

# ACL

## ADULT LEARNING

# COMMUNITY & FAMILY LEARNING COURSE GUIDE

100s OF  
FREE  
COURSES

[ACLESSEX.COM](https://www.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](http://www.aclessex.com/newsletter)

## STAY CONNECTED

 [aclessex.com/community-family-learning](http://aclessex.com/community-family-learning)

 03330 321 017

 [ACLFamilyLearning@essex.gov.uk](mailto:ACLFamilyLearning@essex.gov.uk)

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

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

## ► SEPTEMBER 2022

CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL1Ao1Y22	Understanding Teens	26/09/22	09:30	11:30	4	Online Live
DOL1Ao3Y22	Successful Co-Parenting	26/09/22	09:30	11:30	1	Online Live
DOL1Bo1Y22	Mindfulness For Beginners	26/09/22	12:30	14:30	1	Online Live
DOL1Co1Y22	Starting Secondary School	26/09/22	19:00	21:00	2	Online Live
DOL1Co2Y22	Being Internet Brave	26/09/22	19:00	21:00	1	Online Live
DOL2Ao1Y22	Emotional Wellbeing For Parents	27/09/22	09:30	11:30	4	Online Live
DOL2Ao2Y22	Get A Flying Start At Primary School	27/09/22	09:30	11:30	4	Online Live
AFL2Ao5Y22	Old McDonald - PreSchool Session	27/09/22	09:30	10:30	1	Laindon Library
DOL2Ao9Y22	Emotional Wellbeing KS2	27/09/22	09:30	11:30	4	Online Live
DOL2Bo4Y22	Setting Boundaries	27/09/22	12:30	14:30	2	Online Live
DOL2B1oY22	Encouraging Reluctant Readers	27/09/22	12:30	14:30	2	Online Live
DOL2B12Y22	Family First Aid	27/09/22	12:30	14:30	2	Online Live
AFL2Bo3Y22	Fitness	27/09/22	15:00	17:00	1	Basildon Library
DOL2Co1Y22	Understanding Anxiety For Children	27/09/22	19:00	21:00	4	Online Live
DOL2Co2Y22	Time For Something New	27/09/22	19:00	21:00	1	Online Live
DOL3Ao1Y22	Understanding English KS1	28/09/22	09:30	11:30	4	Online Live
DOL3Ao3Y22	Baby And Toddler Talk	28/09/22	09:30	11:30	2	Online Live
DOL3Bo1Y22	Family English For ESOL	28/09/22	12:30	14:30	4	Online Live
DOL4Ao1Y22	Understanding English KS2	29/09/22	09:30	11:30	4	Online Live
DOL4Ao3Y22	Understanding Children	29/09/22	09:30	11:30	4	Online Live
DOL4Ao9Y22	Sibling Rivalry	29/09/22	09:30	11:30	2	Online Live
DOL4Bo1Y22	Emotional Wellbeing KS1	29/09/22	12:30	14:30	4	Online Live
DOL4Bo2Y22	Early Years Literacy	29/09/22	12:30	14:30	2	Online Live
DOL4Bo3Y22	Fussy Eaters	29/09/22	12:30	14:30	2	Online Live



CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL4Co1Y22	Emotional Wellbeing For Teens	29/09/22	19:00	21:00	4	Online Live
DOL5Ao1Y22	Understanding Maths KS1	30/09/22	09:30	11:30	4	Online Live
DOL5Bo1Y22	Understanding Maths KS2	30/09/22	12:30	14:30	4	Online Live
DOL5Bo2Y22	Bringing Stories To Life	30/09/22	12:30	14:30	2	Online Live
DOL5Co2Y22	Raising Boys	30/09/22	19:00	21:00	2	Online Live

## ► OCTOBER 2022

CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL1Bo2Y22	Self Harm Awareness	03/10/22	12:30	14:30	2	Online Live
AFL2Ao6Y22	Trains	04/10/22	09:30	10:30	1	Laindon Library

# 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.



CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL3A10Y22	SEND For Parents	05/10/22	09:30	11:30	3	Online Live
DOL3Co1Y22	Anxiety In The Early Years	05/10/22	19:00	21:00	1	Online Live
AFL6Bo4Y22	Black History After School Fun	06/10/22	15:00	17:00	1	Laindon Library
GFL5Ao2Y22	Storytime Fun	07/10/22	09:30	11:30	3	ACL Maldon
DOL1Co3Y22	First Aid	10/10/22	19:00	21:00	2	Online Live
AFL2Ao7Y22	Itchy Bear	11/10/22	09:30	10:30	1	Laindon Library
DOL2Bo2Y22	Early Years Communication	11/10/22	12:30	14:30	2	Online Live
DOL2Bo3Y22	Starting Primary Achieve Academically	11/10/22	12:30	14:30	2	Online Live
DOL2Bo5Y22	STEM Activities For Families	11/10/22	12:30	14:30	2	Online Live
DOL3Ao2Y22	Early Years Maths	12/10/22	09:30	11:30	2	Online Live
DOL1Bo4Y22	Growth mindset for Parents	12/10/22	12:30	14:30	3	Online Live
DOL4Ao2Y22	Starting Primary Social Skills	13/10/22	09:30	11:30	2	Online Live
DOL4Ao8Y22	Choices And Consequences	13/10/22	09:30	11:30	2	Online Live
DOL4Bo4Y22	Confident Cooking On A Budget	13/10/22	12:30	14:30	2	Online Live
AFL6Bo5Y22	How to Draw	13/10/22	15:00	17:00	1	Laindon Library
DOL1Ao6Y22	Getting Teens to Talk	17/10/22	09:30	11:30	1	Online Live
DOL1Ao8Y22	Self Care	17/10/22	09:30	11:30	1	Online Live
DOL2B15Y22	Encouraging reading	18/10/22	12:30	14:30	2	Online Live
DOL1A11Y22	Financial Wellbeing in Difficult Times	31/10/22	09:30	11:30	1	Online Live

