


**English**

Support for:

- Reading, writing, speaking and listening
- Building confidence
- Updating and refreshing skills
- Help with homework



## Tasters: 2/3 hours

### Storytime Puppets

*Reception/KS1*

Puppets offer many opportunities for imaginative play and developing language skills at home. A puppet made for a child will have special meaning, so this course guides parents through how to make a simple one to inspire and delight their child.

### Mysteries and Spies

*KS1/KS2*

Two hours of fun and learning, based around spy-themed activities, code-breaking and the opportunity to enjoy writing with invisible ink. Plenty of ideas to support literacy skills. Also suitable for older key stage 1.

## Short: 4 hours over 2 weeks

### Skills for Hearing Readers

*Reception/KS1/KS2*

This helpful little course provides parents with top tips for hearing children read, to help ensure it is an enjoyable and rewarding experience for all concerned. Useful as well, to build confidence for parents who may like to volunteer in school.

## Short: 6 hours over 3 weeks

### Playful Ways for Writing

*KS1/KS2*

Some children find writing off-putting. This short course explores some of the possible reasons for this to raise awareness of some of the challenges, before introducing some easy games and activities to help at home - including making a 'pen den'.

## Short: 8 hours over 4 weeks

### Support for Dyslexia

*KS1/KS2*

Knowing how to support children with dyslexic tendencies can be a challenge and this course aims to provide information about the condition whilst equipping parents with a range of practical strategies to use at home. The course focuses on reading, writing and spelling, where to find support and how to help children with dyslexia stay positive.

## Short: 10 hours over 5 weeks

### Focus on Phonics (*Letters and Sounds or Read Write Inc.*) *Nursery (aged 3+)/ Reception/KS1*

This course develops key skills and knowledge to support children's reading at home. Fun and interactive activities include making a 'rhyming puppet', and skills include blending, segmenting, sound-talk, strategies for learning 'tricky' words and letter formation. Skills include blending for reading, sound-talk, segmenting for spelling, strategies for learning "tricky" words and letter formation. The course can have a greater focus on a particular phase according to need. Suggested groupings for this course are: Nursery (aged 3+) and Reception; Reception and Year 1, Year 1 and Year 2, or if necessary, Reception, Year 1 and Year 2.

**Focus on English**

KS1

An introduction to some of the key skills for supporting children's development of writing, reading, speaking and listening in KS1. Adults and children work together on games and activities that can be followed up at home, including sharing stories, help with handwriting, listening skills and punctuation.

**Keep up with English**

KS2

An introduction to some of the key skills for supporting children's development of writing, reading, speaking and listening at KS2. Adults and children work together on games and activities to use at home, explore ways to help with homework and brush up on some of the new terminology. Families can work together on games and activities to use at home and help with homework.

**Spotlight on SPaG**

KS1 or KS2

Perfect for helping parents to brush up on grammar, punctuation and spelling strategies, building the skills and confidence to help with homework. Games and practical activities bring a little fun to grappling with grammar.

**Stories Together**

KS1

Sharing stories and reading to children is widely recognised as one of the best ways to help a child's education at home. It can be daunting though - which story? How to keep to the child's interest? Why is reading to children so important? This course provides many of the answers and will help to build confidence and enjoyment for everyone involved. A new story is visited every week, with plenty of ideas for activities to promote a love of stories.

**Longer: 21 hours over 7 weeks or 30 hours over 10 weeks****Get Ahead with English**

KS1 or KS2

Providing more time to build skills and understanding, this course is ideal for parents to work with their child over a longer period of time, to strengthen skills and enjoy learning together. The children benefit greatly from the one-to-one time, and for parents, this course can provide a stepping stone to a qualification in English. A free reward visit provides everyone with fun opportunities to apply new skills.

**What our learners say about Family Learning...****Get Ahead with English KS1**

*"The tutor was excellent..."*      *"... really helped with knowing how to help my child".*

**Focus on English (KS1)**

*"Excellent course materials; really useful to be able to ask questions directly about our children's learning and issues they may struggle with."*

**'Keep up with English' KS2**

*"Brilliant course helping me refresh my learning in English and giving me plenty of help and advice on how to help with the children's school work."*

**English for speakers of other languages (ESOL) courses**

Courses designed to welcome and support learners with English as an additional language.

