

Newsletter – July 2020

Blackburn with Darwen

ADULT LEARNING

Welcome to our July newsletter!




We all know that life is going to be different for some time yet, and in some ways, there are benefits to the imposed lockdown. It hasn't always been easy, certainly, but our teams here at Blackburn with Darwen Adult Learning have been working very hard in the background to make sure that we can continue to provide a good quality and responsive course offer. We expect that there will be an even greater need for some of our courses after 100+ days of lockdown, furlough and an increased number of redundancies.

The restrictions around social distancing and general health and safety guidelines mean that returning to traditional classroom based learning will be challenging. With this in mind, we have been looking at how to deliver sessions online – and we will be trialling some of these over the coming weeks so that we are able to set up official courses for the new term.

(continues on next page)



What's been going on in the Bank Top garden? Find out on page 3.



We will also look at some 'hybrid' classes, where there will be a mixture of people in the classroom and others accessing the lesson remotely. This will hopefully mean that everyone who wants to learn something new has the opportunity to do so.

Our biggest barrier currently is finding the most suitable platform to use – but the adult learning team is working closely with the council IT department to ensure that what we use is fit for purpose – and most importantly, user-friendly!

As well as our online and remote learning options, we are also looking at other types of course delivery and something that we are discussing is an increase in 'outdoors' courses. These may include walks for improving mental and physical wellbeing, as well as photography and gardening classes – we are, of course, open to suggestion with all of this!

We look forward to welcoming you to our new courses – we are sure that there will be something for everyone.

The BWD Adult Learning team

News from the Bank Top garden

by Chris



**Courses in August
- book your place!**



Just before the lockdown, when life seemed to change overnight, I had started “Grow your Wellbeing” courses in the community garden at Bank Top with two great groups of learners. I am definitely not a gardening expert, but both groups had just begun to share their knowledge and ideas when everything came to an abrupt pause...

One week we were talking about “chitting” potatoes, how to germinate seeds and what vegetables to plant and the next everything was on hold.

During lockdown several members of the team including myself have continued to tend to the space, once it was safe to do so. We have spent time sowing, planting, weeding, cutting back and watering as well as making repairs to the perimeter and getting a brand new polytunnel installed so we can return in good shape when it is safe to do so.



The garden also continues to be supported by Andy from Lancashire Wildlife Trust who run several beds in the garden (which all look neater than ours!) and 1 or 2 of his volunteer team. Their help has been invaluable both before and during lockdown in keeping the garden growing. As you can see from the photos we have had some successes but as always in a garden there is always more to be done.

We were fortunate enough to have a donation of brassicas and some great ideas for moving forward from one of our councillors, Jackie Floyd, when she visited last week. We have also had a visit from Ricky West from Arise Project who had been bringing a group down on a Friday afternoon. He was happy to see how we were doing and keen to get back in!

There is significant evidence that gardening in any form has huge benefits for our wellbeing. It gets us outside, with the opportunity to connect with nature, support our wildlife and nurture plants. We have identified it as one of the first areas we can utilise safely with learners giving the chance to return to more normal times whilst keeping safe.

We are now planning our first sessions back in **August**, once we have ensured we have all appropriate safety measures in place. If you are interested in attending one of *our* “Grow your Wellbeing” courses in August please let us know by calling us on **01254 507720** or emailing adultlearning@blackburn.gov.uk

Links

www.rhs.org.uk

www.nsalg.org.uk/growing-advice

TV programmes

Grow your own at Home (ITV)

Gardeners World (BBC2) Friday evenings





ESOL at home during COVID-19

Being at home doesn't mean you have to stop learning English! We have lots of resources available on our **new** Adult Learning [ESOL website](#) and are now offering ESOL lessons online.

If you are interested in joining a class or need some support accessing the website, please contact us by email esol.talkenglish@blackburn.gov.uk or by telephone 01254 585446.

Visit: www.bwdlearning.org/esol

No matter what your level there are many ways to help improve your English:

- **Radio or podcasts** - Listening to radio and podcasts is a great way to learn when you don't have a lot of time or are doing other tasks.
- **Watch English TV programmes** - if you children are off school you could sit down with them to watch children's TV shows or in the evening you can relax and watch soaps.
- **YouTube** - there are lots of videos available on YouTube to help you learn English when you have a few minutes free.
- **Talking on the phone** - if you have a friend who is learning to speak English you could practice together on the phone.
- **One hour a day** - try to have one hour a day where you only speak English in the house.
- **Learn new words** - try to learn 3 new words every day. These could be words you hear on the radio or television.
- **Language Apps** - there are lots of apps that can be downloaded from free to your smart phone or tablet to help you learn English.

