



Adult Tailored Learning (ATL)

Learner Impact Form 2024/2025

This form is to be used by tutors to document a learner's / or group of learners' experience on their course and showcase the **impact** that it had upon them.

Once completed, please email this form to adult.learning@hants.gov.uk.

Tutor Name: Rachael James			
Provider's name: Learning in Libraries			
Course attended: Seated Exercise (LS25TFNB3000)			
Course Start Date:	08/05/25	Course End Date:	03/07/25

Did this course help the learner / learners to: (tick all that apply)

Progress towards employment ☐

Improve their health and wellbeing (including mental health) ☒

Support their child's learning ☐

Develop / engage in their local community ☐

Improved their maths, English or digital literacy skills (including ESOL) ☐

Progress to further learning ☐

Raise their awareness of sustainable living / energy efficiency ☐

Did this learner / group of learners give written consent to share their name and details of their learning journey / impact for publicity purposes? Would this learner / group of learners be happy for a member of Hampshire County Council's Adult Tailored Learning Team to contact them? Please tick one of the options shown below:

1. No , they do not want their name or personal details included in this Impact Statement (please remove any identifying information)	☒
2. They do not want to be contacted, but have given written consent to use the details shown below	☐
3. Yes , they are happy to be contacted by Hampshire County Council's Adult Tailored Learning Team for more information (please include contact details below):	☐
Learner's email address:	
Learner's telephone number:	



Please tell us why you think this learner's story, or group of learners' stories is important to share.

We would like to know **what impact** the course had, or what difference it made to them. Please feel free to include any photographs, work products, learner comments etc. below:

The text below is taken from a learner feedback email. The learner highlights how much she values the expertise of the tutor and the long-term effects she hopes to sustain throughout her increasing age. The learner also recognises the importance of offering these classes at a local level and how this has helped her to cultivate a group of friends.

If the learner would like to add any additional information, comments or feedback about the **impact** that the course had on them, please use the section below:

I have attended 2 of Rachael's fitness classes, (seated and not, Aldershot and Farnborough Libraries) over the last 6 months. And I want to say how glad I am that I found her. She knows her stuff, is encouraging and makes the class fun.

We all know the importance to our health and wellbeing exercise is and how hard it is for most of us to move enough, especially since Covid, but her classes make it great fun and challenging too. I have a smile on my face all through. I am getting stronger and have increasing stamina which helps a lot in my every day. I am really keen to keep active as I grow older so that I don't end up dependant on doctors and medications. And I enjoy meeting with other oldies and sharing a cuppa in the cafe afterwards. I only wish that the classes continued through the holidays! And I love that Libraries are running this initiative.

Lifelong Learning at its best!

Thank you for completing this Learner Impact Form. If you would prefer to submit an audio recording or video, please contact adult.learning@hants.gov.uk.

To view **Learner Impact Stories** please visit:

[Adult Tailored Learning Impact Stories \(participationandlifelonglearning.co.uk\)](http://participationandlifelonglearning.co.uk)



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