

ACL

ADULT LEARNING

COMMUNITY & FAMILY LEARNING COURSE GUIDE



**100s OF
FREE
COURSES**

ACLESSEX.COM



WELCOME

99%
OF OUR LEARNERS STATED
THEY WERE TREATED
FAIRLY AND WITH RESPECT
BY ACL STAFF

Lifelong learning matters to us – we want to make a difference to people's lives. ACL Essex is not just about second chances; it's about third, fourth, fifth and sixth chances.

In fact, it is about helping you achieve the goals you have set your sights on, throughout your life. But it is much more than skills and qualifications, crucial as they are, it is also about making sure you flourish; your health and wellbeing, your sense of community belonging, and your confidence and belief in yourself.

ABOUT US

All our current courses and workshops are FREE to attend and are delivered either face to face or online in our virtual classrooms. We also work in partnership with schools, pre-schools, nurseries, community organisations and partners that support families to learn together.

Sign up to our newsletter -
www.aclessex.com/newsletter

STAY CONNECTED

 aclessex.com/community-family-learning

 03330 321 017

 ACLFamilyLearning@essex.gov.uk

 [ACLCommunityandFamilyLearning](https://www.instagram.com/ACLCommunityandFamilyLearning)

 [ACL Essex Community & Family Learning](https://www.facebook.com/ACLExsexCommunityFamilyLearning)

► JANUARY 2023

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
SEN Return to School	04/01/2023	09:30	02:00	1	Online
Setting goals for 2023	09/01/2023	09:30	02:00	1	Online Live
Transitions Primary	09/01/2023	12:30	02:00	2	ACL Witham
Sibling Rivalry	10/01/2023	09:30	02:00	2	Online Live
Developing a growth mindset for the year ahead	10/01/2023	09:30	02:00	1	Online live
Sleep for Wellbeing	10/01/2023	09:30	02:00	1	Online
Managing Big Emotions	10/01/2023	12:30	02:00	2	Online Live
First Foods	10/01/2023	14:00	0.45	1	Brightlingsea Library
More Fun with Science	10/01/2023	15:30	01:00	1	Brightlingsea Library
Stress Management for Teens	10/01/2023	19:00	02:00	2	Online
Reducing our family's carbon footprint	11/01/2023	09:30	02:00	1	Online live
KS1 Maths	11/01/2023	13:00	02:00	1	Fawberts and Barnards Primary School
Sleep Clinic	12/01/2023	09:30	02:00	2	Online Live
Successful Co-Parenting	12/01/2023	09:30	02:00	1	Online
Sibling Rivalry	12/01/2023	12:30	02:00	2	Billericay Library
Making English Fun	12/01/2023	15:00	02:00	1	Laindon Library
Managing Teen Anxiety	12/01/2023	19:00	02:00	4	Online
Storytime, Sing Along and Messy Play	13/01/2023	09:30	11:30	1	Maldon ACL
Raising Girls	16/01/2023	09:30	02:00	2	Online
Witham Hub TIYY	16/01/2023	10:00	02:00	10	Witham Hub
Mindfulness for beginners	16/01/2023	12:30	02:00	2	Online live
First Aid Basics	17/01/2023	09:30	02:00	2	Online Live
Supporting Sensory Needs	17/01/2023	10:00	02:00	1	ACL Clacton
Time for You	17/01/2023	19:00	02:00	3	ACL Colchester

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
SEN Support Series	18/01/2023	09:30	02:00	3	Online
Supporting Your Child's First Period	18/01/2023	09:30	02:00	1	Online
Reading Cubs	18/01/2023	10:00	02:00	4	Beneet library in partnership with ECFWS
Crafts for Wellbeing	19/01/2023	10:00	02:00	4	ACL Clacton
Making Maths Fun	19/01/2023	15:00	02:00	1	Laindon Library
Storytime, Sing Along and Messy Play	20/01/2023	09:30	02:00	3	ACL Maldon
Parental Guilt	23/01/2023	12:30	02:00	2	ACL Witham
Choices and Consequences	24/01/2023	09:30	02:00	2	Online Live
Engaging with your Childs School	24/01/2023	12:30	02:00	2	Online Live
Family First Aid	24/01/2023	14:00	0.45	1	Brightlingsea Library