## ► NOVEMBER 2022

CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL2A12Y22	Dealing with Children's Grief	01/11/22	09:30	11:30	2	Online Live
DOL2Bo6Y22	Managing Big Emotions	01/11/22	12:30	14:30	2	Online Live



# 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**

**0333 032 1597 / 0333 032 1372**

CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL2B17Y22	Building Emotional Intelligence	01/11/22	12:30	14:30	2	Online Live
DOL2Co3Y22	Managing Parental Guilt	01/11/22	19:00	21:00	2	Online Live
DOL3Ao5Y22	Parents Support Literacy Difficulties	02/11/22	09:30	11:30	2	Online Live
DOL3Ao6Y22	Assertive Parenting Toolbox	02/11/22	09:30	11:30	2	Online Live
DOL3A13Y22	SEND Support For West Essex Parents	02/11/22	09:30	11:30	1	Online Live
DOL3Mo1Y22	This is Your Year	02/11/22	09:30	14:30	10	Online Live
AFL6Bo3Y22	Family Fitness	03/11/22	15:00	17:00	1	Laindon Library
DOL4Co2Y22	Supporting Teens Studies	03/11/22	19:00	21:00	2	Online Live
DOL4Co3Y22	Self Harm Awareness	03/11/22	19:00	21:00	2	Online Live
GFL5Ao3Y22	Storytime Fun	04/11/22	09:30	11:30	3	ACL Maldon
DOL5Ao2Y22	Starting Primary Outdoor Play	04/11/22	09:30	11:30	2	Online Live
DOL1Ao4Y22	Understanding ADHD	07/11/22	09:30	11:30	2	Online Live
DOL1Ao9Y22	Raising Boys	07/11/22	09:30	11:30	1	Online Live
DOL1Bo5Y22	Being Internet Brave	07/11/22	12:30	14:30	1	Online Live
DOL2Ao5Y22	Having THE Talk!	08/11/22	09:30	11:30	2	Online Live
DOL2Ao6Y22	Relaxation For Parents	08/11/22	09:30	11:30	2	Online Live
DOL2Bo9Y22	Exploring The Coastline	08/11/22	12:30	14:30	2	Online Live
DOL1Bo3Y22	Importance of play	14/11/22	12:30	14:30	1	Online Live
DOL2Bo7Y22	Building Resilience In Your Child	15/11/22	12:30	14:30	2	Online Live
DOL2Co4Y22	Family Wellbeing	15/11/22	19:00	21:00	2	Online Live
DOL3Ao7Y22	Connecting Through Craft	16/11/22	09:30	11:30	2	Online Live
DOL3Ao8Y22	Getting Children To Listen	16/11/22	09:30	11:30	2	Online Live
DOL4A11Y22	Raising Girls	17/11/22	19:00	21:00	2	Online Live
DOL1Ao2Y22	Helping Kids Manage Money	21/11/22	09:30	11:30	2	Online Live
DOL2Ao8Y22	Raising Girls	22/11/22	09:30	11:30	2	Online Live



CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DOL2A11Y22	Using books to Ease Children's Worries	22/11/22	09:30	11:30	1	Online Live
DOL2B18Y22	Supporting Teen's Learning	22/11/22	12:30	14:30	1	Online Live
DOL3Bo3Y22	Understanding Children	23/11/22	12:30	14:30	3	Online Live
GFL5Ao4Y22	Storytime Fun	25/11/22	09:30	11:30	4	ACL Maldon
DOL2Bo8Y22	Dealing With Anger In The Family	29/11/22	12:30	14:30	2	Online Live
DOL2B16Y22	Anxiety in the Early Years	29/11/22	12:30	14:30	2	Online Live
DOL2Co5Y22	Understanding Anxiety For Teens	29/11/22	19:00	21:00	3	Online Live
DOL3Ao9Y22	Get Ahead With SATS	30/11/22	09:30	11:30	3	Online Live
DOL3Co1Y22	Christmas Craft Ideas	30/11/22	19:00	21:00	2	Online Live

## ► DECEMBER 2022

CODE	COURSE NAME	START DATE	START TIME	END TIME	WEEKS	VENUE
DFL4Ao1Y22	Christmas Crafts - Hybrid	01/12/22	09:30	11:30	1	ACL Clacton
DFL4Bo1Y22	Christmas Crafts	01/12/22	12:30	14:30	1	ACL Clacton
DOL4A10Y22	Raising Boys	01/12/22	19:00	21:00	2	Online Live
DOL1A12Y22	Self care at Christmas	05/12/22	09:30	11:30	1	Online Live
DOL2A10Y22	Family Mindfulness at Christmas	06/12/22	09:30	11:30	2	Online Live
DOL1Co5Y22	First Aid at Christmas	12/12/22	19:00	21:00	1	Online Live
DOL2B11Y22	Home Schooling Help	13/12/22	12:30	14:30	1	Online Live

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



# 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](https://aclessex.com/community-family-learning)

[ACLFAMILYLEARNING@ESSEX.GOV.UK](mailto:ACLFAMILYLEARNING@ESSEX.GOV.UK)

0333 032 1597 / 0333 032 1372

# 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)

