

# What's Been Happening in R & C



We've had a busy six months on the patch, our projects have included:

- Developing a Community Allotment
- Setting up learning health walks
- Several groups of literacy, numeracy and ICT learners
- Supporting Milnafua lunch club
- Ongoing ESOL work
- Support for the Syrian refugees
- Range of family learning including cooking & Book Bug
- Multicultural social and learning events
- Supporting job club /computer club in Tain
- Digital skills in Dingwall

Check out our facebook page for more information:  
HLH Adult learning Ross & Cromarty

*Health and wellbeing has been a big focus of ours to tackle social isolation, climate change, food poverty and the impact of Universal Credit.*

## Allotment

We took over our allotment in May and despite the fact that it was extremely neglected and through a lot of hard work by Lucy, Steve and Kirsty we managed to grow enough fruit and veg to donate to our partners at Companas Cottage for their soup days.

**Milnafua Lunch Club** is a community led initiative to support a playscheme during the school holidays and a lunch club for elderly local residents during term time. We provided soup and crumbles made from our allotment produce, donated veg and fruit to participants and ran family crafts sessions.

## Learning Walks

Our first walking group was set up in Invergordon and goes from strength to strength. Walks up to 4K around Invergordon are on Mondays from 12.30-2pm are led by Steve or Kirsty followed by refreshments and a quiz. The group members all enjoy the fact that they can get out and about and meet other people. We are hoping to join up with other walking groups for joint walks and maybe include some creative/nature themes too.



## TAG Group

Lucy has been working with the TAG group at Invergordon Arts Centre running a literacy group: Culture from around the world. All of them have completed SQA qualifications and recently shared an authentic Indian curry with some Keralan ladies from Alness.



## Companas Cottage

We have developed a partnership with Companas Cottage and are delivering group learning sessions on IT, Literacy and numeracy and local history. All learners are getting a lot from their learning experience and tell us that they are feeling more confident in other areas of their life.

## Language, Integration & Partnership working

### Multicultural Events

We ran several multicultural events over the summer which brought together learners and volunteers from the Syrian groups, our ESOL classes, literacy learners and members of the public. The events gave people the opportunity to come together for food, sewing, dance and fun.



### ESOL

As well as our ongoing ESOL provision we are now supporting a second group of Syrian refugees in Dingwall. In addition to attending the classes provided by Angie, some of the Syrians are expanding their horizons by attending the Core ESOL classes run by Mairi Lamont and a conversation café run by local volunteers. If you are interested in getting involved, please let us know!



**We have engaged with 153 learners and delivered 1558 learning hours in this period**

**For more information on Adult Learning in Ross and Cromarty please contact:**

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