



Essex Wide courses/workshops for all parents/carers/grandparents

ACL aims is “Improving Lives through Adult Learning in Essex”, as part of this we have a dedicated Community and Family Learning team to support parents/carers/others supporting children and families in Essex. **These are delivered online, are FREE to attend**

Course Title	Start Date and Time	Number of Weeks	Tutors	Delivered through:	Click link to book
Understanding Children St Osyth	Mon 9 th November 9:30-11:30	4	Carly	ZOOM	https://tinyurl.com/Understanding-Children-9th-Nov ONLY FOR PARENTS OF ST OSYTH PS
Understanding Maths KS2	Mon 9 th November 12:30-14:30	3	Mary Gillian	Our VLE BBB	https://tinyurl.com/UMKS2-Mon-9th-Nov
Understanding Children Part 2	Tues 10 th November 9:30-11:30	3	Mary Gillian	ACL TEAMS	https://tinyurl.com/Understanding-Children-Part-2
ESOL – Family English for EAL	Tues 10 th November 12:30-14:30	3	Mary Gillian	ZOOM	https://tinyurl.com/English-EAL-10th-Nov
Xmas on a budget	Tues 10 th November 18:30-20:30	3	Vicki	ACL TEAMS	https://tinyurl.com/Xmas-on-a-budget-10th-Nov
How to talk so your children listen	Tues 10 th November 18:30-20:30	1	Gillian Jane	ACL TEAMS	https://tinyurl.com/talk-so-children-listen-10-Nov
Storysacks – The Very Hungry Caterpillar	Wed 11 th November 9:30-11:00	1	Hilary Mary	Our VLE BBB	https://tinyurl.com/Storysack-Early-Years-11th-Nov
Growth Mindset – Helping your child thrive and grow	Wed 11 th November 10:00-12:00	1	Gillian	ACL TEAMS	https://tinyurl.com/Growth-Mindset-11th-Nov
Emotional Wellbeing KS2	Wed 11 th November 12:30-14:30	3	Gillian Claudia?	ACL TEAMS	https://tinyurl.com/E-Wellbeing-KS2-11th-Nov
CV and Interview Writing Skills for teens and parents	Wed 11 th November 19:00-21:00	1	Claudia	ACL TEAMS	https://tinyurl.com/CV-Writing-Teens-parents



Course Title	Start Date and Time	Number of Weeks	Tutors	Delivered through:	Click link to book
Encouraging your child to read	Thurs 12 th November 10:00-12:00	1	Jane	ACL TEAMS	https://tinyurl.com/encouraging-reading-12th-Nov
Zones of Regulation	Thurs 12 th November 12:30-14:30	1	Gillian	ACL TEAMS	https://tinyurl.com/Bullying-12th-Nov
Bullying – how can I help?	Thurs 12 th November 12:30-14:30	1	Gillian Claudia	ACL TEAMS	https://tinyurl.com/Bullying-12th-Nov
Family First Aid – intro	Thurs 12 th November 12:30-14:30	1	Jane Mary	ZOOM	https://tinyurl.com/Family-First-Aid-12th-Nov
Understanding Anxiety	Thurs 12 th November 19:00-20:30	2	Carly Gillian	ZOOM	https://tinyurl.com/Understanding-Anxiety-12th-Nov
Christmas on a budget	Fri 13 th November 9:30-11:30	3	Vicki	ACL TEAMS	https://tinyurl.com/Christmas-on-a-budget-13th-Nov
Family First Aid- intro	Fri 13 th November 10:00-12:00	1	Jane Mary	ACL TEAMS	https://tinyurl.com/Family-First-Aid-13th-Nov
E-safety	Fri 13 th November 12:30-14:30	1	Jane	ACL TEAMS	https://tinyurl.com/e-safety-13th-Nov
EPE – learn methods of how to engage with people that influence our children	Tues 17 th November 18:30-20:30	1	Gillian	ACL TEAMS	https://tinyurl.com/Effective-Parent-Engagement
Money Talk for kids	Wed 18 th November 11:00-13:00	1	Claudia	TBC	https://tinyurl.com/Money-Talk-for-kids
Getting Teens to Talk	Wed 18 th November 18:30-20:30	1	Gillian	TBC	https://tinyurl.com/getting-teens-to-talk



Understanding your child's development – KS1 (5-8)	Thurs 19 th November 10:00-12:00	1	Gillian	TBC	https://tinyurl.com/understanding-child-dev-ks1
Family Kitchen	Tues 24 th November 10:30-12:30	2	Vicki	TBC	https://tinyurl.com/Family-Kitchen-24th-Nov--2week
Understanding your child's development – KS2 (8-11)	Wed 25 th November 10:00-12:00	1	Gillian	TBC	https://tinyurl.com/Understanding-child-dev-ks2
Healthy Eating and Store Cupboard Cooking	Wed 25 th November 11:00-13:00	1	Claudia	TBC	https://tinyurl.com/Healthy-Eating-and-store-cook
Understanding your child's development – KS3 (11-15)	Thurs 26 th November 10:00-12:00	1	Gillian	TBC	https://tinyurl.com/Understanding-child-dev-ks3
Supporting Primary Science	Thurs 26 th November 12:30-14:30	1	Jane	TBC	https://tinyurl.com/supporting-primary-science
Family Kitchen	Fri 27 th November 9:30-11:30	2	Vicki	TBC	https://tinyurl.com/Family-Kitchen-27th-Nov

For more details and to discuss upcoming courses, contact our team:
Melissa Williamson: 03330321597 / Melissa.Williamson@essex.gov.uk
Zoe Mallett: 03330321372 / Zoe.Mallett@essex.gov.uk

Facebook Group:
 Search for
 'ACL Essex
 Community &
 Family Learning'