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
Parent and Child First Aid	24/01/2023	15:30	01:00	1	Brightlingsea Library
Building Self-Esteem	24/01/2023	19:00	02:00	2	Online
SEND Session Drop In	24/01/2023	10:00	02:00	1	ACL Clacton
Cheap Family Days Out	25/01/2023	09:30	02:00	1	Online
SEND Session Drop In	25/01/2023	10:00	02:00	1	ACL Colchester
Talking so Children will Listen	26/01/2023	09:30	02:00	2	Online Live
Choices and Consequences	26/01/2023	12:30	02:00	2	Billericay Library
Making Science Fun	26/01/2023	15:00	02:00	1	Laindon Library
Raising Boys	30/01/2023	09:30	02:00	2	Online
Understanding Children	31/01/2023	09:30	02:00	4	Online Live
Supporting Sensory Needs	31/01/2023	10:00	02:00	1	ACL Colchester

EVENTS

Throughout the year, we host events that offer you the perfect opportunity to discover more about our courses and the support you will receive whilst studying with us. Ask our team questions whilst interacting with other prospective learners.



aclessex.com/events



► FEBRUARY 2023

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
Valentines Day Family Ideas	01/02/2023	09:30	02:00	1	Online
Supporting Sensory Needs	01/02/2023	10:00	02:00	1	ACL Colchester
You can draw	02/02/2023	15:00	02:00	1	Laindon Library
Developing your Childs growth Mindset	07/02/2023	09:30	02:00	1	Online Live
Routines Rule	07/02/2023	09:30	02:00	1	Online Live
Mindful moments for SEND	07/02/2023	10:00	02:00	1	ACL Clacton
Easy Half term Meals	07/02/2023	14:00	0.45	1	Brightlingsea Library
Half Term Challenge	07/02/2023	15:30	01:00	1	Brightlingsea Library
Its Different for Girls - ASD	07/02/2023	10:00	02:00	1	ACL Clacton
Mindful moments for SEND	08/02/2023	10:00	02:00	1	ACL Colchester

SUPPORT FAMILIES IN YOUR COMMUNITY

Become a Parent Ambassador and make a difference to families in your school community.

Parent Ambassadors volunteer in schools and community venues, whilst completing free training to support others. A Parent Ambassador's role is to positively influence families to engage with learning opportunities, support literacy, improve wellbeing, and raise aspirations.

This is a pilot scheme for parents, grandparents or carers who have children that attend schools in Basildon, Tendring, Harlow or Colchester areas.

If you're interested in becoming a Parent Ambassador, you can find out more and apply here:

ACLESSEX.COM/PARENT-AMBASSADOR

ACLFAMILYLEARNING@ESSEX.GOV.UK

03330 321 017

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
Its Different for Girls - ASD	08/02/2023	10:00	02:00	1	ACL Colchester
Keeping kids safe on socials	08/02/2023	19:00	02:00	1	Online live
Sleep Clinic	09/02/2023	12:30	02:00	1	Billericay Library
Valentines Cards	09/02/2023	15:00	02:00	1	Laindon Library
Storytime, Sing Along and Messy Play	10/02/2023	09:30	02:00	3	ACL Maldon
SEND Session Drop In	14/02/2023	10:00	02:00	1	ACL Clacton
SEND Session Drop In	15/02/2023	10:00	02:00	1	ACL Colchester
Making your money go further	20/02/2023	10:00	02:00	2	ACL Witham
Setting Boundaries	21/02/2023	09:30	02:00	2	Online Live
Separation Anxiety	21/02/2023	09:30	02:00	1	Online
Sensory Stories	21/02/2023	10:00	02:00	2	ACL Clacton
Motivating your Family	21/02/2023	12:30	02:00	1	Online Live
First Aid basics	21/02/2023	12:30	02:00	2	Online Live
Fussy Eaters Session 1	21/02/2023	14:00	0.45	1	Brightlingsea Library
Fun growing activities	21/02/2023	15:30	01:00	1	Brightlingsea Library
Family Wellbeing	21/02/2023	19:00	02:00	2	Online
Dangerous online games- Primary	22/02/2023	09:30	02:00	1	Online
Supporting teens learning	22/02/2023	09:30	02:00	1	Online Live
SEN Support Series	22/02/2023	09:30	02:00	3	Online
Sensory Stories	22/02/2023	10:00	02:00	2	ACL Colchester
Writing R/KS1	22/02/2023	13:00	02:00	1	Fawberts and Barnards Primary School
Understanding ADHD	22/02/2023	19:00	02:00	2	Online Live
Supporting Dyslexia	23/02/2023	09:30	02:00	2	Online Live
Talking so Children will Listen	23/02/2023	12:30	02:00	2	Billericay Library
Family Wellbeing	23/02/2023	15:00	02:00	1	Laindon Library