**ESOL Stepping Stones** - first steps for mums and babies - see page 9 for more information.

We offer a range of ESOL courses and qualifications for adults. Please signpost members of your school community - contact us for more details.



## 123 Maths

Support for:

- Mathematical understanding
- Building confidence
- Updating and refreshing skills
- Help with homework



### Tasters: 2/3 hours

#### A Little Less Puzzled

KS1 or KS2

Maths can be puzzling, but this course will introduce a few key skills to help solve some carefully selected challenges tailored to the ages of the children so they can be used again at home. Fun and accessible for everyone, this course is a great way to find out more about Family Learning and get a taste of our maths offer.

### Short: 10 hours over 5 weeks

#### Focus on Maths

KS1

Useful for learning about current methods used in the classroom, this course includes activities and ideas that can be used at home, covering topics such as place value, repeated addition, arrays, number-lines, grouping and measuring.

#### Keep up with Maths

KS2

Useful for learning about current methods used in the classroom, this course includes fun activities and ideas that can be used at home that may help with homework. Topics include standard and non-standard methods of calculation, games and activities to support learning times tables and can be linked to specific areas requested by the school.

### Longer: 21 hours over 7 weeks or 30 hours over 10 weeks



#### Get Ahead with Maths

KS1 or KS2

This course is ideal for those who want to refresh and improve skills at their own level, gain confidence and find out how to support their child with maths. It is also a useful stepping stone to taking a maths qualification for those who wish to progress further. A free reward visit provides everyone with opportunities to apply new skills.

## What our learners say about Family Learning...

#### Get Ahead with Maths KS2

*"Another fantastic course - thank you"*

*"This course has helped me a lot explaining maths to my child and helping with homework..."*

#### Get Ahead with Maths KS1

*"Our tutor was absolutely amazing... giving us the confidence to help our kids more and dramatically improve how we teach them numbers."*



## Science, Designing and Making

Support for:

- Curiosity and exploration
- Scientific thinking
- Designing and making skills



### Tasters: 2/3 hours

#### Discovery Challenge

A taste of family learning: curious families can explore the science lurking behind seemingly ordinary objects and situations. Tailored to the age-group of the children, topics could include making slime, mini-beasts and giant models, paper-making and other intriguing subjects.

KS1 or KS2

### Short: 10 hours over 5 weeks

#### Science All Around

A hands-on course to encourage interest in the STEM subjects. Families work together on investigations and tasks to develop scientific thinking, whilst building teamwork, problem-solving and practical skills.

KS1 or KS2

Choose from:

**Going Green** – the how and why of recycling and upcycling - design and make a sculpture or display to get the message across to others;

**Dig for Victory** – depending on the season, an opportunity to plan and develop an area of the school's garden, providing habitats and food for bugs, birds and beasts, as well as growing food for the humans;

**Creative Chemistry** – make some fabulous slime and investigate a range of other chemical changes.

And for *EYFS/KS1* – **Fairytale Science** – explore the science in some well-known stories.

(See the Early Years offer.)



## What our learners say about Family Learning...

Science All Around *"Really interesting ideas to try and do at home"*

## Staying Safe Online

**Short: 10 hours over 5 weeks**

### Savvy and Safe Online

KS1 or KS2

The widespread use of social media and the internet means that children can be at risk from inappropriate use. This course aims to provide parents and carers with the information and skills needed to educate themselves and their child to be safe online. This is an adult-only course, delivered by one of our I.T. tutors.



## Resilience and Confidence

Support for:

- Building emotional well-being
- Safer and healthier lifestyle choices
- Signposting



**Tasters: 2/3 hours**

### Awesome Me

EYFS, KS1 or KS2

Use collage techniques to design and make a crafty canvas all about your child and take home a resource to celebrate his or her fabulous uniqueness. All materials are provided – this is a fun way to get a taste of Family Learning and boost your child's confidence. This short taster is a great stepping stone to "I Can Do It" or "Bouncebackability".

