

# CELEBRATING ADULT LEARNING IN EAST LoTHIAN

ADULT LEARNERS' WEEK, MAY 2012

Community Learning and Development

and also...

**NOWEL**

**Our Place in Time**

**CHANGES, Community Health Project**

**Bridge Centre Music Project**

**Get Started on your Laptop**

**ESOL**

Highlights include

**Branching Out**

**Keep Well, Keep Active**

**Wellbeing Walks Programme**

**East Lothian Youth Music Forum**

**Stay and Play**

**Singing for Fun**

**Lip Reading**

**Adult Literacy and Numeracy**



**East Lothian  
Council**



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## Welcome

East Lothian advertised adult learning programme offer learning opportunities for 1216 learners, 139 are new to the programme and 110 classes ran from September to December this year.

For many people, adult learning is a way to make new friends, to explore areas of existing interest, to try something completely different and to keep your body and mind active.

In 2012 we hope to offer new classes in Criminology, Early American History and Music Appreciation.



### Top Tip

If you would like to find out more about adult learning opportunities and what is on in East Lothian throughout the year contact us on tel. 01620 827606 or email: [cldhaddington@eastlothian.gov.uk](mailto:cldhaddington@eastlothian.gov.uk)



## What the University of the Third Age (U3A) can do for you

When retirement is looming there is often the feeling of how you are going to cope without the daily routine. Some people will have retirement all planned out but for some membership of the U3A may be the answer. This organisation has over 275,000 members in the United Kingdom made up of people no longer in full time employment.



### Top Tips

- Nearly 50 groups in East Lothian
- Over 500 local members
- Diverse range of exciting activities and events
- All events are on during the day

### Contact

May Dickson on tel. 01620 822129

In East Lothian, for a membership fee of £10 per annum you can join as many groups as you like – there are nearly 50 to choose from – attend open lectures and the occasional coffee morning. It is good value. Groups vary in the way in which they are run from Scottish History, basically an informal lecture round the dining room table, to clambering over rocky seashores identifying rocks, from ceilidh dancing to psychology. Groups are led by members with some knowledge of the subject.

One important aspect of U3A is that it is a perfect way to get to know more people and many friendships have been made over the years. As all activities happen in the day there are no worries about going out in the dark. With over 500 members locally and nearly 50 groups, it plays a large part in the wellbeing of the older, but young in heart, generation in East Lothian.

## Branching Out

This 14 week outdoor activity programme has been developed by the Forestry Commission and offers a variety of activities including willow weaving, environmental art, photography and bush craft in a woodland setting.



### Top Tip

For more information contact Diann Govenlock on tel. 0131 653 4069

Through participation in the programme participants have the opportunity to work towards the Discovery level John Muir award.

The first East Lothian Branching Out programme took place in woodland at Carberry in February 2011. Participants expressed improvements in their self-esteem, confidence, motivation, sense of achievement and social skills from having been part of this group programme.

Due to the success of the first programme and the availability of funding, a second programme began in February 2012. This programme is due to finish in May 2012 with a celebration event.

This is a partnership project with Edinburgh and Lothians Greenspace Trust, CHANGES community health project and East Lothian Council Community Learning and Development Service.

## Eat Well, Keep Active

This 6 week course looked at healthy eating and how we can all make small changes to improve our diet including how eating well and being active can have a positive impact on our physical and mental health. The course content looked at the basics of healthy eating, food and mood and gentle exercises. Cookery demonstrations and tasting sessions are all part of this course. The first course took place in November 2011 in partnership with the ELC Ageing Well Co-ordinator, 3rd year QMU nutrition student, CHANGES and ELC CLDS. The next course is due to start on 7 June 2012 in Musselburgh.



For more information please contact Heather Cameron on tel. 0131 653 1080 or Diann Govenlock tel. 0131 653 4069. Both courses have received funding from Community Food and Health (Scotland).

