



North Lincolnshire Council

Shortlisted for Family Learning to Support Health and Wellbeing

North Lincolnshire Council (NLC) is a local authority that supports communities directly south of the river Humber. NLC's Adult Education, Community & Family Learning provision includes a range of workshops, courses and qualifications for residents living across North Lincolnshire.

The Community and Family Engagement team provides a range of events and activities for families in community hubs, schools, libraries, family hubs and other local venues.

Judges from Campaign for Learning and CACHE Alumni were impressed with the undeniably strong design and positive outcomes of NLC's programmes.

Family learning provision

The organisation increased the variety and width of programmes designed for the region following community requests and consultation in family hubs, as well as local and national data on what was needed. A combination of open and targeted events were put in place to benefit both those with specific needs and the wider community.

Their wide range of family events included:

- Mindfulness Morning bringing together 20 organisations for a day of workshops
- Programme for good mental health in children aged under 5
- Workshop on anxiety for children in Key Stage 1 and Key Stage 2
- Workshop focused on better understanding the needs of 'tween' aged children
- 5 week cooking course that provided participants with air fryers and food each week
- Level 2 course in Early Years Mental Health
- Level 2 course in Understanding Children & Young People's Mental Health

Online options were also available for those who couldn't attend in person.



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Impact and next steps

Courses have been well received, with good feedback across the 500+ programme participants. One parent reported that learning together as a family at the cooking class has changed her autistic son's approach to eating and cooking - not only is he eating more but he is actively interested in trying new types of food. This has provided a big improvement to their quality time spent together and she has now signed up for a course in nurturing to upskill herself further in her parenting.

A wide range of activities will continue in the future, with regular feedback ensuring the programmes stay relevant, enjoyable and fresh for families across the region.