



Buckinghamshire Adult Learning

Shortlisted for Family Learning to Support Health and Wellbeing

The Family Learning Team at Buckinghamshire Adult Learning is part of the wider Children's Services directorate at Buckinghamshire Council and is committed to delivering workshops to build the confidence and skills of local parents and children. The team there run an Early Years programme which teaches parents to understand how to support early literacy and language and develop early self-esteem and healthy lifestyles.

Listening to what families need

The Buckinghamshire Family Learning Team has been running regular well-being workshops to support families with concerns around anxiety, building confidence, developing positive relationships and online safety. The need for these workshops was identified through the team's close work with learners, the Youth Service, Health Visitors and Family Learning Networks.

To support learners across the county, the well-being offer is mainly delivered online with an expanded offer that includes both daytime and evening sessions. Online delivery has particularly supported those in rural communities, parents struggling with travel or childcare and parents who are working who would otherwise not be able to attend.

As a way of tackling digital exclusion, Chrome Books were made available to learners along with digital support to ensure that the courses were easily accessible to all.

Improving confidence, building relationships and creating opportunities

Well-being workshops have helped to reduce isolation, develop parent networks and support positive conversations with children, resulting in positive well-being and cohesion in the community. Communication activities, including conversation starters, have increased parent/child interaction; empowering parents and helping children feel listened to.

Transition workshops have given practical ways for parents to support their children through challenges including preparing for the new term, taking practical steps towards independence, and talking through concerns.

Cookery workshops for parents in deprived areas have taught families how to produce a cheap meal they can recreate at home using fresh and healthy ingredients. These workshops provided opportunities for family bonding whilst reinforcing literacy and numeracy skills.



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In addition, first aid workshops have given parents the confidence to cope with minor injuries at home and know when to request further support and volunteering workshops have supported families moving towards employment by building skills, boosting community interaction, strengthening links and creating opportunities.

One learner said, "I learned how to explain the kids' emotions and how to understand them. I learned great breathing techniques and easy way to make "calm down jars" to calm kids."

Continuous learning for all

To continue this great work, the team will continue to adapt their provision as new needs arise as well as ensuring that all courses have a distinct next step. For some learners this could be the opportunity to learn more about Mental Health through an online accredited offer, extending learning from the personal support of their child to a more general understanding of Mental Health.