

# Lambeth Adult Learning Learner Newsletter

Issue 20 Spring 2020



Peter, Kayleigh and Michael, the  
Spring Newsletter Team  
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## Welcome

This issue of the newsletter was produced by **Peter Fleming** and **Kayleigh Singh**, volunteers at **Spire**s, and **Michael Butscher**, a learner at **High Trees**. The learners worked with guidance from **Marie Powell**, a tutor at **Morley College**.

**Lambeth Adult Learning's Learner Newsletter** is for all adult learners in Lambeth to celebrate your successes and to share information on events that have happened within the **Adult Learning Service**.

If you want to get involved in producing the next newsletter, go to **page 11**.

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## Lambeth learners improve their personal health

**Learners from High Trees, Morley College and Spire**s attended **Lambeth Adult Learning's Learner Forum on 12 November at the Kennington Park Community Centre**.

The focus of the day was improving personal health and included making plans to become more active and understanding how to eat more healthily.

Learners talked about what factors influence whether you have a long and healthy life. They concluded that having a good network in your community, having friends and being more involved are all important, as well as keeping healthy and exercising.

They also discussed the best ways to stay active, maintain energy balance, improve heart health, strengthen muscles and bones, improve sleep, relieve stress and lift mood.

Learners developed their own monthly planner that included a variety of physical activities at least 3 days every week, with a mixture of indoor and outdoor activity types (such as walking more, gardening, swimming with their children and yoga).

[continued on page 2](#)



### Lambeth learners' advice for becoming more healthy:

- 🍎 Sit less and move more
- 🌿 Go outside
- 🏃 Get your heart pumping
- 🥦 Improve your strength and balance
- 😴 Sleep well

Learners considered other lifestyle changes including trying something new, swapping to better habits and saving money by eating more healthily. They also looked at recipes from all over the world to see how easily ingredients could be swapped or added to make the recipes healthier.

Here's a few tips from Lambeth learners and the British Nutrition Foundation on how to Try, Swap, Change:

## Why not have a go?

### Eat the rainbow:

Make sure half your meal plate has different coloured fruit and vegetables. Try to eat 5 portions of fruit or veg every day.

### Snack attack:

Replace sweets and crisps with fruit, veg, nuts or yoghurt. Cut down on fizzy drinks and try drinking water instead.

### Beef up your protein:

Eat plant-based protein such as peas, lentils, tofu and nuts rather than meat.

### Cut your fat:

Replace cream with skimmed, semi-skimmed or vegan milk (such as oat or nut milk) and use lower fat or vegan cheese.

### Go Slow:

Eat more slowly and include wholegrains like brown rice and buckwheat.

### Get moving:

Stop sitting too much and add 10 minutes a day of activity like walking.



If you'd like to find out more, check out the British Nutrition Foundation Try, Swap, Change planner at: [nutrition.org.uk/healthyliving/planner/tryswapchange.html](https://nutrition.org.uk/healthyliving/planner/tryswapchange.html)

Do you have any great healthy eating or healthy living tips?

Send in your tips by 1 May to [adultlearning@lambeth.gov.uk](mailto:adultlearning@lambeth.gov.uk) to be in with a chance of winning £10 in vouchers!

# Focus on... Digital skills

Did you know that 6.5 billion questions are asked online every day? Digital skills are vital and it's not just about computers any more. Lots of devices such as smartphones, TVs and cameras all use digital technology. So how can digital skills help you in life and work?



