

# Adult & Family Learning Opportunities 2024/2025



Dumfries   
& Galloway

Lifelong  
Learning  
Service



# Adult Learning Opportunities

Adults across Dumfries and Galloway are taking part in learning where they are developing their skills and confidence, meeting new people and making positive changes. Community-based adult learning provides a range of programmes which include help with reading, writing, spelling and numbers, English language (ESOL), digital learning, and health and wellbeing. We can help if you need pre-employability support, confidence building, wellbeing support and help with the cost of living. Adults come together in small groups or one to one and are supported by trained tutors to move forward on their Lifelong Learning journey. Adult learning is available to anyone 16 or above.

## Lifelong Learning Drop-in Sessions

'Would you like to develop skills in literacy, numeracy and communication? Get help with finances/budgeting? Help with the cost of living? Gain qualifications and access support to get on the employment ladder? Help in relation to volunteering? If so, please join us at our informal drop-ins across the region where a member of our team can help. The kettle is always on!

## Adult Achievement Awards *In partnership with Newbattle Abbey College*

Adult Achievement Awards give you the opportunity to gain a qualification for any learning you have undertaken in a variety of places – in the community, at work, at home, in college and in volunteering programmes. These person centred awards are very flexible. The awards offer the possibility of gaining accreditation from prior informal and non formal learning, creating a bridge to onward progression. This award can be about absolutely anything - your weight loss journey, how you learned to play chess - anything you decide on!



## Adult Literacy and Numeracy

Adult learning can help build confidence for all your reading, writing and numeracy needs at home and work. If you find yourself struggling with things like form filling, helping your children with their homework, reading instructions or working out how to manage your household budget, come along and we can help you. This is a confidential and friendly service which can be offered in a group or on a one to one basis. We can also help you gain qualifications, we work with the SQA to deliver National literacy and numeracy units which can provide you with a Scottish Qualifications Certificate.

## Core Skills

A group of five skills key to learning and working in today's world are: Communication, Numeracy, Information and Communication Technology, Problem Solving and Working with Others. The five Core Skills are the skills most needed in many work environments. Jobs require some level of ability in some or all of these skills. Come along and let us help you gain a qualification through the Scottish Qualifications Authority.

## SQA Volunteering Award

This course is for new volunteers and people who are already volunteering. Volunteering gives individuals the opportunity to develop and practise new skills, develop confidence, meet new people and benefits you and your community. The Award in Volunteering Skills provides formal recognition of volunteering activity. Through participation in volunteering activities, you will develop a range of skills and personal development experiences which will help you to prepare for volunteering, further education and employment. You will learn about the context of volunteering; plan a volunteering placement; review and reflect on your own skills and volunteering experience.



## Computer Classes

We have a wide range of classes, from beginner to advanced International Certificate of Digital Literacy using Microsoft Word, Excel, Powerpoint, Access, Emailing and the internet. Whether you want to increase your knowledge and skills, enhance your employability, or challenge yourself - we have something to suit most levels.

## Digital Skills Drop-in

Pop along to one of our digital skills drop-ins and get help with your digital query. This could be how to send an email, make a video call, how to Facetime, learn to do a TikTok video, make a blog, order your prescriptions online, learn to do your online shopping! We can help with all your digital challenges.

## Prepare to Drive Course

Come along and get help with the following areas:

- ✓ Hazard Perception
- ✓ Car Maintenance
- ✓ Driving Theory
- ✓ Presentation from Police Scotland

## British Sign Language (BSL)

Are you interested in learning about BSL? Sign Language is a visual means of communicating using gestures, facial expression, and body language. Sign Language is used mainly by people who are deaf or have hearing impairments. We can offer a basic awareness programme to learn some signs with our trained tutors. What are you waiting for – get in touch!



## Adult Dyslexia Support Drop-ins

Struggling with your dyslexia and looking for support? Please join us at our Peer Support groups where we will share ideas and resources and look at coping mechanisms and strategies to help in your day to day life and future learning.

## Creative Writing

Love writing but unsure where to start? Do you dream of writing and publishing your own work? Or do you just want to help develop your written English? Come along to our Creative Writing classes to extend your imagination. You never know where it might lead.