**Short: 15 hours over 6 weeks (6 x 2½ hour sessions)**

### I Can't Do It... Yet!

KS1

Children can very quickly learn to give up or feel that they aren't good at something, so this course supports families to build a more positive mindset. Topics include 'it's ok to mistakes', noticing strengths and positive communication. A 'cuddle cushion' to help children manage and express their feelings, is just one of the resources that parents can make on this course to help build resilience.

### Bouncebackability

KS2

Resilience can be nurtured and learned. This course aims to help parents support children's 'bouncebackability' (whilst picking up a few tips for themselves along the way). Topics include managing feelings, coping with change, positive communication, and building self-esteem. A take-home 'Resilience Chest' fills with resources week by week, providing a lasting reminder of the skills to help overcome everyday setbacks. (The course can be adapted to support transition to secondary school for Years 5 and 6.)

## Bouncebackability

*"A really interesting course - I feel much more confident talking about emotions and worries and also how to encourage self-esteem and resilience".*



## Healthier Living



### **Beginners: 10 hours over 5 weeks**

#### **Healthier Together on Planet Earth**

*KS1 or KS2*

This course is bang up to date with current issues of finding healthier, economical ways of looking after ourselves and the planet. Families work together on their own unique recipe book, bringing together information on where food comes from, the basics of good nutrition and healthier swaps, all with the aim of helping both ourselves and the planet to be healthier by making small changes.

### **Short: 10 hours over 5 weeks (5 x 2 hour sessions)**

#### **First Aid for Children (non-accredited)**

*EYFS, KS1 and KS2*

This course covers the key basic skills and knowledge, covering topics such as CPR and how to use a defibrillator, burns, choking, breaks and bleeding. Ideal for building confidence and a stepping stone to an qualification. Children are not involved in this Family Learning course.

## **What our learners say about Family Learning...**

### **Child First Aid**

*"Great course - targets met."*

*"I feel so much more confident as I look after my grandson when my daughter is at work."*





## Crafty and Creative

Support for:

- Encouraging creativity
- Developing skills
- Building self-esteem



### Tasters: 2/3 hours

#### Create and Make

*KS1 or KS2*

Each season offers creative opportunities, so this course links up accordingly. The tutor will adapt the course to suit the group and the season - get in touch to see what we can offer. A 'crafty' and relaxed way to introduce Family Learning.

### Short: 10 hours over 5 weeks (5 x 2 hour sessions)

#### Smart Art

*KS1 or KS2*

Sharing a creative project with a child offers opportunities for bonding, chat and development of confidence and a multitude of skills. Topics link to celebrations and festivals, offering opportunities to widen learning about cultures around the world. Contact us to find out more!

### Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

#### Mission Art

*KS1 or KS2*

This course is on a mission – for families to plan, make and review their own creative project which will result in a piece of artwork for the children's school. Projects could be based around developing skills with clay, felting, printing or collage, whilst offering opportunities to build confidence and teamwork. The group decides on how the project will be used: perhaps a school mural, stage set or art exhibition? An exciting, creative opportunity for everyone involved. This course offers flexibility in how it is delivered. Contact us to discuss your ideas.



## Coming soon...

We have some courses at development stage. Please contact us if you would be interested in hosting a pilot or working with us.

### **Families Matter** 3 x 2 hours

Working in partnership with the Public Health Team for Children and Families, this course complements other work across the early years teams to support parents to find positive approaches to reduce conflict within families.

### **Ready, Steady... School!** 5 x 2 hours

Designed to support families with a range of strategies around school readiness, the course is based on the Early Years' **'Transition Toolkit'** for settings: Ideal for supporting the 'ready family' and 'ready child' elements of the toolkit.