## Top digital skills in life:

- |                          |  |
|--------------------------|--|
| <b>Learn new skills!</b> | Take free online courses and watch You Tube videos |
| <b>Communicate!</b>      | Use social media and email to talk with others     |
| <b>Use services!</b>     | Use apps and websites for services such as banking |
| <b>Shop!</b>             | Buy almost anything online                         |

## Top digital skills for work and job search:

- |                          |   |
|--------------------------|---|
| <b>Find information!</b> | Search employers, apprenticeships and jobs                |
| <b>Get tips!</b>         | Get help with letters, CVs and interview techniques       |
| <b>Present!</b>          | Make life easy by word processing your CV and application |
| <b>Work!</b>             | Use your skills to work remotely from home                |

**BUT BE CAREFUL!** The more we do online, the easier it is to make mistakes or get caught out by scammers. Make sure you protect yourself by remembering these five Top Tips:

- 1** Remember to save or back up important files regularly so you don't lose them
- 2** Never click **Next** or **OK** online without reading what you are agreeing to
- 3** Only open email attachments that you know are safe
- 4** Never reply to Spam email
- 5** Don't install any free software without knowing where it comes from

- Understanding digital vocabulary can help you with all sorts of technology.
- Why not try our **Digital Skills Wordsearch on page 6** to see what you know?
- Your local **Lambeth Adult Learning** centre will run a range of courses.
- Why not improve your skills by finding out what **digital courses** are on in your centre?
- You can also check out [digitalunite.com/technology-guides](http://digitalunite.com/technology-guides) for over 400 free guides to digital skills like internet, music, security, smartphones, TV, photography and government services.

# A cultural trip for Spires' ESOL learners

Last term, ESOL learners from Spires visited the National Gallery and Trafalgar Square in central London. This was part of their programme of learning about British culture as well as the English language. It is an important part of their journey to becoming active citizens who understand about what it means to be British.

Prior to the trip, learners researched the history of Trafalgar Square and Nelson's Column and checked what exhibitions were on at the National Gallery. They planned the trip themselves including locations, opening times and transport. This helped them develop their organisational and management skills.

For many learners, this was the first time they had visited the famous London landmark. They visited the exhibition 'The story of European art, masterpiece by masterpiece',

which included paintings by famous artists including Cézanne, Picasso, Renoir, Monet and Storck.

One of the learners said, "I always wondered what is inside this beautiful building, but I was not brave enough to go inside on my own", while others have already made plans to bring their children with them for another visit.

The visit helped the learners feel more confident about travelling to central London on their own and to explore other galleries or museums.



ESOL trip to the National Gallery

## Why not visit the National Gallery?

It is open every day 10am to 6pm (9pm on Fridays) and it is free to visit. It is located on Trafalgar Square close to Charing Cross and Leicester Square stations.

# High Trees celebrate December Kindness

At the end of December 2019, High Trees hosted a Winter Learner Forum to celebrate learners' achievements. The event attracted 20 learners, 6 children and 8 members of staff to celebrate the end of the academic year together with lunch, music and activities.

As December was **Kindness Month**, learners took part in an activity called **Dear Me** where they reflected on gratitude and specifically what it means to be grateful and kind to themselves. All the learners wrote themselves a letter of kindness promising one nice and kind thing to commit to from January. These letters were put into envelopes and posted in the Christmas box. They will be sent by post to each learner at the end of the spring term in April.

The second activity was **The Tree of Gratitude**. Each learner took a minute to think about something

they were grateful for during 2019 and to write it on the back of an Christmas bauble to decorate the centre's **Tree of Gratitude**.

As a final activity, learners were asked to reflect on what **High Trees** meant for them and what impact it had made on their lives. The Community Action Manager and the Community Organiser captured the stories in a video.



Learners posting Dear Me letters

Here are some of the reflections:

*"I love this place. Now I can do designs, I can do posters. Name it! I can do it all now, even the most advanced stuff. I am so grateful for this place which gave me so much confidence and opportunity to stand out from the crowd. I have been to other places to study and some places can knock you down. But with High Trees, even when you are on the floor, they want you to stand up and that is what everyone needs."*

*"I was very new in this country and High Trees helped me improve my English, communicate easily, develop my confidence. Now I am very confident to speak with anybody. I don't hesitate to ask something to everyone, and it obviously helps me to find jobs."*

*"With High Trees I can do things I could not do anywhere else."*

Find out more about High Trees at [high-trees.org](http://high-trees.org)

# Best Overall Success Story

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## Learner Story: Juma Ndabacukura

Juma came to the UK from Burundi in 2000 and five years ago he became a single dad with two small children. He had to give up his job as a cleaner to care for them but the experience gave him a new interest – childcare.



