

ACL update no 16

Dear All,

A big thank you to all providers and tutors who have enabled progress and achievement of learners throughout Hampshire in the last academic year, especially those who adapted quickly to online delivery. We have observed some excellent sessions throughout the year, and the support that learners are given is a key strength.

The digital learning survey ends next week, so please do encourage your learners to participate in this (even if their course has not yet finished). Once the results are in we will share the findings with you.

If you come across anything that you think would benefit other providers do please let me know and I will add it to the weekly updates. Please do share what you think is relevant to your contacts.

Please do contact us if you need anything else.

Keep safe and well

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Quality Documentation

Our updated quality documentation will be available on Monday (3rd), there are no major changes to the documentation, you will find they now have our logo on them and the date in the footer has been updated. You will find guidance on how to complete some of the forms on the VLE under [Tutor Handbook](#)

Mayer's 12 Principles of Multimedia Learning

Have a look at the book on the VLE to give you guiding principles on putting together presentations and learning resources using multimedia.

[Mayer's 12 Principles of Multimedia Learning](#)

Guidance on getting going with live sessions

<https://www.ncsc.gov.uk/guidance/video-conferencing-services-using-them-securely>

Digital hints and tips

- When using Zoom you will need to stop screen sharing when creating breakout rooms
- Any chat content shared whilst learners are in breakout rooms will remain there. You will need to post links and resources to chat outside of breakout rooms.
- Once you are confident with running a virtual session try adding in more ways to engage learners such as polls and quizzes.
- If you are delivering a skills-based class (e.g. art/craft/needlework) then use a second camera so learners have a close up of what you are doing. You could use your phone for this and learners can pin the video, or use a camera connect to your PC/laptop and screenshare the view.

Actions for staying safe and productive:

- 1) Write a letter to a loved one that you haven't seen in a while.

Click the link below for some ideas on random acts of kindness during the Coronavirus outbreak: <https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

- 2) Get good sleep, no screens before bed or when waking up

The benefits of a good nights sleep:

https://www.youtube.com/watch?v=Cn3bxpi8cCg&feature=emb_logo

Domestic Abuse Message:

Using drugs or alcohol is never an excuse for violence or abuse.

“Alcohol, drugs and stress make me violent”. Ever heard yourself say that? Substance use, stress, anger and trauma do not explain or excuse violence – they do not cause you to be abusive or to hurt someone you love. Most people who drink never use violence or abuse. There is #noexcuseforabuse.

Domestic abuse includes a range of abuse (not just physical) which is an attempt to control and manipulate a partner or ex-partner. It is unacceptable but help and support is available. Our services are open and they want to hear from you.

Help is available from:

- [Hampshire Domestic Abuse Service](#)
Advice Line (provided by Stop Domestic Abuse) 03300 165 112 weekdays 9.30am-8pm
COVID helpline for perpetrator support and interventions (provided by the Hampton Trust) 02380 009898, advice@hamptontrust.org.uk
- [One You](#) offers free information and advice on easy ways to gradually drink less
- [Drink Coach](#) offer a free, quick and confidential test to find out how risky your drinking is.
- A **local confidential alcohol helpline** is available in Hampshire for people who want further support: 0300 303 3539
- If you need help with an alcohol or drug problem you can contact Hampshire treatment services for adults or young people. Support is also available to those affected by someone else's use of drugs or alcohol. <https://www.inclusionhants.org/>.



**Hampshire
Achieves**
Skills & Participation



#NOEXCUSEFORABUSE

FIND SUPPORT AT:
Hampshire Domestic Abuse Service
Advice Line: **03300 165 112**