### **Bags Of Health (tbc)** 5 x 2 hours

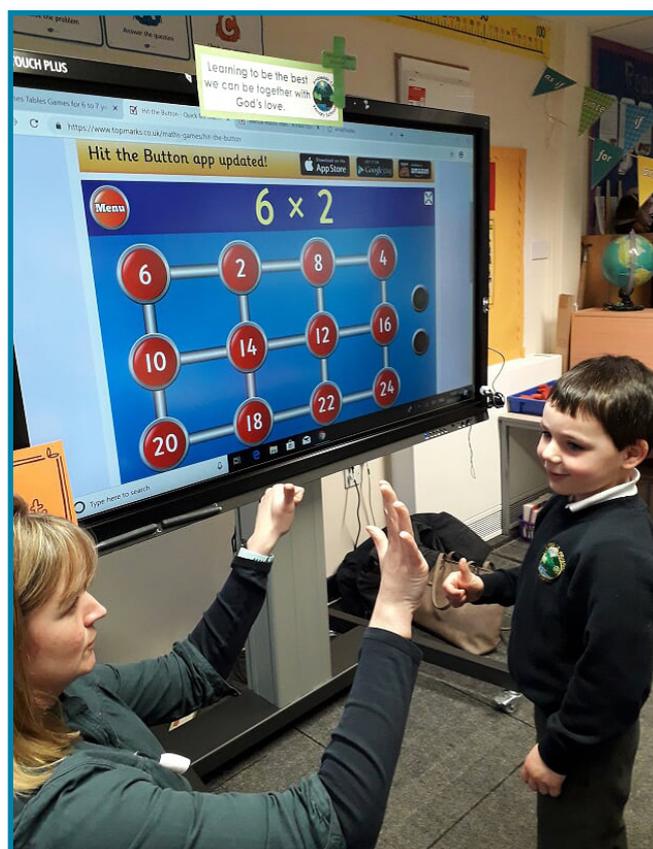
Working in partnership with the Public Health team, this course will provide families with a bag of resources that build up over the course as each week covers the preventative steps families can take to help support their child's physical health and immunity. Initial ideas for topics include: vitamin-rich snacks/meals, immunisations; the importance of sleep; outdoor activity; relaxation.



## Previous Family Learning Hosts

We look forward to seeing you on the list for 2021-2022!

Beaconside Primary School, Penrith  
 Bishop Harvey Goodwin School, Carlisle  
 Brisbane Park Infant School, Barrow  
 Brook Street Primary School, Carlisle  
 Burton Morewood C.E. Primary Academy, Kendal  
 Caldew Lea Primary School, Carlisle  
 Castle Park Junior School, Kendal  
 Church Walk Pre-School Nursery, Ulverston  
 Croftlands Junior School, Keswick  
 Cumbria Outdoors  
 Derwent Valley Children's Centre, Keswick  
 Ewanrigg Junior School, Maryport  
 Fir Ends Primary School, Smithfield, Carlisle  
 Flimby Children's Centre  
 Grange C. of E. Primary School, Grange-over-Sands  
 Greengate Junior School, Barrow  
 Hayton C. of E. Primary School, Carlisle  
 Heron Hill Primary School, Kendal  
 Howgill Children's Centre, Millom  
 Kingmoor Infant School, Carlisle  
 Milnthorpe Primary School  
 Morton Children's Centre, Carlisle  
 Newlathes Infant School, Carlisle  
 Newtown Primary School, Carlisle  
 North Eden Sure Start Childrens Centre, Penrith  
 Ormsgill Primary School, Barrow  
 Parkside Academy, Barrow  
 Ramsden Infants, Barrow  
 Robert Ferguson School, Carlisle  
 Roose Nursery and School, Barrow  
 Sedbergh Primary School  
 Shap C. of E. Primary School  
 South Walney Infant Schools, Barrow  
 South Walney Junior School, Barrow  
 St Herbert's C.E. Primary School, Keswick  
 St Josephs Catholic Primary School, Cockermouth  
 St Margaret Mary's R.C. School, Carlisle  
 St Martin and St Mary C.E. Primary School, Windermere  
 St Mary's Primary School, Ulverston  
 St. Marys R.C. Primary School, Whitehaven  
 Stainton C. of E. Primary School, Penrith  
 Stanwix Primary School, Carlisle  
 Staveley Primary School, Kendal  
 Stramongate School, Kendal  
 Tebay Primary School  
 Victoria Academy, Barrow  
 Warcop Primary School & Red Squirrels Nursery  
 West Allerdale Childrens Centre, Maryport  
 Workington Childrens Centre, Minto Centre



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আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ  
করে নম্বরে টেলিফোন করুন।

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