

## ACL update no 10

Dear All,

The breadth of online delivery continues, I have seen Zoom sessions, Facebook live sessions, messenger sessions, with tutors continuing to seek ways to improve on the previous session. Tutors have also been using WhatsApp groups to keep in touch with learners. Hampshire Cultural Trust have also been using Facebooks Workplace for learners to share their creativity online with others.

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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## Wellbeing

### World Wellbeing Week

World Wellbeing Week runs from 22-26 June. You can access free wellbeing resources on the Amazing Apprenticeships [Wellbeing and Mindfulness Support page](#), including the Mindfulness Masterclass series led by expert speakers, George Anderson and Dr Vikki Barnes, individual mindfulness exercises, a special one-off webinar for Mental Health Week and the [50 Amazing Apprenticeship Support Activities](#) guide. The webinars cover a range of practical exercises and ways to support yourself and others to be healthy, happy and more resilient.



## Electronic Quality forms

Last week we shared with you an electronic form for QD19 – end of course survey. This week we are please to share with you electronic forms for QD16c (learner plan). These are Office 365 forms which you can duplicate and add the details of your course, including the learning objectives. There are two versions, one for the start of the course and one for the end of the course.

If you have any difficulty using these forms then please contact our Digital Learning Advisor (Kevin Rhodes) [kevin.rhodes@hants.gov.uk](mailto:kevin.rhodes@hants.gov.uk)



[QD16c start of course](#)

[QD16c end of course](#)

## Education and Training Foundation resources

Education and Training Foundation have created the #ETFSupportsFE hashtag to highlight the range of extra support they are providing to the sector to assist its response to the Covid-19 pandemic. That offer has become so expanded that they have created a **new landing page** via which you can easily navigate to the latest courses, resources and advice they have made available since the end of March.

## Digital Learning Tips

- With zoom when screen sharing, learners can enlarge the window by pulling the side of the window across
- Remember to plan in screen breaks if your session is more than an hour long to prevent fatigue.
- Try and have a starter ready for learners as they join the session, this could link to a previous session or the current session.
- Try and have short sharp activities to maintain learner engagement.
- Try out different activities with learners
- Use chat for learners to write responses to a question, asking them to hit the send button at the same time.

## External tools for teaching

You might want to use some external tools in your session, like [Mentimeter](#) polls, [Kahoot](#) or [Socrative](#) quizzes, or collaboration platforms like [Lino.it](#), [Padlet](#) or [Google Drive](#).

Using Screenshare, you can allow participants to see the teacher view and at the same time ask them to take part using their mobile device, or by opening a new tab on their browser.

## Making video tutorials

[Loom](#) allows you to record quick screen capture videos with audio that you can share with your colleagues and students. This works on PC, Mac and iPad/iPhone. You just need to download the app or Chrome Extension to your device.



Loom have examples of how you can use it [HERE](#) and their Help Centre can be found [HERE](#)

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## Domestic Abuse:

### Help is out there for children and young people living with domestic abuse

Is someone in your family hurting someone else? If abuse is happening at home, you probably want it to stop but you might not be sure what you can do. The best thing to do is to tell someone what is going on. You might be able to talk to the person who is being hurt. If not, you could try talking to a teacher, a neighbour, a friend or a friend's parent, etc.

You can also call a helpline – they will be able to tell you where you can get help near where you live.

Remember, domestic abuse is not your fault. You won't get into trouble for telling someone.

### Help is available from:

- **Hampshire Domestic Abuse Service Advice Line**  
03300 165 112 weekdays 9.30am-5.30pm (5pm Fridays)
- **Childline**  
Telephone: 0800 1111

[Childline](#) is available for children and young people to reach out for help and support by phone or using their online chat service. They also provide specific guidance for young people on how to get help and what to do if they are worried about a friend.

- **NSPCC**  
Telephone: 0808 800 5000  
Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

The [NSPCC](#) has issued guidance for spotting and reporting the signs of abuse on their website.

The [NSPCC Helpline](#) is available for anyone with concerns about a child to contact for professional advice and support.

- **Barnardo's**  
[Barnardo's](#) provides support to families affected by domestic abuse.
- **Family Lives**  
[Family Lives](#) also provide support through online forums.



**#YOUARENOTALONE**

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

**Domestic abuse help is available for perpetrators**  
**Is your family fearful of your behaviour?**

The current crisis will be different for every family in Hampshire and for some, this has contributed to an increase in incidents of domestic abuse.

If you are struggling to manage your emotions or behaviour, help and support is available. Hampshire Domestic Abuse Service helps adults and young people who are experiencing all forms of domestic abuse to recognise it and seek help. As part of this service, the Hampton Trust supports those who think they may be hurting or abusing someone to help them to understand and change their behaviour. It takes strength and courage to take this step. If you need help for yourself or a friend, you can call the confidential advice line on 03300 165 112.

**Hampshire Domestic Abuse Service Advice Line** 03300 165 112, weekdays 9.30am-5.30pm  
(5pm Fridays)

[Hampshire Domestic Abuse Service Website](#)

**Hampton Trust** COVID support line: 02380 009898  
Email: [advice@hamptontrust.org.uk](mailto:advice@hamptontrust.org.uk)