

ACL update No 7

Dear All, thank you for all for the continuing work that you are doing. Three more providers now have courses up and ready to go. It is really encouraging that so many are thinking how best to engage with learners.

Thursday 21st May was Global Accessibility Awareness Day, so you will find information about making courses online accessible in this week's update. We have also attached to this update an EBS newsletter from Paul Whitehead. To coincide with National Mental Health Week, you will find information below on well-being. 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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Mental Wellbeing:

The NHS has produced a good guide with Top tips to improve your mental wellbeing [here](#)

1. Reframe unhelpful thoughts
2. Be in the present
3. Get good sleep
4. Connect with others
5. Live a healthy life
6. Do something for yourself



Alphacard have produced some resources to help with good mental health whilst working from home links below, which are good visual reminders of habits to keep whilst working from home;

A reminder of best practice for working from home:

1. Establish your own routine
2. Make a dedicated workspace
3. Stay connected
4. Give yourself a break
5. Set Boundaries
6. Be Kind to yourself

<https://alphacardstore.com/pdf/AlphaCard-WFH-Guide-.pdf>

<https://alphacardstore.com/pdf/Alphacard-Mental-health.pdf>

Accessibility of content for learners

If you are delivering online do think about how you can make content accessible to learners.

If you have not done so already then do watch the webinar from EFT [Making webinars inclusive](#)

If you are using Teams then the Links below will tell you about different function that can help to ensure accessibility. Other platforms will have similar advice and guidance.

- [real-time speech-to-text transcription](#), visual recognition services, and predictive text functionality.
- [‘magnifier’](#) - a function which enlarges part of a screen, making it easier to see words and images.
- [‘Narrator’](#) – which generates generate descriptions for images, making them more accessible to visually impaired colleagues and service users.
- [Immersive Reader](#) – a feature within Teams which reads documents aloud.

There is also guidelines form RNIB of making social media accessible [here](#)

The government has launched a new media campaign, which is Stay Alert to Stay Safe



Attachments:

EBS newsletter