### Top Tip

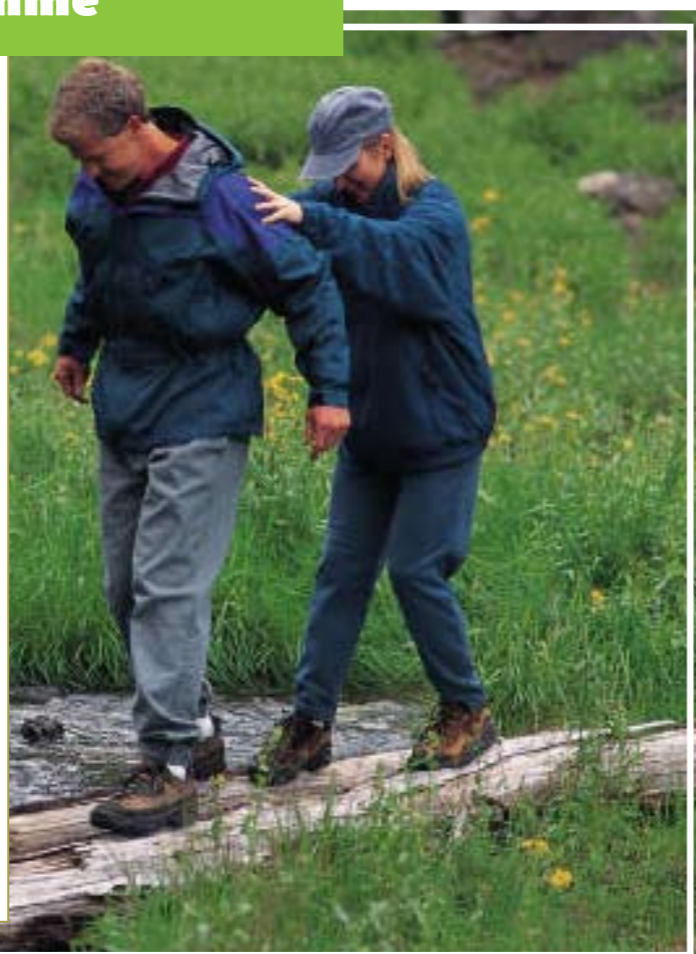
Interested?  
Contact  
Heather Cameron  
on 0131 653 1080

## Wellbeing Walks Programme

Through taking part in the Wellbeing walks programme, participants have experienced the many benefits that exercising in the outdoors can bring. For example, exercise can boost your self esteem, help you concentrate, reduce tension and help you sleep. The walks offer an organised and supportive way for people to start walking and walk more as part of a friendly group.

The walks are led by trained volunteer walk leaders and staff and start off at 45 minutes building up to just over an hour during the ten week block. Participants are able to walk at their own pace with the emphasis on everyone enjoying walking in the outdoors in the local area.

For more information on Wellbeing Walks starting in May 2012 i.e. Musselburgh Wednesday Evening Wellbeing walks, Musselburgh Saturday Wellbeing walks and Tranent Tuesday Wellbeing walks, please contact Heather Cameron on tel. 0131 653 1080.



## Our Place in Time - memory, place, identity



**CHANGES** community health project has been working in partnership with the newly established John Gray Centre.

Both the Musselburgh and Haddington independent walking groups took up the challenge of taking photographs around East Lothian. The walkers were asked to take photos of things they found interesting while they were out walking.

The hope was they might see something new or see something familiar in a different way. Their photographs form part of the 'Our Place in Time' exhibition at the John Gray Centre. This exhibition runs from 30 March until 30 June 2012, entry is free and open to all.

