

**FREE Family
Learning
Online
QUICK-SKILL
courses**

**New for
Autumn
2020-21**



Family Learning - Community Learning and Skills


Family Learning has moved online to help support schools, nurseries, parents and carers during COVID 19. Check out our new offer of QUICK-SKILL courses to help you through lock-downs, self-isolating, home-learning, homework and catching up.

Ideal for parents, grandparents and carers of children in nursery up to Year 6, you can find a range of short courses to help you to support your child with key skills and health and wellbeing.

You can find more details on our website: adultlearning.cumbria.gov.uk or email or phone your local centre - contact details on the back page.

Family Learning QUICK-SKILL courses are delivered on ZOOM, so when you enrol you will receive a link by email to join the course at the scheduled time. Each course has a short introductory session of up to half an hour, when you can meet the tutor and other folks on your course, get comfortable with using ZOOM and find out a bit more. Don't be put off by using ZOOM - contact us for help. Most courses are two or three sessions of one and a half hours.

(Your child's school or nursery can also request an online Family Learning QUICK-SKILL course - ask to see if they are planning to host one.)



Pick up a Quick-Skill in English
Choose from: Punctuation, Grammar, Spelling, Writing and top tips for Reading with your child; make a reading den; make a puppet to help your child with phonics.

Get nifty with a Quick-Skill in Maths:

Choose from: Addition, Subtraction, Multiplication, Division, Fractions, Shape and Times Tables.



New courses to be added - keep checking the website!

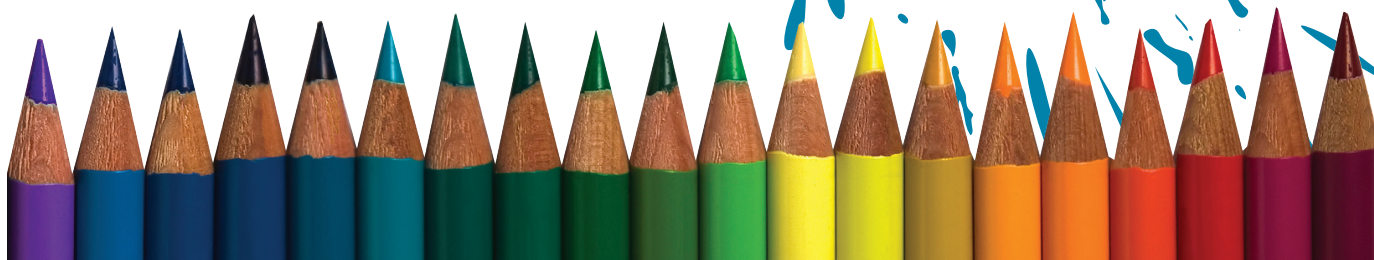


Pop in for a QUICK-SKILL in Science - discover the science behind some great activities to follow up with the children

Pop in for a QUICK-SKILL in Art and Craft - discover some great art techniques to share with the children and a wealth of ideas to get creative.

Pop in for a QUICK-SKILL in Health and Wellbeing - explore ideas and games to help your child sleep better; get creative in the kitchen with ideas for simple healthy snacks, or make a fabulous resource to help them feel good about themselves or soothe uncomfortable feelings.

Pop in for a QUICK-SKILL for Early Years - Get creative and make resources to get your child chatting and counting - make a mobile or puppet to encourage their language and have fun.



Find us on FACEBOOK for the most up to date promotions on all our courses - Community Learning and Skills

Contact us:

Allerdale Tel. 01900 706023
allerdaleclas@cumbria.gov.uk

Barrow Tel. 01229 407630
barrowclas@cumbria.gov.uk

Carlisle Tel. 01228 227303
carlisleclas@cumbria.gov.uk

Copeland Tel. 01946 506416
copelandclas@cumbria.gov.uk

Eden Tel. 01931 716447
edenclas@cumbria.gov.uk

South Lakes Tel. 01539 731694
southlakelandclas@cumbria.gov.uk