



Family Learning Information Booklet



For more information please contact:

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What is Family Learning?

Family Learning allows family members from across all generations the opportunity to come together to share experiences and learn alongside and most importantly, from each other.

Family learning sessions are carefully planned in partnership with families to meet their specific needs. They can be tailored to enable parents and carers to learn how to best support their children's learning. Examples of some Family Learning activities include cookery, science, arts and crafts, gardening, games, outdoor education and many more. The beauty of our programme is that you can talk together with your child and learn about each others likes and dislikes and decide how you would like the focus of your time together to be spent. The possibilities are endless.

By being involved in our Family learning programme you will be working towards helping your children to have a positive attitude towards life long learning and reduce educational disadvantages that some of our children experience due to various factors.

It gives parents and carers the opportunity to talk to someone about any worries they may have and promotes a positive relationship with your child's school.

By working together we can give our children the roots to grow and the wings to fly.

Useful Contacts

| | | |
|-------------------------------------------|---------------|------------------------------------------------------------------------------------|
| CEDAR | 0141 955 3040 | Support for children, young people and mothers who have experienced domestic abuse |
| Citizens Advice Bureau | 0141 775 3220 | Free confidential advice to assist with money, legal, consumer and other problems |
| East Dunbartonshire's Woman's Aid | 0141 776 0864 | Support for Domestic abuse and forced marriages |
| Project 101 | 0141 777 3220 | Support for people aged 14—25 who are experiencing housing or homelessness issues |
| Smoking Cessation | 0141 355 2327 | Help and advice to help with giving up smoking |
| Supporting Families Team | 0300 123 4510 | Parenting Support |
| Foodbank | | Free Church, Main St |
| Lennoxtown Library | | Check your local What's On Guide for events |
| Adult Literacy Team | 0300 123 4510 | Supporting adult |
| East Dunbartonshire Voluntary Association | | Opportunities to volunteer with local organisations and gain work experience |

What can we help you with as a family?

Supporting your child's learning

Food Banks

Financial Advice



Further Education

Childcare Advice

Parenting Advice

Extra-curricular Activities

Building friendships

I only spend 15%
of my waking
hours at school.



The other 85% is
spent at home or
in the community.
I have so many
opportunities to
learn new things.
Can you help
me?



Why is Family Learning Important?

| Adults | Child |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| It can help you to build a better relationship with your | It allows you to share your learning with a family member |
| It can help to increase your confidence in your ability to be a parent | You have the opportunity to take part in fun games and activities |
| Provides a support network | If you have any worries you can talk to someone |
| It allows you to meet new people | You can make new friends |
| It allows you the opportunity to share any concerns | You feel happy and supported by your family |
| It can encourage parents to enter into further education themselves | It allows you to take part in things that you normally wouldn't get the chance to |
| You are contributing to creating the community spirit within the school | You can learn new skills with a family member |

You are not alone!

Most people will experience some type of barrier when it comes to committing to our sessions - but we can help you.