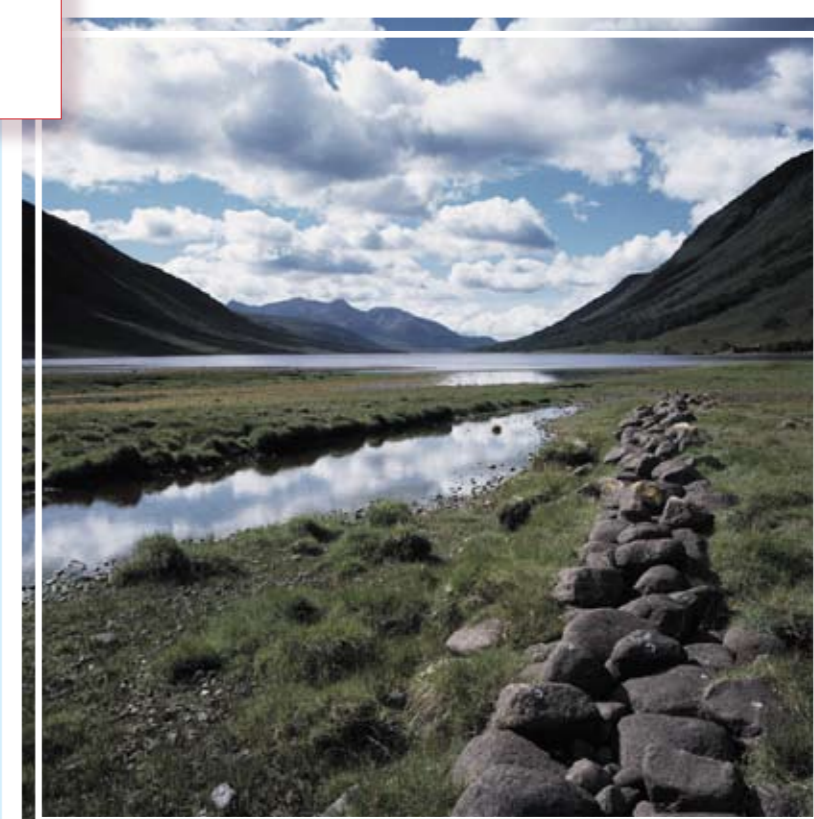
### Top Tip

- Look out for the 'Our Place in Time' exhibition at the new John Grey Centre.
- From 30 March until 30 June.
- Free for all!

## CHANGES community health project

CHANGES community health project was established in 1996 to promote positive wellbeing and provide opportunities for people in East Lothian to find ways towards healthier and less stressful living. CHANGES offers a range of groups and courses which aim to assist people to increase their capacity to cope with identified needs of stress, anxiety and depression in their lives.

For further information on the latest Courses / Groups Programme please phone CHANGES on tel. 0131 653 3977.



## Evidence of Need

Work with vulnerable parents in the Tranent cluster began in 2006 as a joint project with Health Visitors, Tranent Social Inclusion Partnership and Community Learning and Development. It was recognised there was a need to support vulnerable parents in the Tranent cluster over the summer holidays. This included a summer trip programme for parents who had children under six who found the summer holidays stressful with all the family at home. The parents were all on low incomes or unemployed and were not able to organise memorable and quality days out with their children.

The summer programme was a preventative approach and aimed to maintain contact with families who were at risk of descending into chaos and therefore needing more statutory support from social work and health during the holiday period. In the first year 15 families took part. Building on the success of the initial summer programme, contact was maintained with most of the families involved who then formed a fundraising group in order to sustain the programme.



## Sustaining the Programme

The parents organised fundraising events such as a sponsored toddle. They hired the ELVON Shop in Tranent and collected 'brick a brack' etc, to sell and organised a rota from all the parents who wanted to take part in the next summer programme, each taking a turn in the shop. The parents felt this helped them feel better about themselves as they were contributing to raising their own funds and not receiving handouts. Their involvement in fundraising increased their motivation to take part in other learning opportunities e.g. courses and personal development work. The fundraising group organised sessions before the summer to go over ground rules and handy tips for taking part.

A passport system was introduced where parents collected stamps for the time they had contributed to fundraising and the courses and drop-ins they attended. These stamps were then exchanged for a place in the summer programme. This increased their participation and commitment to the programme.

Family participation and support networks were encouraged. If one parent was not available, extended family members were invited to take part and where this was not possible the group supported each other.

## Learning Opportunities

In response to the learning needs identified by parents, two 'drop in' groups operate, one for established members and one for newcomers. These worked well and brought new members into the programme with support from those who had been attending regularly. Parents worked with staff to develop the programme of activities.

The learning needs identified included:

- **Personal development** - building confidence and social skills
- **Increase awareness of local services** - to support families
- **Literacy and numeracy**
- **Employment and training**
- **Health and wellbeing** - stress management, healthy eating, sexual health and mental health.
- **Parenting** - play, child development and health and safety

### Top Tip

Would you like to know more?