Juma joined the **Level 1 Award in Working with Children** course run by Morley College at **Larkhall Children's Centre** in November 2018, leaving his youngest child in the crèche at the children's centre whilst studying. Alongside this, he attended an **ESOL** course to brush up his English skills. He also became a Parent Champion with **LEAP (Lambeth Early Action Partnership)** and a volunteer at **St Stephen's Children's Centre**.

Juma completed his Level 1 award and moved onto the **Level 1 Preparing to Work in Schools** course. When his youngest child started school full-time in September, he began the **Level 2 Childcare course** at **Morley College**. He says,

*"I am enjoying it – it's fun. I'm the only man so I get a lot of jokes and banter. People ask me a lot of questions as there are not so many men working with children. I just tell them that I love children."*

Juma is still volunteering at **St Stephen's Children's Centre** and has been offered more hours. When

he finishes his course in July, he wants to improve his English further and hopefully get paid work. His children ask him, "Why are you studying when you are big and old?" Juma tells them that he didn't have the opportunity when he was young. He says,

*"They are proud of me and I am proud of them."*

The childcare profession is overwhelmingly female and there is a desperate need for more male childcare practitioners. **Juma** has not been deterred by any stereotypes or prejudice towards men who seek careers in caring professions. He says,

*"We men should be more involved in children's settings. So many children have problems with their behaviour and manners and they react differently to a man than to a woman. I'd like more men to think about childcare and I encourage them to be a father figure to all children. If I can be a role model, then I feel very good."*

## Want to give Lambeth Adult Learning Service your feedback?

Remember to fill in the Lambeth learner survey at the end of your course.

Why not attend the End of Year Lambeth Learner Conference on 17 July 2020? Ask your Centre for more information on how to join in.

"Tell us what you think!"



# Helping learners progress in the workplace



In September 2019, Lambeth Adult Learning received funding from the Mayor's Office (the GLA) to work with Training Associates and London Learning Consortium to deliver a new programme supporting learners in the workplace.



Progress at Work will deliver a range of qualifications to over 1,000 employees over the next four years. This will include Functional Skills, digital learning and vocational courses such as customer service. The training will be delivered in the workplace so that learners can balance their work and learning.

The project aims to help low-paid staff to improve their skills and qualifications so that they can progress at work, take on increased responsibility or gain promotion. Other benefits will include improved earnings, increased motivation and more job security.

So far, the project is working with employees in care homes, nurseries and Battersea Power Station Development.

One of the employers is Pinfold Road Day Nursery and Pre-School Ltd, a small Lambeth start-up nursery. The project is helping staff

understand how to spot, support and engage with children that may be on the autism spectrum so that they can develop better strategies to help children learn and provide outstanding care for everyone.

A key advantage is that the manager has also taken part in the training which means that the whole nursery is committed to offering a more inclusive experience for all children. Manager Tanya Moore says, "The course has given practitioners lots more confidence in their practice when working with children that have Special Educational Needs to assist them to communicate and interact with others."

She adds, "Having well-trained staff is key to ensuring good quality to give children the best start possible and develop their full potential. A HUGE thank you to Lambeth Adult Learning and Training Associates for the opportunity to participate in the course."