Making British biscuits

1. Follow the link below to watch a video where Anne shows you how to make some traditional British biscuits.

esol.britishcouncil.org/content/learners/grammar-and-vocabulary/grammar-lessons/making-british-biscuits-imperative

Ingredients for shortbread biscuits:

4 ounces (115 grams) butter
2 ounces (55 grams) Caster sugar
6 ounces (170 grams) plain flour



2. Now try this grammar task which focuses on the **imperative** form of the verbs. Complete the instructions for making biscuits:

_____ the sugar in with the butter.

_____ the butter and the sugar.

_____ in the flour a little at a time.

_____ the mixture all together.

_____ it out onto the board.

_____ out the dough.

_____ the biscuits into shapes.

_____ the oven on at 190 degrees Celsius.

After the biscuits have rested for 20 minutes, _____ them in the oven.

_____ them in the oven for 15-20 minutes.

_____ _____ them yet. Wait until they have cooled.

→ Watch the video again to check your answers.

3. Test your shopping vocabulary in this [online quiz](#). See if you can guess which shop I can buy the items from. Click 'Submit' to check your answers.

Big Brush Watercolour

by Barry



During lockdown I've had the chance to experiment with some different art techniques, including ones I've previously avoided, such as watercolour! Youtube is a goldmine for art ideas, and I came across a number of artists using a technique called the 'Ron Ranson' method. Key to this is working with a very wide brush, ideally a goat hair hake (as shown).

To begin, you wet the paper thoroughly and wash in a sky. You must work *quickly* as the damp paper must do its magic before it dries out! You can continue working 'wet in wet', e.g. for distant hills, or wait for layers to dry before adding more well-defined shapes.

Although the hake is 1 3/4 inches wide, its tapered edge makes it versatile enough to do a full painting, even some 'dry-brushing' techniques. For very fine detail you can switch to a regular small brush.

Materials used: Large hake brush, Windsor & Newton watercolours (mostly Raw Sienna, Ultramarine blue, Payne's Grey, Burnt Umber). A3/A4 cold-pressed watercolour paper.



It's sensible to buy cheap art materials when starting out. However, I soon invested in better quality brushes, paints, and paper. Whatever your hobby, I'd say that investing in *yourself* is money well spent.

In my paintings shown here I can see many things to improve, but I was certainly surprised with what a few big brush strokes could do!

'Big brush' artists on Youtube:

[Lois Davidson](#), [Steven Cronin](#), [Joe Menza](#), [Dave Usher](#) (does various styles)

Books:

[Big brush watercolour](#) by Ron Ranson, and other books of his:

www.amazon.co.uk/Ron-Ranson/e/B001HCW0QC (Ron Ranson)

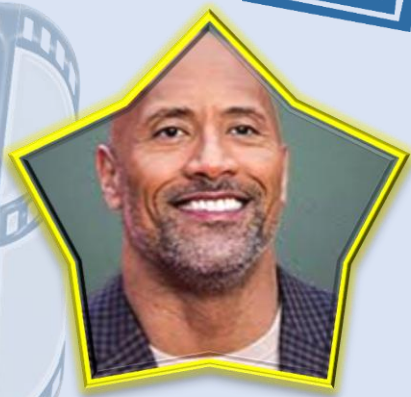
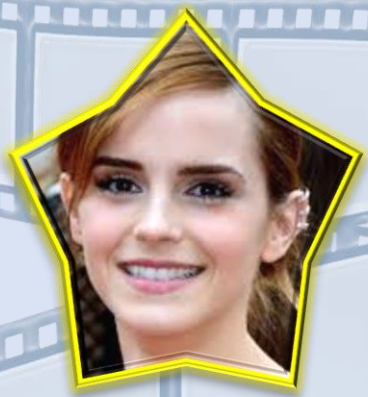
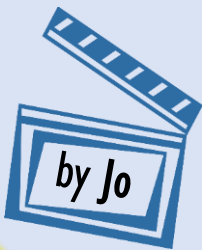
www.amazon.co.uk/Steven-Cronin/e/B07NCYN7HG (Steven Cronin)



“ If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced — Vincent Van Gogh ”

How many can
you name?

MOVIE STARS QUIZ



Answers
Grace Kelly, Emma Watson, Dwayne Johnson.
Idris Elba, John Wayne, Naomi Watts.
Bruce Lee, Queen Latifah, Eddie Redmayne,
Julia Roberts, Tom Cruise, Michelle Yeoh.

Information & Services



(Click for more info)



www.nhs.uk/conditions/coronavirus-covid-19/

www.gov.uk/coronavirus

www.doctorsoftheworld.org.uk/coronavirus-information/

(translated NHS guides in 60 languages)



We are pleased to announce that we now provide a 1-1 service via phone & online to support with CVs, online applications & ICT related questions, including use of your Universal Credit account.