Contact us on tel. 0131 653 4060



## NOWEL

NOWEL (New Opportunities for Women in East Lothian) is an intensive personal development course for women in Musselburgh, Tranent, Prestonpans, Wallyford and Whitecraig. Thirteen women participated in the NOWEL course from 1 December 2011 to 29 March 2012.

All have reported increased confidence and self esteem and have initiated plans to pursue further learning either in a community based or college setting. These plans are based upon increased self awareness of their personal interests, abilities and practical circumstances.

NOWEL offers opportunities to visit further and higher education establishments, benefit from external speakers such as Capital Credit Union, volunteering and Voice Skills, gaining certificates from a First Aid Course and support from adult guidance staff regarding interview skills, CVs and much more.

### Top Tip

For more information on NOWEL, contact Eileen McLachlan on tel. 01629 827629

*"My life turned upside down on 1 February 2011. I found myself alone, with my kids, lost my job and lots more in the space of a few days. I want to get back to work, I don't know what to do, I don't know who I am anymore."*

*"My feeling of being lost has disappeared. I now know where I am heading, I have discovered the confidence within me and I have never felt more sure about what I want from my life. I know that when I am broken I can be mended again."*

### Learner 1

**Before and after NOWEL 2.10.11 and now 28.3.12**

This learner applied and has been accepted to study on the Arts and Humanities course at Newbattle Abbey College. She has also applied to study an HNC in Social Sciences at Jewel and Esk College.



### Learner 2 - Before and after NOWEL

A 30 year old lady who had worked in retail prior to having her children joined the NOWEL group. She had spoken with her local Community Development Officer who had persuaded her to 'bite the bullet' and enrol on the course.

She was very quiet and reserved in the group but she did take part in all the tasks and settled fairly quickly. Her pleasant personality and winning smiles made her a popular learner and gradually she came out of her shell and began to open up and share more about her family life, worries and fears as well as her hopes for the future.

It was discovered that there were many issues needing to be addressed, these were not dissimilar to the other participants, but a major worry was around her weight and this was impacting on her health. She was not confident enough to go to a gym, health centre or exercise class and she felt as if this problem was spiralling out of control.

Much of the course involved group work promoting team building, trust and confidence. As the weeks passed this student started to talk much more in the group, she also challenged others and encouraged them when they displayed low levels of self esteem. Work was done with local colleges and for the first time she realised that there were opportunities open to her. She recognised her skills, talents and attributes and began thinking about her future and what she would like to do. She decided that firstly she had to brush up on her basic skills and applied to Jewel and Esk College to start a Return to Learning course. This would give her the chance to gain more confidence in her ability and also allow her to look at what other courses are available to her when she completes her first year.

This lady has completely changed. Firstly, she did address her weight problem; she started walking in her spare time and also joined a fitness class. She encouraged other students to join her and explained how she was changing her eating habits in order that she would reach a healthy and manageable weight. Her outlook on life is much more positive and as a result her children are happier and healthier. She is looking forward to the day when she finishes college then she can decide on the job she would like and not have to take whatever job was available to her.

*"This course has made me believe in myself. I now know that I am able to make decisions about my future that will benefit the whole family".*



## Continuing Professional Development Programme

The origins of the Continuing Professional Development Programme (CPD) go back to 2008 when the Bridge Centre's Senior Music Project Worker undertook the 'Arts Education in Practice (AEIP) Professional Development Award' Pilot Project. It was an SQA accredited qualification for Arts Practitioners who were working in either formal or informal education and in community contexts throughout Scotland. The Project was managed by Children in Scotland, and supported by the Scottish Arts Council.

This qualification provided arts practitioners from across all art forms with –

- A basic understanding of the planning and teaching process
- The organisation of learning scenarios
- Relevant legislation
- Processes of engagement within different settings with different client groups

It was identified by the Senior Project Worker and the Haddington Community Development Officer that there were elements of the course that would be of particular benefit to the part-time Project Staff team at the Bridge Centre's Music Project. Various strands of the course were 'lifted' and applied to an internal CPD programme.

The internal CPD programme covered the key themes of the AEIP course.

