

## ACL update no 8

Dear All, thank you for all for the continuing work that you are doing. Many of you have now established online delivery, to support this we will now be adding a section to our updates on best practice for online delivery. This will be based on the virtual learning walks that we are doing as well as information from research and webinars. At the end there is also information about support for domestic abuse.

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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**Celebrate World Environment Day on 5 June**, by taking part in and inspiring positive change. Take this fun and informative [recycling quiz](#) to test your family's knowledge! (provided by Amazing Apprentices)

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### Supporting well being

YoungMinds has released a helpful [guide to being a good listener](#), as part of their #HelloYellow initiative. The guide can help you to help others who may be struggling.

**YOUNG**MINDS

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### National Cupcake Day 13<sup>th</sup> June

This special event takes place on June 13<sup>th</sup> and is held each year to raise money to help the fight against dementia and Alzheimer's disease.

#### Host online

Go virtual and stay connected with workmates, friends or family by organising a video call. Catch up over a cupcake and a cuppa and raise some 'dough'. You could even hold a virtual bake off and see who can get the most creative using store cupboard essentials or simply whose looks the best (or worst!).





### Special edition of *inTuition* for lockdown

To support the Further Education and Training sector workforce during the lockdown, a **free special issue of *inTuition*** has been produced by the Society for Education and Training. The journal offers support to aid the challenges faced both professionally and personally by FE practitioners working in new ways to support their learners. The special issue includes content on developing online learning, mental wellbeing support, and how practitioners have adapted to their changed circumstances.

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## Online Learning guidance

Make sure you have checked out our VLE which has useful webinars and resources to help deliver successful online learning.

We have attached a PDF of best practice guidance for online delivery. Within our ACL section of the VLE under tutor handbook we have also added a section for [online delivery](#)

### Latest hints and tips for successful online delivery:

- 1) Use of silence – Don't be afraid of silence. By not filling silence it often results in learners then filling this and therefore contributing to the session.
- 2) Hand raised – remind learners to take their hand down afterwards. Hosts can also do this.
- 3) Use of co-host is especially important to monitor chat and hand raised when delivering a lot of content to larger groups.
- 4) If sessions are longer than 45 mins/1 hour then do plan for pause time so that learners can stretch and take a break from the screen. Remember that H+S suggests that you should have a 10 min break from screen time every hour. You could have a breakout room prepared for learners to take part in stretching exercises via a video.
- 5) If you do set a break time, then remember to mute your own mic or else the learners will be able to hear all that you are doing!
- 6) Ways to use breakout rooms
  - a. Differentiated work – different room = different activity
  - b. 1:1 support with learner away from other learners
  - c. Learners can share their work privately with tutor
- 7) Don't forget to have a starter activity for when learners log on, especially if there might be technical difficulties with some learners.
- 8) Use of Mute –
  - a. when learners are working independently mute all mics so there is no background interference.

- b. If learners are working together then mute your own mic so as not to disturb their group chat.
- c. When you are giving input mute learners mics so that yours is the only sound they have (especially in zoom)



## Domestic Abuse

We have previously included information about domestic abuse and will continue to provide information from Hampshire County Council on their campaigns to promote safety within the home.

Here is this week's universal message: **Domestic abuse help is available**

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

If you are experiencing domestic abuse at home or are struggling to manage your emotions or behaviour, help and support is available. If you need a safe place to stay, refuges are open. Get in touch with the Hampshire Domestic Abuse Service by phone, email or on Facebook Messenger.

### In an emergency dial 999.

If you are unable to speak, listen to the questions from the operator and respond by coughing or tapping the handset if you can. Then follow the instructions depending on whether you are calling from a mobile or a landline. If you call from a mobile, if prompted, press 55 to [Make Yourself Heard](#) - this will transfer your call to the police.

If you are a family member or neighbour concerned about someone you know experiencing domestic abuse, it is also important to get in touch.

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

[Hampshire Domestic Abuse Service Website](#)



**This week's targeted message: Men can be victims of domestic abuse too.**

Boys and men can be victims of domestic abuse too. To get support for yourself or someone you know who is being hurt, intimidated or abused physically, emotionally or in any other way, contact one of the services below. In an emergency dial 999.

### Help is available from:

- **Hampshire Domestic Abuse Service Advice Line**  
03300 165 112 weekdays 9.30am-5.30pm (5pm Fridays)
- **Men's Advice Line**  
The [Men's Advice Line](#) is a confidential helpline for male victims of domestic abuse and those supporting them.  
Telephone: 0808 801 0327
- **Mankind Initiative**  
Confidential helpline for male victims. [www.mankind.org.uk](http://www.mankind.org.uk)  
01823 334244
- **YOU Trust refuge, Dorset**  
Offers a service to support people from LGBTQ+ and BAME communities, male victims and women will older boys who would not be able to access most refuge spaces.  
Telephone: 0800 032 5204  
Email: [youfirst@theyoutrust.org.uk](mailto:youfirst@theyoutrust.org.uk)