## Health and Wellbeing

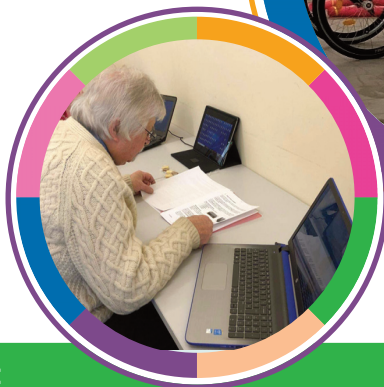
Do you struggle with day to day wellbeing? Would you just like someone to talk to about struggles and challenges? Feel more connected to people in your community? Help with social isolation? Then get in touch! Come for a coffee and chat to discuss everyday issues that affect your daily life. Learn some coping strategies and pick up ideas to keep you motivated and positive. We discuss a range of topics from coping with bereavement; mental wellbeing, day to day challenges.

## Psychology Workshops

Come along and try something new! Have you ever wondered how your mind works or why you behave the way you do? Our six week course is all about communication, coping with stress, secrets to happy relationships and much more. Our trained tutor looks forward to welcoming you along.

## Learners Together Forums

Lifelong Learning support adult learning forums across Dumfries and Galloway. These forums always welcome new members to come together to share ideas and offer learning opportunities within the local community. It is important that you have a chance to shape the learning opportunities in your local area.



## Coach Education and Development

Lifelong Learning – Coach Education and Development working in partnership with sport's National Governing Bodies and sportscotland is keen to support local coaches and volunteers with relevant information and courses. Courses and workshops will be organised to meet local need and demand. We provide courses to assist sports clubs in becoming qualified coaches and volunteers in a range of sports and activities. This also includes associated courses such as first-aid, child protection and disability sports.

*Please note there may be a cost to sports courses.*



## HMP Dumfries Adult Literacies/ Lifelong Learning

We provide Adult Literacies/Lifelong Learning opportunities at HMP Dumfries. These informal sessions include, 1:1 literacy support, 1st Steps into computing, training and co-ordinating the Literacy Peer Mentors, digital card making (for family contact), employability, advice and guidance on further learning as well as volunteering skills and Adult Achievement Awards.

## Adult Craft and Sewing Workshops

Make, do, mend and recycle! – Alter your clothes, sew, crochet or knit! Enjoy learning a few crafts. Come along and make new friends, learn new skills in an informal friendly environment and boost your wellbeing! These classes can help with social isolation, mental wellbeing and developing core skills through crafting (e.g. literacy and numeracy skills).



## Art Classes For Adults

We have art classes that can help you learn a variety of skills from oil, watercolour, pastels, acrylic. Come and join us and release your inner artist! Art can have many positive effects on your mental health - reducing stress, boosting self esteem and helping social connections!



## Discovery Awards

This Award is aimed at all people over 50 years of age, to help promote an active and healthy lifestyle by offering challenges to both stimulate and motivate.

The Discovery Award is a personal challenge, through a programme of your chosen leisure activities. You need no special qualifications, just a willingness to have a go and the determination to do the very best that you can personally achieve. You progress at your own pace and within your own capabilities, whilst having fun and enjoying yourself at the same time. This award can be connected to any volunteering, recreational activity, hobby, or interest that you may have. There are three levels: Bronze, Silver and Gold - each with an agreed time span and leading to its own certificate and badge.



# English for Speakers of Other Languages

in Dumfries & Galloway

## English for Speakers of Other Languages (ESOL) Classes

- ✓ Are you new to Scotland?
- ✓ Do you want to learn English?
- ✓ Do you work with or know someone who would like to learn English?
- ✓ All levels catered for.

## ESOL Conversation Groups

Improve your speaking and communication skills in our fun and friendly groups. Classes available in: Dumfries, Annan, Stranraer, Newton Stewart, Kelloholm, and Castle Douglas.