Monday 9:30am-10:30am (excluding Bank Holidays)	Tuesday 10am-11am	Wednesday 2-3pm	Thursday 11am-12pm	Friday 10am-11am (excluding Bank Holidays)	NEW! Saturday 11am-12pm Please email librarytutortwo@gmail.com for this session.
Contact us via email at employability@blackburn.gov.uk and in the subject box please type 'Employability', or call us on 01254 507720					

[National Careers Service](#) Tel: 0800 100 900 (Free)



[Universal Credit](#)

Tel: 0800 328 5644 (Free, Mon-Fri, 8am to 6pm)

www.gov.uk/universal-credit



[Shelter](#) are available for any housing support or questions.

Tel: 0344 515 1831 (Mon-Fri, 9am to 5pm)



The [Care Network](#) continues to provide information and signposting, including their Safe Trader Scheme.

Tel: 01254 507255 www.carenetwork.org.uk



Help and advice about wellbeing and mental health:

www.lscft.nhs.uk/Mindsmatter



Our Positive Minds team are also on social media:

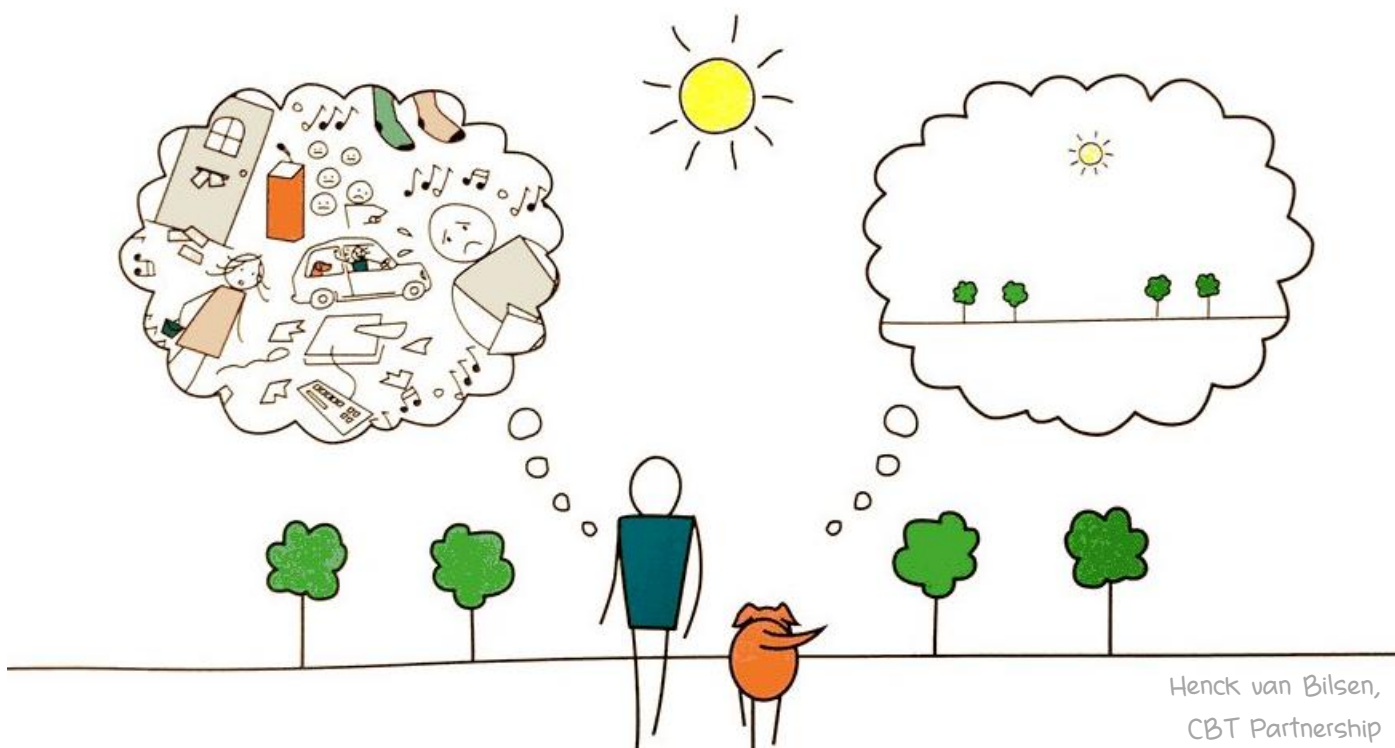
twitter.com/positivemindsbd

facebook.com/Positivemindsbd



@BwDAdultLearn

Contact us by calling 01254 507720, by email: adultlearning@blackburn.gov.uk or via social media. We can also help guide you to other services.



Henck van Bilsen,
CBT Partnership

Mind Full, or Mindful?

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

Blackburn with Darwen

ADULT LEARNING

www.bwdlearning.org