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
Raising Girls	23/02/2023	19:00	02:00	2	Online
Raising Boys	23/02/2023	12:30	02:00	2	ACL Witham
FL Being the Perfect Parent	28/02/2023	12:30	02:00	1	Online Live

► MARCH 2023

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
Anxiety in the early years	01/03/2023	09:30	02:00	2	Online live
Starting Secondary School for parents of Year 6	01/03/2023	09:30	02:00	1	Online
Social Stories	01/03/2023	10:00	02:00	1	ACL Colchester
Journalling	02/03/2023	12:30	02:00	1	Laindon Library
It's different for Girls	06/03/2023	12:30	02:00	2	ACL Witham
Developing Resilience	07/03/2023	09:30	02:00	2	Online Live
Understanding Teens	07/03/2023	09:30	02:00	3	Online live
Play to help with literacy	07/03/2023	12:30	02:00	1	Online Live
Fussy Eaters Session 2	07/03/2023	14:00	0.45	1	Brightlingsea Library
What to do in spring!	07/03/2023	15:30	01:00	1	Brightlingsea Library
Parental Self-Care	07/03/2023	19:00	02:00	2	Online
Social Stories	07/03/2023	10:00	02:00	1	ACL Clacton
Supporting Your Child at School	08/03/2023	09:30	02:00	3	Online
Time for you	08/03/2023	19:00	02:00	3	ACL Witham
Developing Resilience	09/03/2023	12:30	02:00	2	Billericay Library
First Aid	09/03/2023	15:00	02:00	1	Laindon Library
Raising Boys	09/03/2023	19:00	02:00	2	Online
Storytime, Sing Along and Messy Play	10/03/2023	09:30	02:00	3	Maldon ACL



SCHOOLS, LIBRARIES AND COMMUNITY GROUPS

We also offer FREE sessions in local schools, libraries and community groups that are not listed here.

If you would like to host a session, or to find out more please contact us on the details below. We ask you to promote and encourage your parents/community to attend, provide a welcoming environment and a room for the parents and our tutor to meet.

In return we work with you, on tailoring our sessions to meet your organisation and family's needs locally so that they can impact their lives and that of their children. Depending on the topic, our sessions are either adult only or parent and child for all or part of the session.