A	R	B	L	O	G	O	E	R	N	D	F	M	C
N	E	T	W	O	R	K	Z	R	O	U	T	E	R
F	I	R	E	W	A	L	L	C	C	A	A	L	E
L	M	A	L	W	A	R	E	T	I	O	E	U	M
D	A	T	A	B	A	S	E	S	L	K	R	P	E
A	A	P	G	E	W	E	B	C	A	M	W	L	S
R	D	R	O	W	Y	E	K	E	S	R	R	O	P
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Y	O	D	E	M	A	R	A	L	L	O	R	C	S
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M	Y	R	O	M	E	M	R	T	G	I	O	T	I
P	G	O	I	Z	B	L	G	E	P	J	L	M	O
C	M	S	Y	O	O	T	A	B	L	E	T	E	F

## Digital Skills Wordsearch

See how many words you can find in our digital skills wordsearch!

- |                 |                 |
|-----------------|-----------------|
| <b>DATABASE</b> | <b>SCROLL</b>   |
| <b>MODEM</b>    | <b>FILE</b>     |
| <b>JPEG</b>     | <b>TABLET</b>   |
| <b>TOOLBAR</b>  | <b>ICON</b>     |
| <b>SPAM</b>     | <b>ROUTER</b>   |
| <b>WEBCAM</b>   | <b>FIREWALL</b> |
| <b>MALWARE</b>  | <b>PORT</b>     |
| <b>MEMORY</b>   | <b>UPLOAD</b>   |
| <b>BLOG</b>     | <b>NETWORK</b>  |
| <b>ZIP</b>      | <b>KEYWORD</b>  |

# 'I am not naughty, I have Autism'

Being a parent to an autistic child can be challenging, so last November High Trees and tutor Ola Malanska ran a short course for the local community called "I am not naughty, I have autism".

The course was attended by parents of autistic children and covered autism generally along with related conditions such as anxiety. Parent-learners shared their feelings and experiences about autism and what works (or doesn't) for them at home and at school. The positive and personal atmosphere of the class allowed learners to let go of their worries, anger and sadness.

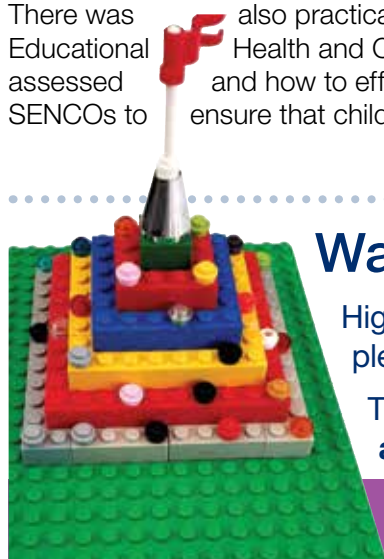
There were a range of activities including a therapy taster to understand how playing with LEGO® blocks can improve communication and social interaction among autistic children. Parents created visual planners, Social Stories® and schedules to support their children to process information and feel less anxious about changes of routine.

There was also practical advice about rights, Educational Health and Care Plans, getting children assessed and how to effectively work with SENCOs to ensure that children's needs are met.



Sharing resources at High Trees' autism course

Learners said that the course raised their awareness of autism and of the way their children may see the world. They said they felt more confident about being **Autism Advocates** and understood that every child has got the potential to thrive in education, if properly supported.



## Want to find out more about autism?

High Trees will be running this autism course again in 2020. To find out more please email [courses@high-trees.org](mailto:courses@high-trees.org)

There is a lot of general information on the National Autistic Society website: [autism.org.uk/](http://autism.org.uk/)

30 March 2020 is World Autism Awareness Week.

## Join the V.I.P. Singers

The V.I.P. Singers is a singing group for visually impaired people and their friends. They meet every Saturday morning from 10.30-12.30 in the South Wing Committee Room at St Thomas' Hospital.

The group have fun singing together which helps reduce the isolation and depression which can sometimes go alongside being visually impaired.

The V.I.P. Singers and their Morley College tutor, Cerys Hogg, produced a video with the aim of recruiting new singers to the group.

Check it out here:

[youtube.com/watch?v=dv5cVB7pIAs](https://www.youtube.com/watch?v=dv5cVB7pIAs).

