



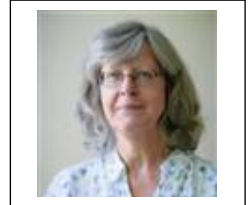
Welcome to our October 2020 **Family Learning Tutor** newsletter.
In this edition we have provided the Top Tips, Updates, Useful Links and Good News Stories!



The Team would like to say a big "Thank You" once again!

There have been many changes throughout this year with challenges we've had to face together, as well as exciting new developments. As we now start delivering in classrooms once again; we also will be starting a new adventure together. As a team, we have all worked together to create an online package offering our most popular courses and even creating some new ones. It means that we will be able to reach learners that we haven't been able to reach before and continue to support our families in Lincolnshire with their learning. We are looking forward to our 'online' adventure and will continue to be optimistic about returning to our learning in our schools next year.

Thea's message on behalf of the team



I wanted to update with the latest staffing change in the Adult Skills and Family Learning Service. Marion has taken the plunge and is taking early retirement next month - her last working day will be Thursday 19th November. I have worked with Marion since 2002 and will greatly miss her wealth of experience, knowledge and support as I know you all will too. We wish Marion the best in her new adventure.

[NHS 5 steps to mental wellbeing](#)

"Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life"

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)



In November and December we celebrate....

- [World Kindness Day: 13th November 2020](#)
- [World Diabetes Day: 14th November 2020](#)
- [Road Safety Week: 16th - 22th November 2020](#)
- [International Men's Day: 19th November 2020](#)
- [Anti-Bullying Week: 16th - 20th November 2020](#)
- [International Day of People with Disabilities: 3rd December 2020](#)
- [Human Rights Day: 10th December 2020](#)



NCS are continuing to operate digitally, offering 1-2-1s as well as face to face group sessions. All 1:1 bookings and NCS group bookings need to be referred to Michelle: Michelle.Brown@futuresforyou.com.

The group bookings will be dependent on whether the school/venue allows access and will be subject to NCS risk assessment.

You will need to allow extra time for booking your IAG sessions with NCS, to ensure that all risk assessments are completed in a timely manner to protect the community, you and the NCS advisors.

Information for your learners:

COVID-19 has sadly meant change to some adult's employment, with a high rise in redundancies. NCS have informed us that NCS also offer redundancy packages for those either at risk of or have been made redundant.

The National Careers Service Rapid Response Service (those made redundant within first 12 weeks) may be eligible for courses such as Prince2, fork lift etc. free of charge depending on eligibility.

The learner must speak directly to a national adviser via <https://nationalcareers.service.gov.uk/contact-us> to enquire on webchat or 0800 100 900 to find out if eligible.

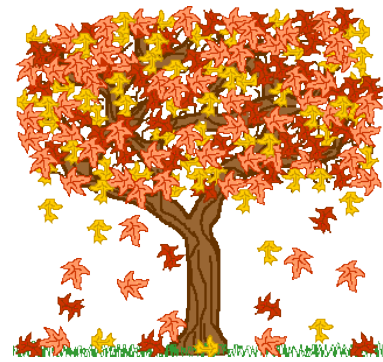
Online support available:
<https://nationalcareers.service.gov.uk/>

If your learners are looking for employment useful websites for job hunting are:
<https://findajob.dwp.gov.uk>
<https://jobhelp.campaign.gov.uk/>

Chloe's Learner Story from her new online course "Calculations without Calculators".

"LH told me at the end of the course that prior to the course, she had no confidence in maths at all and thought she'd just "have a go" at the online course, not expecting to achieve much. She felt that her confidence had improved massively over the course and was extremely pleased with her progress. She ranked herself 7 points upwards in both knowledge and confidence on her PLR, from the start to the end of the course."

Love Autumn



Well can you believe it! It's Autumn! That time of year when the weather gets cooler, nights get longer, there are an abundance of beautiful colours and change is all around. If you need to be persuaded here's [Ten Reasons to Love Autumn](#).

"You Said We Did"

Q: You asked for the time to be extended from 5 days to 10 for completing end of course paperwork, due to delivering multiple courses.

A: This was agreed and can be seen in the Tutor Handbook 2020 - 2021, p24.

Keeping safe Online!



As we move to being online more here are some helpful websites below:

- [Think You Know - parents homepage](#)
- [Helping parents keep their children safe online](#)
- [UK Safer Internet Centre](#)
- [UK Council for Internet Safety](#)

"Research shows that reading for pleasure can promote better health and wellbeing, aids in building social connections and relationships with others and is associated with a range of factors that help increase the chances of social mobility."

[The Reading Agency - Reading facts](#)