ACLESSEX.COM/COMMUNITY-FAMILY-LEARNING

ACLFAMILYLEARNING@ESSEX.GOV.UK

03330 321 017

COURSE NAME	START DATE	START TIME	DURATION	WEEKS	VENUE
Working with School and professionals	14/03/2023	10:00	02:00	1	ACL Clacton
Family mindfulness	15/03/2023	09:30	02:00	1	Online live
SEN Support Series	15/03/2023	09:30	02:00	3	Online
Working with School and professionals	15/03/2023	10:00	02:00	1	ACL Colchester
Sleep Well Skills	16/03/2023	15:00	02:00	1	Laindon Library
Managing Big Emotions	21/03/2023	09:30	02:00	2	Online Live
Anxiety and the SEND Child	21/03/2023	10:00	02:00	1	ACL Cla
Easy Meals for Easter	21/03/2023	14:00	0.45	1	Brightlingsea Library
Keep on growing! More about plants!	21/03/2023	15:30	01:00	1	Brightlingsea Library
Parental Guilt	21/03/2023	19:00	02:00	2	Online
Play to help with numeracy	22/03/2023	09:30	02:00	1	Online Live
Anxiety and the SEND Child	22/03/2023	10:00	02:00	1	ACL Colchester
Sensory Play	22/03/2023	10:00	02:00	1	ACL Colchester
First Aid Basics	22/03/2023	19:00	02:00	2	Online Live
First Aid	23/03/2023	12:30	02:00	2	Billericay Library
Separation Anxiety	23/03/2023	19:00	02:00	1	Online
Sensory Play for Easter	28/03/2023	10:00	02:00	1	ACL Clacton
Sensory Play for Easter	29/03/2023	10:00	02:00	1	ACL Colchester
How to ask for Financial Support	29/03/2023	09:30	02:00	1	Online
Social Anxiety	30/03/2023	19:00	02:00	1	Online
Easter Crafts KS2	30/03/2023	13:00	02:00	1	St James Primary School, Harlow
Teaching Your Child about Diversity and Inclusion	05/04/2023	09:30	02:00	1	Online
Supporting You as the Parent of a Child with SEND Needs.	12/04/2023	09:30	02:00	1	Online

HOW TO ENROL

Once you have chosen your course/s, you can either enrol on our website or by phone.

1. ONLINE

Visit www.aclessex.com and create an account. You can then either search for the course title using the search box or browse our website.

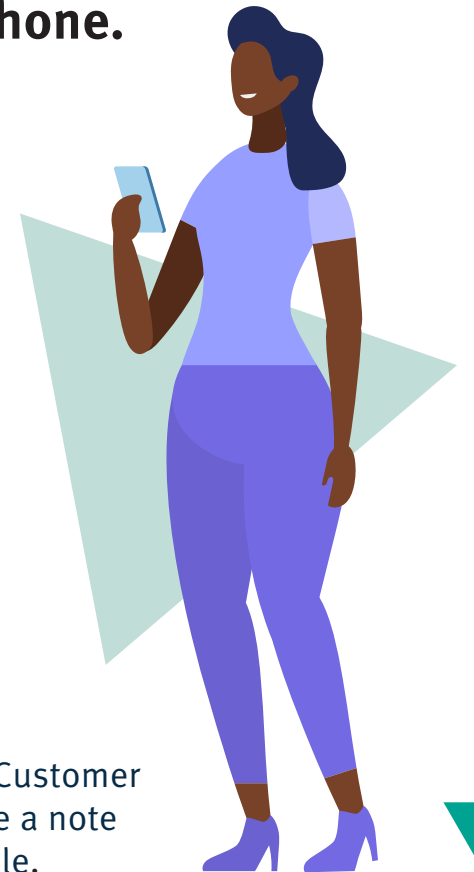
Once the course has been selected, you will be asked to fill out an enrolment form (non-qualification course), or asked to enrol onto an assessment session (qualification).

2. PHONE

Call **03330 600 111** to talk to our Customer Services team. Before calling, please make a note of the course or course code where possible.

Our phone lines are currently open Monday to Friday, from 8:30am to 5pm, unless otherwise stated.

All ACL courses are subsidised by the Government. As part of the enrolment process we are required to obtain proof of identification from you. This enables us to provide a unique reference number for you as is kept in line with ECC and ESFA privacy notices. For more information click here: <https://www.essex.gov.uk/privacy-education>



ACL

CONTACT US

Message us on our website, social media channels or email us at:

@ ACLFamilyLearning@essex.gov.uk

aclessex.com/contact-us

ACLCCommunityandFamilyLearning

03330 321 017

f ACL Essex Community & Family Learning

TELL US ABOUT YOUR EXPERIENCE

Please tell us all about your experiences, we really would love to know how you're getting on.

Message us on any of our channels above. You can also leave us a review on Social Media or Google. By sharing your experiences, it can help others find new opportunities that could improve their lives.

[ACLESSEX.COM/COMMUNITY-FAMILY-LEARNING](https://www.aclessex.com/community-family-learning)

