

Learning for Life

ADULT LEARNING LOCHABER

November 2018 – May 2019

May 2019

The Pen Pal Project

The Pen Pal Program fosters connections between seniors from a local care home and ESOL learners. It provides an opportunity for ESOL students to make new senior citizen friends while practising letter writing skills. The project participants are able to write to each other, sharing stories, learning from each other and having the pleasure of sending and receiving hand-written letters. This strengthens links within our local community, helps to decrease the social isolation and loneliness of the care home residents and gives ESOL learners a chance to improve their English and feel more confident communicating in a practical way. Participants will exchange 6 weekly letters and meet up after the project has ended in June.



Book n' Blether visitor

Our Book n' Blether group met with Jo Cowan, Highland Senior Citizens Network coordinator to talk about issues surrounding Mental Health Awareness Week.



Mental Health Awareness Week

Every year thousands of supporters across the UK take part in Mental Health Awareness Week. This year to celebrate it we held a series of YES, I CAN workshops to help our Learners accomplish their goals and reach for the stars!



4 week Journey of Self-Discovery towards Happiness, Confidence and Success to:

- discover and build your strengths
- deal with your weaknesses
- improve your confidence
- take control of your anxieties

Tuesdays the 7th, 14th, 21st & 28th May, 6pm – 8pm

Caol Youth Centre

Free but booking is essential, contact Jane 07798387330



April 2019

World Book Night

World Book Night is a national celebration of reading and books that takes place on 23rd April every year. Events up and down the country run by individuals and organisations celebrate the difference that reading makes to people's lives, and everyone from publishers to librarians and local businesses to the general public can get involved.

Books are given out across the UK with a focus on reaching those who don't regularly read, and are gifted through organisations including prisons, libraries, colleges, hospitals, care homes and homeless shelters, as well as by passionate individuals who give out their own books within their communities.

This year our learners received a free copy of 'Close Enough to Touch' by Colleen Oakley which is an untraditional, but beautiful love story about the power and possibilities of the human heart.



March 2019

World Book Day

Our Conversation Corner group celebrated the World Book Day by... reading.



Book n' Blether trip to Lochaber Archive Centre

Our Learners viewed a small display of documents ranging in date from 1654- 1969. The documents included a Police Daily Occurrence Book, a School Log Book and even an Advertisement for Delivering up Arms in Appin and Glencoe (and other localities) dated 23rd April 1746.



February 2019

Chinese 'Fakeaway'

Our chef demonstrated how to make our own healthy spring rolls, Chinese barbecue pork ribs, beef and broccoli in oyster sauce, sweet and sour chicken and egg fried rice. Our Learners got some hands on experience and shared in the sample banquet created on the night.



January 2019

Eco Living Lab

We started delivering monthly workshops to teach how to make some eco-friendly products that the Learners will be able to bring home and test out, plus they will receive a recipe booklet with detailed instructions on how to make all the recipes covered.



What Sustainable Living Workshop - learn how to make natural, ecological products for your home, body and mind
Where Caol Youth Centre
When 1st Monday of each month, 6-8pm
How much £5 per per session (paid in advance)
Et you can take home what you made

To book a place email or call Magda magdalena.kruk@highlifehighland.com
07917554474

Bake & Bond

Our Family Baking Club moved from Caol Primary School to Caol Youth Centre Café and we are now able to open the baking class to everybody who likes to bake, wants to learn new recipes and impress their friends and family. We have a strong belief that cake can bring people together and what could be more fun than baking along with a bunch of like-minded enthusiasts every week?



Bake & Bond



- Bake cakes, cupcakes, muffins, croissants and many more!
- Spend quality time with your Family and meet new Friends
- Share your favorite recipes, tips and tricks on feeding your loved ones
- Learn kitchen skills
- Share what you baked with others or take home
- All ages and abilities welcome

Caol Youth Centre, Mondays, 10.30am-12pm

Free but booking is essential
Contact Magda 07917554474 magdalena.kruk@highlifehighland.com

December 2018

Christmas Wreaths Workshop

Our Learners made some festive, nature based willow wreaths with some enticing additional materials like evergreen holly and ivy as well as ribbons, pine cones, dried lemon slices, baby bell peppers and chilies, seed pods, berries and wooden beads.... At the end of the workshop each participant left with inspiration for future projects and took home a beautiful wreath to decorate their home.



We celebrated Andrzejki (Polish for 'St Andrew's Night') by inviting whole families to try some fortune-telling and traditional games to feel the real atmosphere of this special night.

Our chef prepared some beautiful canapes on freshly baked soda bread and our tutor showed the participants her knitting and crocheting skills.



Reverse Advent Calendar

This year instead of Secret Santa HLH Adult and Youth Learning Lochaber as well as Caol Library decided to do a Reverse Advent Calendar. It works by filling a box every day with items of food that can then be taken to a food bank or charity in order to help those less fortunate that are struggling at Christmas time.



November 2018

St Andrew's Night in Polish Style

St. Andrew's Day is celebrated at 30th of November all over the world, especially in Scotland. In Poland the celebration is slightly different, has nothing to do with Scottish roots, but everything to do with Polish Slavic heritage.

Contacts:

Jane Ivetic, Adult Learning Co-ordinator

jane.ivetic2@highlifehighland.com

Tel: 07788387530

Magda Kruk, Community Learning & Language Support Worker

magdalena.kruk@highlifehighland.com

Tel: 07917554474

www.facebook.com/AdultLearningLochaberHLH/