New Dates for VIP Singers Group 2020!



Find out more:

If you, or someone you know, has a visual impairment and would like to join the group, ring 07770 381 758 to find out more – or just go along to St Thomas' Hospital at 10.30am on a Saturday.

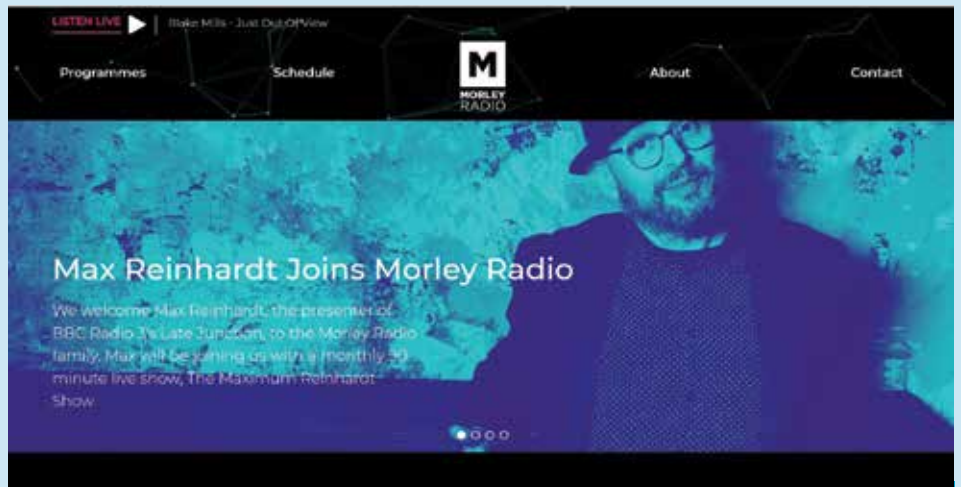
# Get involved in Morley Radio

Did you know that Morley College runs a community radio station delivering a wide range of radio programmes, podcasts and live output?

**Morley Radio** encourages learners, staff and the local community to grow in confidence by telling their stories, getting creative and developing digital and industry skills. Community Learning Manager **Marianne Fenney** says, "Radio is a great way for learners to get their voice and experience heard by getting involved in something new and exciting, as well as developing their digital skills along the way."

Located in **Morley College**, the radio studios are professional and state-of-the-art. Everyone is welcome to visit the studios or take part in Morley Radio – on either side of the microphone!

To help new learners find out what working in radio is like, **Morley College** will be running a 4-week **Introduction to Radio** course with **Camilo Salazar**, the Morley Radio and Studios Manager.



## Get involved with Morley Radio!

- Suggest a playlist
- Share your ideas for new programmes or shows
- Host your own radio programme
- Join the **Introduction to Radio** course (call **Richard Mason** on **020 7450 1921** or email **community@morleycollege.ac.uk**)

It's great fun, so why not check out Morley Radio at: [morleyradio.co.uk/](http://morleyradio.co.uk/)

# A new Place for All in Lambeth

Last November, High Trees and their partners the Baytree Centre and the IndoAmerican Refugee Migrant Organisation (IRMO), celebrated their first ever User Group for a brand new project.

The group is funded by the **Big Lottery** which provides money for new local partnerships under its **Place for All** project. This supports the three charities in Lambeth to work together with learners to provide a better service for socially and economically excluded local residents. The aim is to help people get more involved in their local communities by finding opportunities to learn, work and socialise to reduce their social isolation.

Lambeth Adult Learning learners from **High Trees** and learners from **Baytree** and **IRMO** have joined together to make sure that learners have a key voice in shaping the future of services and of the **Place for All** project. The User Group will be feeding back suggestions and advice on what local people want and how they would like the three charities to develop.

The group will be meeting monthly from January 2020 to begin exploring what's important to learners and what the User Group would like to accomplish for the year.



