

# Learning for Life

ADULT LEARNING IN CAITHNESS April 2018

## CREATIVE LEARNING & NATURAL CONNECTIONS

HLH Adult Learning Caithness and Vocational Support collaborated in a fairly new project - Natural Connections. So far, two four week courses have been run and another two are in the planning stages for late spring.

VS work with adults with mental ill health and their focus is on recovery and patients being in the mind set of where they are ready and willing to make changes to their lives to improve health, wellbeing and opportunities.

Funding became available to the VS North team and so Natural Connections was set up with adult learning being involved and overseeing the embedding of literacy and numeracy into the various activities including guided walks around the local area and places of interest, visits to Wick Heritage Museum, crafting and story writing.



Research has shown that adults with low literacies are more likely to suffer long term health issues and be less able to manage their own and their families' health and wellbeing. Participation in a project such as this can help to improve and maintain mental and physical well-being and can provide a sense of purpose.

The course was a real success and the next one will run for 4 weeks in the Wick and East Caithness area in May. The Thurso and West Caithness course will start in June.



### FEEDBACK FROM PARTICIPANTS INCLUDED:

*"It was all a great experience. Just a shame it wasn't longer than 4 weeks"*

*"I enjoyed hearing the lighthouse story"*

*"It was good to meet with people in such a friendly and nice atmosphere.....I enjoyed seeing things of interest"*

# Adult Learning in Caithness

## DIGITAL PARTICIPATION TRAINING



HLH adult learning Caithness work in partnership with Mhor Collective (a community interest group based in the North Highlands). In January, Shona Munro from the company delivered a day long training session for adult learning tutors and CSA's (customer support assistants) who work within the East Caithness Community Facility. This comprised of face to face training which introduced the participants to the Digital Champion approach with them gaining theoretical and practical experience of how to seize the opportunity to pass digital skills on. The training was well received and highlighted areas that staff maybe not be aware of when working with customers who may have digital and or literacy issues.

## DRIVING THEORY SESSIONS

Driving Theory sessions continue to run in Wick and Thurso Libraries and these have been well attended due to word getting around through Facebook and local driving instructors. Feedback from participants has been positive with a number passing the test. The HLH Theory Test Pro which can be found on the website.

<https://www.hIGHLIFEhighland.com/online-reference-resources/test-preparation/>

### October 2017 - March 2018

- Engaged with 184 adult learners
- Delivered 633 learning hours
- SQA Numeracy & Communications Core Skills are currently being delivered
- 4 individuals are due to commence the PDA SALL course

## BOOK WEEK SCOTLAND



**November 27<sup>th</sup> – December 3<sup>rd</sup> 2017**

The theme for this year's book week was 'Nourish'. Activities were delivered during Scottish Book Week to promote reading for pleasure.

A taster cooking demo was held in Wick Library and an afternoon tea in Newtonhill Cottage. These events incorporated the SBW strands of 'Feast' and 'Nourishing Ourselves'.



## LAMP SHADE MAKING SESSIONS



We have held a few lampshade making sessions for individuals who are keen to share their experience with community groups they work with.

May 19<sup>th</sup> - 25<sup>th</sup> 2018 is Adult Learners' Week

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