

ACL update No 3



Supporting Well-being

There is a lot in the media about keeping mentally well, the NHS has launched its Every Mind Matters update for Covid-19 as a national campaign.



For simple steps to look
after your mental wellbeing
search **Every Mind Matters**



Now, more than ever

In addition to this the British Red Cross has also launched a toolkit to support people and families at these times of social distancing.

The toolkit gives you the practical tools and advice to help look after yourself and your family during this period. It is crammed full of tips featuring positive mental health and wellbeing for coping in a crisis and family activities on acts of kindness. There are also basic life-saving skills which you and your family can learn together at home



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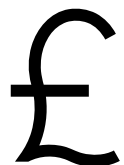
★ Trustpilot **4.5**

Supporting your loved ones at home



Funding Update

Please see attached information in relation to funding



Quality Assurance and Virtual Learning Walks

Attached is our updated quality assurance guidance for providers who are starting to deliver online learning, including our new Virtual Learning Walks. The guidance includes helpful pointers for both tutors and observers to consider for this new mode of delivery. All staff undertaking Virtual Learning Walks know and recognise this mode of delivery is new for all delivery staff, as it is for those of us that will be a non-participating viewer, and it will be very much a supportive/developmental process.



Guidance on use of zoom to ensure safety and safeguarding of all

In the past few days, a particular security issue known as 'Zoom-bombing' has been reported in the media whereby inadequately secured Zoom sessions have been hijacked by unknown external parties. Another issue is where cyber-criminals set up fake Zoom domains and executables in an attempt to share malware.

If you are using Zoom then please ensure you are able to lock down Zoom sessions by ensuring that you:

- Use a meeting password
- Set screen sharing to "Host only"
- Disable file transfer
- Disable "Join before host"
- Disable "Allow removed participants to re-join"

(We do not endorse or recommend particular platforms for you to be using)



Move to online learning

Congratulations to HCT who delivered their first sessions to learners via Zoom this week. We dipped into one of the sessions and it was very successful, with all learners able to participate.

As we all become more experienced with delivering content virtually, we will be producing a weekly roundup of good practice for online delivery. These will be published on Friday each week and can be found on the [VLE](#).

We do not recommend any particular platform for online delivery but for those of you who are using Zoom with learners on i-pads or phones, the display will be slightly different. You might want to check with learners that they can access the different options. With an i-pad they need to click on the image and the control bar will appear at the top of the page. To join the chat they need to select the more options.

Thank you for all the hard work you are doing. Please do contact us if you need anything else.

Keep safe and well

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