## Get involved!

Learners at **High Trees** can join the User Group by talking to any member of staff. Suggestions can also be made using the Suggestions and Comments forms in the centre.



# Learner Story: Nadia Bakhti

**Nadia came to the UK from Morocco via Spain in 2014. She joined a non-accredited ESOL for Active Citizenship course at Granton Primary School where she worked on improving her English. She was part of the group of ESOL learners that won the Learner Group of the Year Award at the Lambeth Adult Learning End of Year Conference in July 2019.**

Nadia began volunteering as a teaching assistant at **Granton Primary School**, and as her children grew older, she found that she had more time to learn more. She says, *“Now I am freer, I am doing something for me.”*



Alongside her ESOL studies at **Granton School** and a local church, Nadia achieved a Level 2 **Functional Skills English** qualification to help her realise her dream of working with children. She discussed her future plans with **Morley College** Community Learning Team’s Careers and Education Advisor **Richard Mason**. Richard identified a **Level 1 Supporting Teaching and Learning in Schools** course at **Morley College** which Nadia started in September 2019.

Nadia is enjoying the course but finds it challenging. *“It’s difficult but I can do it,”* she says. *“I push myself and am learning lots of things. It’s all new for me.”* She is now employed by **Granton Primary School** as a teaching assistant and has worked there two days a week since last September. She says, *“I love this job working with the children. I am more confident. I talk to people more and understand them. It’s good for me.”*

The course provides her with the practical experience she needs to complement the theory that she is learning on her Teaching Assistant course. After completing the course in March 2020, Nadia plans to continue her learning by enrolling on the **Level 2 Supporting Teaching and Learning in Schools** qualification. She can’t believe how her life has changed and says, *“Before I lived in a small village. I couldn’t learn. Now my life has changed, my children are proud of me and it helps me with my English too.”*

**Are you interested in becoming a teaching assistant?** To find out how, contact Careers and Education Advisor Richard Mason at Morley College on [richard.mason@morleycollege.ac.uk](mailto:richard.mason@morleycollege.ac.uk)

## First Steps to a new career

Morley College has three 10-week First Steps courses starting in April, all with progression to a Level 1 or Level 2 course in September 2020:

- First Steps to Working in Care
- First Steps to Working with Children in Nurseries and Schools
- First Steps to Working in Reception and Admin

**What you will learn for your chosen sector:**

- Vocational skills and qualities
- Written and verbal communication skills
- Study skills
- Career planning with the help of your tutor and a specialist Careers Advisor.



**For more information contact Richard on 020 7450 1921 or email [richard.mason@morleycollege.ac.uk](mailto:richard.mason@morleycollege.ac.uk)**

# Morley College supports Samos volunteers

Last November, Morley College's Community Learning Manager, Marianne Fenney, and her friends Beth, Karen and Rod took over Bonnington Café in Vauxhall to provide a lunch and two evening dinners to help raise money for the Samos Volunteers.

Samos Volunteers ([samosvolunteers.org](http://samosvolunteers.org)) support asylum seekers and refugees on the Greek island of Samos. They run a wide range of projects including language learning, children's activities, laundry and legal help in the refugee camp.

Five volunteers worked at the café at lunchtime and eight in the evening, preparing different bits of the menu and waiting on the tables.

They also offered drop-in tea and cake in the afternoon. Marianne said, *"I made apple and blackberry crumbles as it was easy to do."*

*Lunch was easy but dinner was really busy. We were all exhausted afterwards and the next day!"*

Speakers from Samos Volunteers came in the evening and spoke to diners about the situation in the Samos refugee camp. The event was designed to encourage people to learn more and raise funds for the work of the volunteers. It was a great success, raising £800 on the day.

Marianne found volunteering a very rewarding experience. She says, *"It's a great way to give something back, to meet new people and use*



*different skills. I recommend it to anyone!"*

Why don't you look out for volunteering opportunities in your local area?

