

success story

There has been plenty to celebrate this year, with learners gaining a whole host of nationally recognised qualifications.

In literacy and numeracy, over 60 learners achieved the equivalent of GCSE passes. Many more received formal certificates for a range of courses, including FEAT, IT, Health & Safety, Preparing to Volunteer, Food Safety and First Steps into Employment.

Well done to everyone for so much hard work!



Another successful group of learners complete their programme

welcome to the crèche



Senior supervisor Kathy Bowgett says a big hello!

"We have a **FREE** crèche for children aged nought (we've had babies from 3 weeks old!) to five, which runs alongside most of our programmes.

This gives you as Mums/Dads/carers a chance to enjoy your learning with AAFL, knowing that your children are being cared for by fully qualified professional staff registered under Ofsted.

Come and let your children explore and learn through play in a relaxed, caring and happy environment. We will encourage and support you and your children through their early years."

"I CAN'T BELIEVE I'VE GOT THE EQUIVALENT OF A GOOD GRADE AT GCSE. I NEVER THOUGHT I'D IMPROVE ON WHAT I GOT AT SCHOOL"

"BEFORE I STARTED MY LITERACY AND NUMERACY CLASSES, I WAS UNABLE TO HELP MY DAUGHTER WITH HOMEWORK. HER REPORTS WERE A 'THREE', NOW I HAVE BEEN ABLE TO HELP HER, HER REPORTS ARE A 'ONE' "

Information and advice

This service operates from the Longmeadow Centre, the Job Centre and the Acorns Children's Centre. The service offers highly personalised and supportive advice on retraining, job searching and CV writing. We work with those who are currently looking for jobs, but also give guidance to those thinking of going back to work in the future and who need to update their skills, or who are looking for part time voluntary work.



Who are we?

AAFL is managed by Harrow Way Community School and works in partnership with many local agencies, including:

Children's Centres
Primary Care Trust
Test Valley Borough council
Local schools
Turnaround Project
First Partnership
Hampshire County Council



GET Learning!

ANDOVER
Adult&Family
LEARNING CENTRE

Welcome to the first issue of the Andover Adult and Family Learning Newsletter!

**Looking for a change? Like to meet some new people?
Want to do something different with the kids?**

come for coffee!

The Coffee Pot takes place every Tuesday during term time. It is a great chance to get out and make new friends – bring the children and pop in for a drink and a chat. There are plenty of fun things for you to try and our helpers are there to talk to you about other courses you might like. Coffee Pot is at the **Longmeadow Centre, Cricketers Way between 9.30 and 11.00am on Tuesdays.**

The Tea Pot is just the same, but happens every **Thursday between 9.15 and 10.45am at King Arthur's Hall, King Arthur's Way.**

Entry is free and so are all the activities. A small charge is made for drinks and snacks.



AAFL started 8 years ago and, since then, has grown into one of the largest providers of adult and family learning in Hampshire.

In the last year, we delivered over 200 courses to around 1,000 learners. We are based in the heart of the community and we provide a friendly, welcoming service which focuses on the particular needs and hopes of each of our learners and their families. All our tutors are professionally qualified and specialists in their own fields. We are regularly monitored by Hampshire Learning and inspected by Ofsted. If you think you would like to know more about our programmes, read on and give us a ring.

We look forward to meeting you.

take a trip



No, Andover Adult & Family Learning isn't just about learning. It's about FUN and there's no better place to try this out than on some of our trips to places far and near.

We have a trip each term, partly funded by Extended Services, so the cost is kept as low as possible. We often go to the London museums – Natural History, Science, Imperial War, V&A, for instance – or, closer to home, we've recently been to the Lights Theatre in Andover and Moors Valley Country Park near Ringwood.

Get in touch if you would like to join in or would like to get together with others to raise funds for our next adventure!

ANDOVER
Adult&Family
LEARNING CENTRE

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Why did you come to us in the first place?

- I came along with a friend, who thought I might like it.

What courses have you done?

- I started with Beginners IT and then moved on to literacy and numeracy classes. I ended up with a Level 2 qualification in both of them, which felt brilliant.

What sort of difference has it made to you?

- I'm now at college doing my ECDL (European Computer Driving Licence); I've passed L1 and am now on L2, and am doing a touch typing exam soon. The Job Centre has said that these qualifications are really worthwhile and that I will be in a good position to find a well paid job at the end.

What about at home?

- Before I started the literacy classes, I could never get into a book. Now I read quite a few books and really enjoy them. I've been able to help my youngest a lot with her reading too, like telling her to pause at full stops and paragraphs – I never knew that before. I even managed to help my 15 year old with her maths – that was a good moment!
- Another thing is that I used to feel a bit intimidated by their schools and their teachers; I often didn't really know what they were talking about. Now I find I can understand much better where they are coming from, so that's made a big difference. In fact, it's helped with being able to speak to all sorts of people. Even going down to the Job Centre could be nervewracking, but now it's easier to know what to say in different situations.

What would you say to someone thinking about joining one of our programmes?

- It is nothing like school at all. Everyone is so friendly, everything is explained, the teachers are approachable and you can talk them about work or personal stuff and they will always try and point you in the right direction. The classes are small and everyone is in the same boat, so you don't end up by feeling stupid. And there is loads of encouragement from everybody.