- Reflective Practice
- Contextual Analysis
- Monitoring and Evaluation

A 'Community of Practice' was established and a programme of staff training developed which was delivered six times. The programme stimulated much enlightening and meaningful dialogue, providing those concerned with a valuable opportunity to collectively reflect on and investigate their practice, with the aim of raising standards across the board.



Themes explored included Reflective Practice, Monitoring and Evaluation, Policy, and Contextual Analysis. Special attention has been given to the HMle Document, "Planning for Excellence", and in particular the '4 Capacities', which break down and clarify steps which can be taken to support Scotland's young population in becoming Successful Learners, Confident Individuals, Effective Contributors and Responsible Citizens.

### Did you know?

East Lothian Council CLD offered various learning opportunities for 1216 learners?

110 classes ran from September to December!

There's something for everyone!



### Top Tip

Would you like to know more?  
Contact us on  
tel. 0131 653 4060

## Benefits of CPD

As a result of the CPD programme, the following additional benefits (soft outcomes) have been noted:

- Increased motivation in Workers
- Increased confidence through the assessment process
- Providing Project Workers and Trainees with a base level knowledge of their professional role as an educator of young people
- A greater appreciation and understanding of colleagues' roles and strengths within the Project
- A valuable team building experience
- Enthusiasm for learning new skills



During 2011, the Senior Music Project Worker and the Community Development Officer undertook training to become SQA Assessors. As a result, the above programme was rolled out on a second occasion, and a further 4 part-time Youth Music Workers went through it, all gaining SCQF Level 3 Communications and SCQF Level 2, Performing Music With One Instrument or Voice.



## Stay and Play

During the October break in 2009, Community Learning and Development Services and partners planned, co-ordinated and delivered a programme of activities under the banner of Family Learning Week. The Messy Play workshop, an activity involving parents/carers and children under the age of 5 years was well attended and positively received by parents. A partnership arrangement between Community Learning and Development and the Childcare Partnership gave rise to 'Stay and Play' activities in the community of Whitecraig and North Berwick. Discussions with the local health visitors confirmed the need for parents/carers to integrate in the community. Stay and Play meets 'Support from the Start' objectives.

### Background



### Aims

- Encourage children to play and interact with other children.
- Encourage parents/carers to interact in play activities with their children.
- Supports social networking of local families.
- Supports the social, emotional, physical and cognitive development of babies and children under 5 years of age.

The sessions were offered within the school term from May - June 2011 in Gullane Recreational Hall by a student on placement with the CLD service with support from the Community Development Officer. CBAL funding to support 16 hours facilitation costs was secured. Unfortunately due to this being the summer term we attracted only two parents along and it was agreed to postpone the group until the September - November 2011 term and offer 6 sessions. Sustaining this project was viewed as key priority and participants were encouraged to take on the leadership of the group with support from Community Learning & Development.

### Objectives

- Plan, organise and deliver a programme of 8 practical workshops for parents/carers of children under the age of 5 years.
- Organise activities that will assist children in the exploration of physical and emotional play, construction play, messy play, music and singing and numbers and words.
- Devise a structure within the workshops to include parent/carer and child activities as well as group activities.
- Invite appropriate professionals to provide input to the planned programme of workshops e.g. Librarian, Health Worker, etc.
- Provide parents/carers with handouts/literature specific to our activities and support their learning and understanding of play.



## Singing for Fun



With Karen Dietz  
 North Berwick Community Centre  
 Tel. 01620 893056  
 Law Road  
 Tuesday mornings  
 11am-12.30pm

Find your voice in our weekly session which aims to introduce you to the fun of singing in a group.

No musical experience necessary.  
 Cost £5 per session

## Lip Reading

Lip reading classes for adults with a hearing difficulty are held in Dunbar, Haddington, Musselburgh and North Berwick. The day time classes are small and friendly and are recommended by those who attend.

*"For me it's been a life-line. Without it I'd have gone into a hole and stayed there! It has given me the courage to try new experiences, eg join an Italian class. We draw support and confidence from each other. It's vital, and fun!"*

*"I now find I'm watching people's lips and it helps me to join in with the conversation. The class is a forum for information about help for the hearing-impaired which could be hard to access elsewhere. Hearing loss can be such a social isolator."*



### Top Tip

For Lip Reading and Adult Literacy and Numeracy, contact Sheila Northcott on 01620 827863

## Adult Literacy and Numeracy

Small friendly groups are run throughout East Lothian to provide help with everyday communication and maths. Classes are available during the day or evening. Come along if you need help to brush up your skills for work, to help with homework, going to college or to build your confidence in your reading, writing and numbers skills. SQA qualifications are available in communication skills, numeracy and mathematics if you would like the opportunity to gain a qualification or improve your current grades.



