



Learning for Life

ADULT LEARNING IN INVERNESS

October 2018

Summer of Learning

More than one way to learn new things!

Summer is a great time to try new things! This summer, adult learners in Inverness took part in activities that enabled them to explore learning new skills in a variety of different ways.

Summer of Wellness

Our Adult Literacies group spent the summer exploring five ways to better health and wellbeing: Connect, Be Active, Take Notice, Learn and Give. Each week the group undertook a walk for wellness, exploring somewhere new in the centre of Inverness, and focusing on one of the themes.

A walk along Church Street allowed us to *Take Notice* of how the city-scape has changed over the years, comparing memories of the area and sharing stories.

Inspired to *Be Active*, the group visited Cycling UK at Velocity Café where we learned what help and support is available to get outdoors and be more active through cycling.

On another week, the group's walk led us to Abertaff House, where we explored opportunities to *Give* our time to volunteering with the National Trust for Scotland, and other volunteering organisations.

Finally, by exploring and developing literacies skills for wellbeing by working as a group each week, we

Connect and Learn new skills together.



Silver and Symbolism

Hosted by Inverness Museum and Art Gallery, and facilitated by mixed media artist Jana Emburey, this short course gave learners the opportunity to handle silver objects and consider the significance of the symbolism used in their design, before creating responses using print making techniques.



Spirit of Emigration

The Highland Archive Centre led a group of ESOL learners in a short course exploring the history of emigration from Scotland to the wider world. Each workshop heard stories derived from historical letters sent home to loved ones during the 18th and 19th centuries. With support from an Adult Learning Tutor, learners reflected on their personal experiences of migration and created written responses to the letters.

Lifelong Learning

Fire Service Visit & First Aid Training

The Fire and Rescue Service kindly hosted an evening of learning for Literacies and ESOL learners, during which we learned some basic emergency first aid.



Bird-Box Making for ESOL Families

The High Life Highland Rangers led a group of ESOL families in a bird-box making workshop at the Botanic Gardens. Supported by a Community Rep volunteer, learners worked together as family groups to make a small bird house to take home.



Learner Profile – Dougie



Dougie started working with High Life Highland Adult Learning to improve his literacy while he was in HMP Inverness. During this time, he worked one-to-one with a tutor on a weekly basis. When Dougie returned to the community, he met with his tutor again to continue his literacy learning. He began to explore digital literacy and joined a health and wellbeing literacies group.

During this time, Dougie started volunteering with Inverness Foodstuffs where he met new people, including his now fiancée. Dougie enjoys helping others and sharing his ideas and soon began volunteering as a Community Rep with Adult Learning. As part of this role, Dougie sits on the quarterly Learner Forum and supports the delivery of group learning as a peer volunteer.

“My life has changed a lot since I met [the Adult Learning team]. I have learned so much. I always feel welcomed back and encouraged to try new things.”

Achievements!

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

Coming Soon!

- Book Week Scotland – Writing Competition
- *Around the World in a Day*, in partnership with Highland Primary Schools
- Smart Phone Photography with Joanna Pabel
- ESOL Employability Projects – Preparing for Work, Life & Work, and Customer Service short courses
- After School Club for ESOL Families

Contacts us:

High Life Highland Adult Learning, the Spectrum Centre, Inverness

Tel: 01463 710013

Roisin Irvine, Adult Learning Co-ordinator; roisin.irvine@highlifehighland.com

Anna Holda, Community Learning & Language Support Worker; anna.holda@highlifehighland.com

Donna Hall, Adult Literacies Support Worker; donna.hall@highlifehighland.com