## ESOL Supported Self Study/Drop ins

Learn English with our new digital resources! Practice your English using online activities, which improve all 4 English skills (reading, writing, speaking, and listening) plus enhance vocabulary and grammar skills. Choose your level and learn at your pace, with tutor support available, and meet with others! Classes available throughout the region.

## Want to know more?

For more information about our ESOL groups, please email: [ESOLtutors@dumgal.gov.uk](mailto:ESOLtutors@dumgal.gov.uk)



# Family Learning Opportunities

The Scottish Government have recognised the need to improve the health and wellbeing of children and families throughout Scotland and they have committed to ensuring children and families receive the right support at the right time. We offer evidence-based programmes across Dumfries and Galloway which are free to access. These programmes provide families with a safe and supportive place to build secure relationships, enhancing the skills, knowledge and potential you already have and empowering you to take on new challenges. We work with families pre-birth up to Primary 3.

## Parenting Programmes have been proven to:

- ✓ help children and their parents/carers to feel less isolated and build on their social networks
- ✓ help parents/carers gain an understanding of children's development
- ✓ improve the parent-child bond/attachment
- ✓ build confidence in parenting skills
- ✓ support parents/carers to learn new parenting skills
- ✓ help improve mental health and wellbeing of both the child and the parent/carer
- ✓ help parents/carers to learn new skills which can lead on to further education and/or employment





# Peep Programmes

Our Lifelong Learning Peep Programmes aim to provide children with the best start in life.

## Antenatal Peep

For expectant parents and parents/carers. The sessions are informal and provide parents with the opportunity to meet other new and expectant parents to discuss topics such as:

- ✓ How life changes once baby arrives.
- ✓ Babies' developing brains.
- ✓ How babies communicate.
- ✓ Getting to know your baby and more...

## Peep Learning Together Sessions

These are fun and informal sessions for parents/carers and children that help to support young children's learning and development through songs, stories, rhymes and everyday activities.

Peep also offers parents/carers the opportunity to gain accreditation in early learning and child development.

The Lifelong Learning Service deliver the following Peep Learning Together Sessions:

- ✓ Baby & Toddler Community Peep
- ✓ Nursery Peep
- ✓ Primary 1 Peep - Transition from Nursery to P1

*Only available in family learning link schools.*



## Other Family Learning Opportunities

### MATCH – Men and their Children

MATCH groups provide opportunities for fathers/male carers to engage with and support their child's learning. Families take part in fun learning sessions and educational outings. The educational experiences focus on STEM, Literacy, and Health & Wellbeing. *Only available in Lifelong Learning linked schools.*

### Baby Massage Sessions

For parents and babies under 1 year old.

There are many benefits associated with baby massage, for example:

- ✓ It aids bonding between parents and baby
- ✓ It can help with digestive issues such as wind and colic
- ✓ It can reduce restlessness and pain
- ✓ Babies may sleep better and cry less



## STEM

STEM is a curriculum based activity educating students in four specific areas including science, technology, engineering and maths. We provide an accredited award, Crest Awards - Crest is the British Science Association scheme for STEM project work that inspires young people to think and behave like scientists and engineers.

*For families with children from Nursery to Primary 3 in link schools only.*

## Talk, Learn, Do

A parenting intervention with the objective of helping parents improve their children's financial capacity. Personal finance is a reality for every person, from children, students, to working adults. Understanding how personal finance works is important to financial literacy, for both individuals and families. We offer fun, interactive sessions to help you and your child engage in learning about money and budgeting.

## Roots of Empathy

The Roots of Empathy programme runs in a selection of Dumfries and Galloway primary schools. Local parents and their babies support the programme by visiting the classroom 9 times throughout the school year.

Through their interactions with the baby, school pupils learn all about empathy, respect, nurture, infant development and emotions.

*Only available in link schools.*



# Want to know more about any of our learning opportunities?

There are a number of ways for you to get more information.

## E-mail for more information:

Adult.learning@dumgal.gov.uk  
or  
for ESOL learning:  
ESOLtutors@dumgal.gov.uk

## Complete our online referral form

Use the QR code below to complete our online referral form.



## Call us on:

**030 33 33 3000**

See our social media pages for daily updates on