## Visit and work at Bonnington Café!

Bonnington Café is a co-operatively run vegetarian and vegan restaurant in the Bonnington Square Community Centre in Vauxhall. It is run by a collective of member cooks who provide vegetarian home-cooking at great prices.

If you are interested in cooking at the Café, pop into one of the next user group meetings on 1 April or 1 June at 7pm. More information is [bonningtoncafe.co.uk](http://bonningtoncafe.co.uk)

## Dates for your Diary

### CELEBRATE!

13 April is Easter Monday and Ramadan begins on 24 April.

### GET INVOLVED!

The 50th Earth Day takes place on 22 April. Get involved to tackle climate change at [earthday.org/](http://earthday.org/)

### GET AWARE!

Deaf Awareness Week takes place on 4-10 May.

### GET SOME SLEEP!

Mental Health Awareness Week on 18-24 May will focus on sleep.

### GET INVOLVED WITH LAMBETH ADULT LEARNING!

The End of Year Lambeth Learner Conference will be on 17 July 2020. Ask your centre staff how to get involved and share your ideas for the future.

# Dyslexia and digital technology: a tutor's story

Written by Nicola Mayne using mind mapping and voice activated software.



Recently MP for Hove, Peter Kyle, spoke out against the 'spelling police'. I cheered as I read the BBC article as I have spent most of my life in fear of them. They hounded me as a child so intently that I grew my own personal 'spelling police gremlin'. This Behellzebug tar-coated, drooling, green slime monster plagued my younger life. My name is Nicola and I have dyslexia.

As I say this, I imagine a new 12-step recovery program for dyslexics. That might have been more helpful to me than the futile extra English lessons that I had to endure at school. I so often wanted to shout, "I'm not stupid, I just don't understand." Saying it LOUDER and slower is not going to help!

At school everything was handwritten, I wasn't great at it! I knew I had dyslexia but I didn't know what that meant. Then the world changed: technology arrived. In my mid-thirties I decided to understand myself a bit better. I went for a dyslexia assessment and WOW! For the first time,

*“I'm not stupid, I just don't understand.”*

understood that I am not stupid, bad, mad, incapable or wrong, but just different. I sat my gremlin down and we had a chat. I hired a dyslexia tutor to help me understand and he told me

that my computer could help me with reading and writing. GOSH! How utterly marvelous! With his help, and the new assistive technology, I went back to school.

I trained at master's level to be a psychotherapist, using audiobooks and films to learn. My computer reads articles and journals to me. I speak to my computer and it writes for me. Now my life is easier. My gremlin (though it will never leave) is quieter. Technology made my studies possible by taking away some of my difficulties, and it lessens my difference.

My dyslexia will never go away. I will always get things wrong and struggle with reading, spelling and the order of information. I'll confuse tenses, misunderstand letters and words, repeat information, lose my focus and write really, really long sentences.

*“For the first time, understood that I am not stupid, bad, mad, incapable or wrong, but just different.”*

I will still get exhausted from focusing in a classroom or trying to understand what I am reading or listening to. To teachers I ask: please don't read my hesitation as procrastination or lack of interest – it's my process of understanding when embarking on something I find difficult.

Now I have a small computer within hands reach all the time – my smartphone. It is my lifeline and, armed with it, I don't feel stupid anymore. And sometimes even my gremlin enjoys joining in!”

See Peter Kyle's speech at: [bbc.co.uk/news/uk-50206103](http://bbc.co.uk/news/uk-50206103)

## Budding journalists and editors!

Would you like to get involved in producing the Lambeth Adult Learning Learner Newsletter?