A great big thank you for getting me back on the road when it was beginning to feel like I was running on four flat tyres. It is very rare to meet someone who is willing to help you unconditionally and continue to do so to make sure that everything is working out."

(former mainstream learner).

"Thank you for getting me into the group. I have learned a lot since I started. I am more confident now. I can do things I never thought I could do."

"Thank you for being friendly and getting me to come along to the group. Although I thought I wouldn't be able, it seems I am very much so. In fact, hopefully I can focus and use this experience to help me to go to college."



## English For Speakers Of Other Languages (ESOL)

English classes for adults from Beginners to Advanced levels are held in Dunbar, North Berwick, Haddington, Prestonpans and Musselburgh. Many of the classes are in the evening but there are day classes (some with crèche facilities) in Prestonpans and Musselburgh.

Over 180 learners are enrolled and enjoy friendly, supportive teaching and the opportunity to increase confidence in spoken and written English. SQA accredited ESOL qualifications are also available in most classes. ESOL learners improve their English to help them with their work, to communicate better with other local people or to progress onto College courses.

One learner in particular after progressing to Upper Intermediate level English has been accepted onto a course to do hairdressing at Edinburgh's Telford College. Another has been offered a place to study nursing at Jewel and Esk Valley College. An exceptional achievement because she was competing with 200 native speakers for 20 places.



### Top Tip

For further information about locally run ESOL classes, contact Andy Stuckey by email [astuckey@eastlothian.gov.uk](mailto:astuckey@eastlothian.gov.uk) or mobile 07986 166344

## Tenant and Resident Participation Activities

Adult Learning takes place through tenant participation activities in East Lothian. There is a network of tenants and residents groups and there are currently 24 active groups in East Lothian. Learning takes place in groups, for example through local group meetings or could be on a one-to-one basis where experience, knowledge, skills and confidence are developed. Learning opportunities can be provided in both formal and informal ways. Formal training can be provided offering tenant participation related courses or skills training on topics like:

- Committee Skills
- Chaining Skills
- Getting your members views
- Being on a Committee
- Writing agendas and taking minutes at meetings
- Consulting the community

Training is provided to make sure that members of the community who want to become involved in tenant participation can. The training and learning opportunities are provided free of charge, assistance with transport and child care expenses are available on request and this aims to ensure that any barriers to participation which may prevent tenants from becoming involved are removed.

The learning methods that are used are training, information, advice, practical assistance and sharing experiences.



*"Initially I found being Chairperson of our TRA a daunting experience but knowing I had the support of the TIS and ELTRP team, who are always available to give me good advice when it was needed, gave me confidence to carry out the role".*

This learning is provided by the Council and delivered through the East Lothian Development Support Project which supports and develops the tenants' and residents' movement in East Lothian. The partner organisations are the Tenants Information Service (TIS), a national organisation which provides independence advice, information and training for tenants ([www.tis.org.uk](http://www.tis.org.uk)) and East Lothian Tenants & Residents Panel, the umbrella organisation for tenants and residents groups in East Lothian ([www.eltrp.co.uk](http://www.eltrp.co.uk)).

Learning has a lasting impact on not only an individual, but the local group and it brings benefits to the community. The learning opportunities that tenant participation provides can be defined as:

*'A dynamic process where we all share our experience to learn from each other in a mutually supportive environment'*

(ELTRP Learning Review Day 2009).

Some of the volunteers who have learned through being involved in tenant participation activities have told us how it has helped them.

