

ACL update no 11

Dear All,

We are beginning to plan next year's CPD calendar and during July we will be asking tutors and providers what they would like to be included. Depending on the National situation we expect courses to be a mix of online and face-to-face. This week's information relates to keeping physically healthy.

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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Virtual Learning Walks

Some tutors will already have had a virtual learning walk and we hope you/they found them useful and supportive. For the remainder of this term we will be aiming to sit in on one session of every tutor not yet seen. The aim of this is to provide advice and guidance with online delivery and to share good practice with each other. These walks will focus on what went well and suggestions to be even better. There will not be any grading of these walks. Managers will be notified of courses and dates we would like to sit in on, and we would ask that you facilitate these visits by ensuring we have the links to the sessions. We would also encourage providers to carry out their own learning walks and for tutors to join colleagues' sessions to see how other tutors are delivering courses online.

The information we gather from these learning walks will be feed into the weekly ACL updates so that we are all learning from each other.

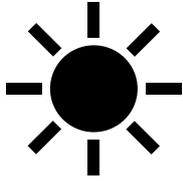
Physical Activity Bingo



Need some inspiration to be more physical or to get children more physical.

The Youth Sport Trust has created '[Physical Activity Bingo](#)', a fun game for the whole family. You don't need any sports equipment, just energy and enthusiasm!

Keeping safe in the heat



The Met Office have issued a Level 2 Hot Weather Alert for the South East Region, which means that temperatures are likely to climb into the high 20s over the next few days.

Planning ahead for hot weather is vital, particularly for those groups of people for whom the heat poses possible health risks. These include babies and young children, the elderly and those with chronic or long-term conditions.

With the coronavirus pandemic in mind, remember to prepare wherever possible, by for example, shopping ahead for food and medicines, and looking out for others, especially if they are shielding or self-isolating. If you are working from home or staying indoors, keep your environment cool and drink plenty of fluids.

During sunny periods parks and public spaces may become busy but it is important that everyone continues to follow the rules on social distancing.

Follow this simple advice

- Stay out of the sun between 11am and 3pm; - Apply sunscreen, wear loose, lightweight cotton clothing, a hat and sun-glasses;
- Stay hydrated and avoid physical exertion;
- Keep your environment cool:
- Keep your bedroom and living space cool by closing the curtains on windows that receive the sun and opening your windows at cooler times of the day and overnight when you can;
- Turn off non-essential lights and electrical items as these generate heat;
- Electric fans may provide some relief if temperatures are below 35 degrees C.
- Seek medical advice if you have a chronic long-term condition or are taking multiple medications;
- Keep those medications that require storing below 25oC in the refrigerator – follow storage instructions on the packaging. For more information on how to keep yourself and loved ones cool the government has issued [advice](#) on coping with heat and Covid-19.



Digital advice:

- Know your platform - Make sure you are familiar with the tools you will be using
- Less is more as you start with online delivery – keep things simple and as expertise grows then start adding in other functions

- Many tutors are finding that they cover less content with online delivery so do take this into account before hand
- Have a dry run – practice with a friend or colleague so you are confident with the platform being used
- Make sure you are aware of how different devices function with the platform – some devices do not have full functionality with some platforms
- It might be a good idea to ask learners before the course what device they will be using, so you can support them and include them more in the learning

Laptop loan schemes

We have attached a briefing document and links to various guides/FAQ's in relation to laptop loan schemes. This information has been shared from HOLEX

You can apply for small numbers upwards to 100+. There is onus on the provider to check devices when they arrive, set up some links, delivery them safely, and provide support for them to access and get online. But the device is then owned by the learner. They are sending out new devices currently, and then in a second phase they will move to re-conditioned ones.

Digital Dot Now website: <https://futuresdotnow.uk/devicesdotnow/>

If you're an Online Centre then you would qualify and there is an expression of interest form below. They have also confirmed with the Foundation that if you're not an Online Centre yet, you can join for free and apply for the scheme; you can email the team here: hello@goodthingsfoundation.org

Learners who would qualify:

BOTH: 18+ years old AND with no access to the internet at home (and who cannot afford to buy a device and connectivity)

AND QUALIFIES IN ONE OR BOTH OF THE FOLLOWING:

- A. Has received a letter from the NHS asking them to self-isolate for 12 weeks AND/OR
- B. Has a low income *and/or* Is aged 70 or over *and/or* Has an underlying health condition or disability *and/or* Has no social support network either nearby or at a distance.

They don't require evidence from the learners as such but rely on the discretion of the respective organisation. They say that they may get in contact with certain learners for a case study.

[Expression of Interest Form:](#)

Domestic abuse

Domestic abuse help is out there for people living with disabilities

Disabled women are twice as likely to experience domestic violence than those without disabilities. They are also likely to experience abuse over a longer period of time and to suffer more severe injuries as a result of the violence. If you are disabled, your abuser may also be your carer, or your personal assistant and you may be reliant on him/her for personal care or mobility.

There is help and support available for anyone experiencing domestic abuse. The Hampshire Domestic Abuse Service is able to support people with disabilities and have outreach services or independent advocacy services which can help you. If you need safe accommodation some refuges now have full wheelchair access, and workers who can assist you and your children who have special needs such as physical, sensory (hearing or visual) and learning impairments.

Help is available from:

- **Hampshire Domestic Abuse Service Telephone Advice Line** 03300 165 112
Weekdays 9.30am-5.30pm (5pm Fridays)
[Hampshire Domestic Abuse Service Website](#)
- **Stay Safe East**
[Stay Safe East](#) provides specialist and holistic advocacy and support services to disabled victims and survivors of abuse.
- **SignHealth**
[SignHealth](#) provides domestic abuse service support for deaf people in British Sign Language (BSL).

WhatsApp or Facetime: 07970 350366

Telephone: 020 3947 2601

Email: da@signhealth.org.uk

- **999 calls for people who are deaf**
If you are deaf or can't verbally communicate, you can register with the [emergencySMS service](#). Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

For more information:

<https://www.womensaid.org.uk/the-survivors-handbook/the-survivors-handbook-disabled-women/>

**AT HOME
SHOULDN'T
MEAN AT RISK**



#YOUARENOTALONE

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