We publish three newsletters each year (one each term) and are always looking for new learners to help out. Ideally you will be attending a course or volunteering with one of our providers. You will:

- Meet new people
- Learn how to use Microsoft Publisher to create and edit a newsletter,
- Learn how to use text and imaging tools
- Earn a £10 voucher for each session you attend

Get involved with the Lambeth Learner Newsletter by emailing us: [adultlearning@lambeth.gov.uk](mailto:adultlearning@lambeth.gov.uk)

## Keep in touch!

Visit us at our online learning website – OLLIE

(Online Learning in Lambeth Interactive Environment)

[lambeth-ollie.learningpool.com](http://lambeth-ollie.learningpool.com)

## Tell us about your success!

Have you achieved your goals or moved onto further learning, volunteering or employment? Let us know about your story so we can share and celebrate your success!

You can send us your story or we can do a telephone interview and write it for you. Let us know by emailing us on [adultlearning@lambeth.gov.uk](mailto:adultlearning@lambeth.gov.uk)

Any stories we publish will win a **£10 High Street voucher**. The best overall success story will win a **£50 gift voucher**.

# Where to learn with Lambeth Adult Learning Service

## High Trees Community Development Trust

St Martin's Library  
220 Upper Tulse Hill  
SW2 2NS

Phone: 020 8671 3132

Web: [high-trees.org](http://high-trees.org)

Email: [learningcentre@high-trees.org](mailto:learningcentre@high-trees.org)



High Trees is a community hub with the aim of improving the wellbeing and increasing the skills and voices of individuals. We deliver a range of courses including ESOL, ICT and Entry level English and Maths. We also run accredited courses in housing, teaching, community organising and food & hygiene.

## Spires

8 Tooting Bec Gardens  
Streatham, SW16 1RB

Phone: 020 8696 0943

Web: [spires.org.uk](http://spires.org.uk)

Email: [info@spires.org.uk](mailto:info@spires.org.uk)



Spires provides support for homeless, disadvantaged and unemployed people. Courses include basic computer skills, English, ESOL and budgeting your benefits, improve your wellbeing through music, yoga and gardening, confidence building, peer mentoring and volunteering training with work placements.

## Morley College Centre for Community Learning and Engagement

61 Westminster Bridge Road  
Waterloo, SE1 7HT

Phone: 020 7450 1929

Web: [morleycollege.ac.uk](http://morleycollege.ac.uk)

Email: [community@morleycollege.ac.uk](mailto:community@morleycollege.ac.uk)



Morley has locations across Lambeth at community centres, hostels, sheltered schemes, schools and children's centres. Courses include employability, confidence for work, office and reception skills, communication skills, working with children, teaching assistant, English, ESOL, maths, ICT, sewing, intro to beauty, mentoring, arts, crafts, dance and exercise, community interpreting, peer mentoring, volunteering, active citizenship for LDD learners and cyber safety.

## Training Associates (Bestland Solutions Ltd)

Evergreen House North  
Grafton Place  
London NW1 2DX

Phone: 0207 609 2700

Web: [tasgroup.org.uk](http://tasgroup.org.uk)

Email: [info@tasgroup.org.uk](mailto:info@tasgroup.org.uk)



Operating throughout London and the South-East, Training Associates (TA) specialises in apprenticeships and bespoke programmes in Health, Social Care, Education, Early Years and Business Management. We are working with Lambeth Adult Learning on the Progress at Work programme, delivering qualifications to Lambeth employees to help low-paid staff to improve their skills and qualifications so that they can progress at work, take on increased responsibility or gain promotion.

## London Learning Consortium

Christopher Wren Yard  
119 High St  
Croydon CR0 1QG

Phone: 020 8774 4040

Web: [londonlc.org.uk](http://londonlc.org.uk)

Email: [courses@londonlc.org.uk](mailto:courses@londonlc.org.uk)



London Learning Consortium (LLC) is a Community Interest Company delivering a range of skills programmes and qualifications across London. We are working with Lambeth Adult Learning on the Progress at Work programme, delivering qualifications to Lambeth employees to help low-paid staff to improve their skills and qualifications so that they can progress at work, take on increased responsibility or gain promotion.