These are some of the programmes we have run over the past year. All are free and it doesn't matter how old you or your children are. A free crèche for the under-fives is run for most courses.

WORDS AND NUMBERS



LITERACY AND NUMERACY PROGRAMMES RUN ALL YEAR. GROUPS ARE SMALL AND YOU WILL BE WITH OTHERS AT THE SAME LEVEL AS YOU. PROGRAMMES LEAD TO NATIONALLY RECOGNISED QUALIFICATIONS, WITH THE HIGHEST LEVELS BEING EQUIVALENT TO GCSE PASSES.

"Lots of people are terrified of maths," says Catherine, one of our numeracy tutors, "usually because they hated it at school. We start with things we all do every day – money, time and so on – before moving on to areas like decimals and fractions. We play lots of games and have plenty of ideas to take home to help your children with their numeracy."

Reading and writing are part of our daily lives. Our literacy programmes help make it easier to get it right. We do lots of spelling and punctuation as well as writing and reading practice. There are books to take home to read with the children and we talk about what they are learning at school, so you can stay one step ahead.

Our separate Keeping Up with the Children programmes run in a number of local primary and secondary schools, helping you to understand what is going on in the classroom so that you can support your children's learning at home.

BACK TO WORK

- Alison is in charge of our employment related activities. These include specific courses covering the essential requirements of going back to work: basic computing, internet and email, promoting your skills, CV writing, job



searching, Powerpoint presentations and interview skills.

Alison also spends much of her time talking to individuals about their own particular concerns. "Everyone needs something a bit different," she says, "so we are very flexible and we support people in the way they want"

BEST FEAT FORWARD

- FEAT stands for Families Exploring and Achieving Together and is an accredited course, which means you will gain a qualification at the end. Tutor Karen explains, "Mums often want ideas for entertaining little ones, so we sing, read and try lots of different crafts. We talk about communi-

cating with your child, so things like eye contact as well as speaking and listening and we think about ways of managing behaviour. "Being a Mum can be lonely, so this is a great way to meet other parents with children the same age. One of our groups now meets in the park every week now the programme is over!" FEAT is for children aged around 14 months to 3 years (and their parents/carers!)

ALL ABOUT BABIES

SAFE AND HEALTHY BABY

We tried this course last summer and it was a great success, so here it is back again! It covers a range of activities from first aid and childhood illnesses, discussions about weaning and LOTS of messy play with sand, water and paint! For those with babies up to 1 year old.

new

BABY SIGNING A very popular course for babies under a year and their parents or carers. Learn ways of communicating with your baby before they can speak. Lots of fun, lots of singing and rhymes and a great way to spend time with your child.

"Learning and fun at the same time"

"I work in a nursery and it has positively affected the children there too"

BABY MASSAGE For babies between 8 weeks and 6 months – a chance to really bond with your baby, while helping with problems such as colic or skin conditions.

"It has helped to spend quality time together and increased our closeness"

ENGLISH NOT YOUR FIRST LANGUAGE?

- We have literacy groups specially for you, from the very basic through to GCSE equivalent qualifications.



INTRODUCTION TO FAMILY FIRST AID

- Designed to give you confidence in dealing with crises in the home, so we look at issues from poisoning and bleeding to resuscitation and burns. Best of all is the opportunity to practise life saving skills on our first aid dummies.

"I feel more confident in recognising illnesses and how to deal with them"

BOUNCE AND RHYME

- Learn new songs and rhymes in this 8 week course for 0-3 year olds and their carers. You even get to make musical instruments as well!

PLAY AND LANGUAGE

- Share books and stories with your children, find out why they are important, make crafts to go with the stories ("We made some great

Elmer puppets out of spoons") and have fun meeting other families. 8 week programme, children aged 0-3.

PLAY AND LEARN

- A special programme for children who will be starting school next September and their parents/carers. This runs in a number of local schools, and allows children to get used to being in school, while their parents find out about the equipment and resources their children will be using.

ALL ABOUT THE FAMILY

- We provide a series of programmes designed to help mums and dads develop their parenting skills and find successful ways to communicate with their children.



FAMILY LINKS NURTURING

- This is a 10 week parenting course for those with children aged 3-11. Essentially an emotional literacy programme, we work on understanding how both parents and children feel and we talk about making changes that really work to create a happy household. Tutor Siobhan explains, "There is a great deal of trust in these sessions and the group ends up with some strong and very valuable friendships. A lot of it is about realising that you are not alone....". Groups are small – about 8 – and usually are made up of roughly equal numbers of mums and dads.

SPOT (SUPPORTING PARENTS OF TEENAGERS)

- Anyone with a teenager knows the special challenges of parenting this age group. This course is, again, all about communication and helping parents feel confident with the changing relationships as their children move through adolescence. There are plenty of discussions and activities, with a strong emphasis on trying new techniques at home and having the chance to talk about how it went each week.

TEENAGE PARENTS

- Our teenage parents group meets weekly and covers a huge range of topics, from safe and healthy baby and cookery through to a bit of literacy and numeracy. Many of our parents are going on to college ("this is a maternity break from learning"), so we visit and discuss child care options, as well as having fun trips out, perhaps for a picnic or to Finkley Down Farm. Learners contribute much to the format of the programme and all are run with close involvement from midwives, health visitors and Children's Services staff.