### Did you know?

**There are 24 active Tenant and Resident Groups in East Lothian?**

**Why not get involved?**



*"Working to develop Shore Harbour and Neighbourhood Group has been truly rewarding and massively enlightening".*

*"Every time I'm involved in tenant participation it broadens my horizon on matters relating to tenants and residents and the development of my local group".*

## Jewel & Esk College Community Classes

It is twenty years since Jewel & Esk first offered classes in community settings in East Lothian. Learners at First Step in Musselburgh, the "pagoda" at the Pennypit in Prestonpans and Prestonpans Community Centre had the opportunity to learn about public speaking, French, crèche and classroom assistant training, IT and Japanese language and culture amongst other things.

The college has continued to offer East Lothian residents a range of provision and services over the years, with current/recent options being:



## Licensed to Learn

A programme of workshops to help participants find out if college or university is for them was developed initially for the Prestonpans Inclusion Project and is now offered by the college across our catchment area. The most recent offering was at the Pennypit in February and March 2012 and looked at previous learning in its broadest sense, confidence building, speaking with confidence and applying for a college course. Three participants have moved on to a Sociology course also at the Pennypit.

## Sociology

The Sociology course delivers an introductory unit with learners drawn largely from the New Opportunities for Women in East Lothian (NOWEL) course and the Licensed to Learn course. The main focus of the unit is to allow students to examine the forces and trends which make up society and have had a major influence in shaping their lives. 24 people have enrolled and are enjoying this stimulating learning experience. 12 of the group intend to access college or university this year.

## Computing and IT

Computing and IT provision catering for all abilities - from complete beginners (never switched on a computer) to advanced - has been and continues to be very popular with classes over the years from Dunbar to Musselburgh and many towns and villages in between. Classes are currently running in Prestonpans, Wallyford, Haddington and Musselburgh. Learners work from easy to follow workbooks at their own pace, with help on hand from the tutor. The latest addition to our courses 'Bring Your Own Laptop' runs in North Berwick and is for anyone who wants to learn internet skills on their own laptop.

## Web Design

Web design for beginners and more advanced users began as a commitment to support prestonpans.com over ten years ago, and continues to work with individuals who are setting up websites for their own businesses or organisations they are engaged with.

## Learnzone

Learnzone ran for 2 days per week from October 2011 to January 2012 and offered students the chance to enhance their employability skills and self-confidence, as well as covering the core skills of communication, numeracy and I.T. One member of the group has applied for a computing course at the college, with two others continuing their learning in our community-based IT classes.

The college also works with East Lothian Council to ensure that learners get **formal qualifications** for their learning, eg learners in East Lothian Council's literacy classes can gain communication and numeracy qualifications, and participants in Community Activist courses are awarded SQA certificates on successful completion of their course which requires them to be actively involved in their community.

The **Pennypit Centre** is a relaxed, friendly and local environment to learn and meet new people. The college works closely with partners across East Lothian, and particularly with East Lothian Council who supported us to set up our hub for the county in the Pennypit Centre. Students on our courses have access to the Pennypit's excellent childcare facilities and the free and confidential guidance service from Guideline.

All college community learners can access the comprehensive support package on offer from our **Baton Project**, where a key worker is on hand to assist in the choice of course, college applications, funding matters and more, including ongoing support on starting college for as long as the learner needs it.

**Every Jewel & Esk learner is entitled to a student card and access to the college facilities.**

Jewel & Esk is committed to continuing its long term relationship with the residents and organisations across East Lothian, and looks forward to the next twenty years.

For further information on community-based provision in East Lothian please contact:

### IT classes

Mary Bowie  
email. mbowie@jec.ac.uk  
tel. 0131 344 7056

### Pennypit provision

Louise Grace  
email. lgrace@jec.ac.uk  
tel. 01875 819635

### Other provision/Baton Project

Alex Galloway  
email. agalloway@jec.ac.uk  
tel. 0131 344 7052



**CELEBRATING ADULT LEARNING IN EAST LOTHIAN  
ADULT LEARNERS' WEEK, MAY 2012**

**Community Learning and Development Services**

**Musselburgh East Community Learning Centre  
Haddington Road  
Musselburgh  
East Lothian  
EH21 8JJ**

**tel. 0131 653 4060**

**[cldmusselburgh@eastlothian.gov.uk](mailto:cldmusselburgh@eastlothian.gov.uk)**

**[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)**

**East Lothian Council can provide this information in alternative formats and other languages if required. Please contact us for more information.**



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