



Learning for Life

ADULT LEARNING IN INVERNESS

April 2019

Hilton Hub for Learning

Adult Learning base in Hilton increases access to provision

Adult Learning have recently created an additional base to allow communities across Inverness greater access to information, classes and provision. Hilton Community Centre have welcomed and accommodated Adult Learning staff with a permanent base, enabling us to reach a greater number of learners and families.

Family Learning

A permanent base in Hilton has enabled us to grow our family learning offer in the area. Projects include Bookbug sessions with a literacies focus, and our new Family Lunch Club. Family learning encourages family members to learn together as and within families, with a focus on intergenerational learning. Lunch Club activities include crafts and games with learning together at the heart of every session.



Positive Parenting

"The training was clear, interactive and very insightful!"

Being a parent can be both rewarding and challenging. Positive Parenting is a high-quality parenting courses designed to equip, encourage and support parents through the various stages of parenthood. Our licenced Positive Parenting facilitator, Donna, is passionate about helping mums and dads not only survive, but to thrive as parents. We recently completed an 8 week course for parents of children in their early years, with a focus on inspiring aspiration and family learning.

Digital Skills for Beginner

We now offer Digital Skills for Beginners courses in Hilton. These 12 week courses take place at Hilton Community Centre and offer adult learners the opportunity to develop their basic digital literacy skills for personal, work and family life.



Lifelong Learning

Leadership Award



Adult Learning was delighted to host our first ever Young Leader recently. Robert, a volunteer from Charleston Academy, opted to work with Adult Learning as part of his Leadership Award:

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For me, volunteering with High Life Highland Adult Learning has been an immensely positive experience. Upon my career advisor's recommendation, I applied to the programme in September last year. As I learned, my work would involve shadowing a digital literacy instructor, and assisting in the tutoring of our adult learners.

Though I was anxious entering our first session, I soon found that voluntary tutoring was nothing to be afraid of. I developed strong bonds with each learner there - all of whom came from extremely diverse backgrounds - and in doing so the experience benefitted both of us.

I would say that after six months of working in the programme, I've gained two things. The first is the

knowledge that my community, no matter how small, is varied, with an infinite number of needs and abilities. Yet, by working together we can fulfil these needs, and collectively help each other; the same is true of society at large. I might have helped a learner use the Internet, but they also helped me to improve my teaching skills - an invaluable trait in the world of work.

The second thing I gained was a feeling of pride. As clichéd as it sounds, knowing my efforts were for a good cause instilled me with reward and responsibility, two aspects that have helped me to become a better person. By devoting just an hour and a half each week, I was able to change someone's life, as well as my own.

None of this is to say the job was 'easy'. There were times of frustration - especially in communication - when I would wrongly assume my digital capacities to be the same as a learner's. That's a natural feature of our generation gap, and I'd recommend any young volunteer to have patience before signing up. However, the role was certainly enjoyable, with a relaxed learning environment (complete with coffee and biscuits) and very communal nature.

Overall, I would recommend volunteering for High Life Highland, within the Adult Learners' Programme. Being 'the teacher' is something many of us may never experience; but trust me, you'll be glad if you do.”

Achievements!

- We engage with 85 registered learners!
- We deliver 145 activities per month!
- We delivered 545 hours of learning last month!

Coming Soon!

- *Tales from Around the World*, in partnership with Inverness Library and Inverness Museum and Art Gallery
- *Community Experts* – weekly walking group for speakers of other languages
- *Health & Wellbeing* – Summer activities for literacies learners

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