

# Community Learning Activities



## Are activities supported by community learning making a difference?

### Community learning is supporting training for volunteers

At Castelnau Community Centre, volunteers are being trained to provide support and guidance on financial matters and learning opportunities to local residents.



At Home-Start, Richmond volunteers are learning skills to that will help families support their children's communication and language development.

#### Comment from learner:

'The Home-Start course means a lot to me as I always wanted to give my time to help people in need of support. Also, I am in a process of changing my career and the course will help me in this direction.' – Magali

### Teaching new technology skills to mature learners

Age UK Richmond has been supported to deliver beginners computer courses for mature learners. Currently courses are supported at Hampton Baptist Church and Ham Library.

#### Learner's commented:

'It's great to learn. I now have a Google account set up and can send emails.' – Joyce

'Everyone is so helpful and patient. There is an opportunity for me to drop in on Tuesdays so I can practice what I have learnt or forgotten.' – Kirsty

'Absolutely thrilled. I retired two years ago and have only just built up the courage to attend a course. I never typed before.' – Cathy



## Community learners is supporting activities to improve health and wellbeing

### At SPEAR in Richmond residents are learning how to cook on a budget and for a healthy life

Comment from one of the learners:

When I lived in a flat everything came out of the microwave but now I can cook things' – Frances

Frances really enjoys cooking and has now had the confidence to enrol in a Homeless to Independent pathway course at Richmond Adult Community College. He was delighted to hear cooking was included in this course.



### Cooking for health and weight management

At Castelnau Community Centre people are learning to cook food that tastes good, but is also a healthier option to support dietary requirements such as diabetes and assists with weight management.

Participants commented:

'I am getting advice on cheaper products that taste just as good and I really enjoy the company.' – Josephine

'I am learning about which foods are good and healthy, I've lost 5 kilos.' = Sikeba

'I love learning about cooking in different cultures and how we can all cook our dishes with less salt and sugar and still enjoy them. Mary has even showed us how to make cakes and scones that are healthy.' – Miranda



### Gentle exercise classes at The Old Bakery, Mortlake



Comments shared after this session:

'I really enjoy the dance exercises.'

'Stretching and bending makes me feel good and gets me going.'

'It brilliant! It helps with my balance without exercise I could not walk.'

'So good you stretch every little bit.'

Greta suffers from Parkinson's disease. Her consultant at Roehampton Hospital commented on the improvement to her mobility and asked what she had been doing? He suggested that she should continue to do the classes. Greta has really noticed the difference the classes has made for her and looks forward to attending every week.

## Community learning is supporting people to learn traditional skills

### Furniture restoration skills are being supported at Castelnau Community Centre and Whitton Community and Social Club.

The courses are being delivered by Purple Carrot who teach learners skills to rescue or refurbish furniture for their person use or for selling.



#### At Whitton Community and Social Club

Mary disliked her brown furniture and wanted to bring colour in to her life. With the new skills she has learnt she is now painted her chairs blue.

#### At Castelnau Community Centre

'I really look forward to coming each week, I feel I could start my own business recycling furniture.' – Marju

'It gives me confidence to do things at home. I have found a kitchen table I want to do.' – Sophie

'Good to meet new people.' – Julia

'I am doing something for my daughter, a table for her bedroom.' – Charlene



Charlene who also uses the Mortlake Children's Centre has decided improving her maths skills would be really useful and will be enrolling in a course at college.

### Make do and mend

Learners have learnt many new skills including knitting, crocheting and how to use a sewing machine. These new or improved skills are being used to make or mend clothes or home furnishings.



The library and tutor are also delighted that these classes are being used by a Learn English at Home teacher to support her student to develop language skills. The student without the support of the tutor would not have considered attending these classes and would not have had the opportunity of learning new skills and making new friends.

Student (on right) commented:

'I like coming to the classes because I like making things from materials and meet new people.'