

Health & Literacy Learners Celebrate

Learners from the Health & Literacy project in North West Edinburgh celebrated their learning achievements at a special awards ceremony held at North Edinburgh Arts Centre last month.



The occasion was an opportunity for the learners to reflect on the tremendous achievement and progress they had made towards their individual learning goals.

Learners came from a variety of groups within the health & literacy project including – the Driving Theory Course, the Playsacks Group, the Muirhouse Library (Pals) Group, the Looking at Cooking Group, the Millennium Centre Literacy Group, some have worked from home and some have taken on open learning SQA accredited courses for example creative writing and child development.

Sheila Duncan, Senior Community Learning and Development Worker –CBAL, co-manages the Health & Literacy project with Kate Burton. Sheila spoke about the improved self-confidence and well being that has enabled learners to move forward and achieve a better life for themselves and for their families.

The learners talked about their learning experiences and the work that they were doing in their groups. It was inspiring to hear them describe in their own words the benefit that learning has made to their lives and the improved confidence and self-esteem they now have.

Joanne who has been attending many of the groups commented, "I have met lots of people and had a lot of support. Going along to the groups has given me a lot more confidence".

Donna was referred by her health visitor two years ago and is now attending a creative writing course at Stevenson College.

Stacy and Laura have been involved in the Playsacks group and have so far produced about 20 playsacks for babies and toddlers. They said, "We had to think about what things would interest the kids. We learnt how to use computers, budgeting and sewing. By doing things for the kids we've also learnt new things for ourselves".

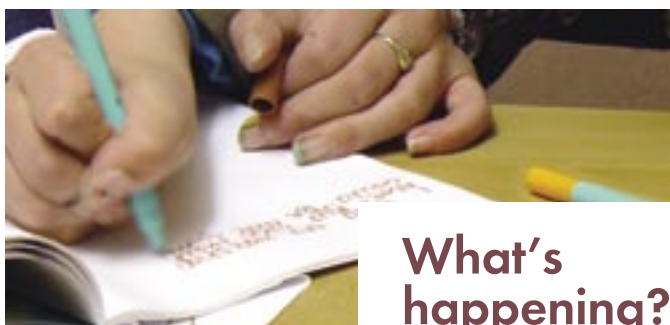
Mary was inspired to go along to a group after watching Eastenders and following the storyline of one of the characters who had literacy needs. The first thing she did when she joined the group was to ask the tutor to help her write a letter to her twin brother who she hadn't seen for years. With the tutor's help Mary managed to write her first letter in 32 years to her twin. A week later he replied and they are now planning to meet up.

Stuart Haddon, Neighbourhood Manager for North Edinburgh and Leith and Hazel McLeod, Community Learning and Development Manager for West Edinburgh, presented the awards. This was Stuart's first 'official' engagement in his new post and afterwards he commented,

"I thoroughly enjoyed meeting everyone at the event and I was very impressed by what everyone had to say. I got a real sense of the range and quality of projects being undertaken and the commitment and enthusiasm of staff. I couldn't have asked for a more positive introduction to my new role, with my visit to the Health and Literacy project on Tuesday".



For more information about the Health & Literacy Project in North West Edinburgh contact Jo or Elspeth. Tel: 0131 537 4230. Email: jo@clanedinburgh.org or elspeth@clanedinburgh.org



What's happening?

With the new term under way there are a variety of new literacy groups that have been set up around the city. Here's a taster of just a few of them –

Everyday English and Numbers at Platform – improve your confidence and skills in writing letters, forms, and CVs. Get help with spelling, punctuation and reading. Get help with using numbers: money, percentages, measuring, estimating, adding and multiplying. Learn at your own pace with individual support in a small group. Groups meet at various times throughout the week and on Saturdays. Contact Jennie Geddes or Shirley Macintosh at Platform Adult Learning Centre, 96 Wester Hailes Road. Tel: 0131 458 5082.

Numeracy Groups at The Number Shop

- **Recognising Time** – SQA Access 1 unit principally for learning disability students developing basic skills in a supported environment. It offers opportunities for the learners to become familiar with time and the order in which times of the day and stages of daily routine occur. Thursdays, 6pm – 8pm. Starts in September.

- **Youth Group** – we are hoping to start a group this September/October where young people can get help with numeracy issues. We are particularly targeting those who wish to move on to apprenticeships or to college or who need help with passing an aptitude test when moving on to employment. Support would be given on an individual goal setting basis and would be flexible to the needs of the individual and the group. Thursdays 3 – 5pm.

Contact Maria McCathie at The Number Shop, 188-190 The Pleasance. Tel: 0131 668 4787.

Literacies Groups at the Inch

- **Everyday Reading and Writing Workshops** – SQA at Access Level 3 in ICT. This is an inclusive group with a high level of support from students on placement and volunteers.

- **ESOL Computing & Literacies Group** – we have a Wednesday group which is full but in a few weeks we hope to run another one in the mornings.

- **Personal Safety for Women/ESOL/Literacies Course** – we hope to start this eight week course after the October break. There will be spaces for about twelve women. The course will be held on Thursdays 1 – 3pm (with creche).

The ESOL courses are run with Stevenson College tutors supported by CLAN literacies support tutors.

Contact Merlyn Bell at Inch Community Education Centre, Inch House, 225 Gilmerton Road. Tel: 0131 664 4710.

Everyday English in Central Edinburgh

- Free everyday reading and writing courses where students can work on things that they want to learn at their own pace in a small friendly group. Groups meet once a week, usually for two hours, during the day or evening. Contact Mary Law at South Bridge Resource Centre, Infirmary Street. Tel: 0131 558 8222.

- **Welcome to Study** – we are providing a ten week course for students from the new European Union States, i.e. the Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Slovakia and Slovenia. This SQA module will assist students at a basic English language level in work and study. The course runs on both Wednesday and Friday mornings, 10 – 12. Starts on 2 November. Contact Dougie Bishop, South Bridge Resource Centre, Infirmary Street. Tel: 0131 556 2944.

Literacies Groups at the Adult Learning Project

- **Spelling Success** – come and brush up on your spelling, build your reading and writing skills. Hear how the Adult Learning Project works and get involved in spelling and changing the world. On Thursdays from 2pm at Tollcross Community Education Centre. Tel: 0131 221 5800.

- **Glory and Dismay: The Story of Scottish Football** – write about and share your football stories and memories. We'll use tapes, photography, video and computers to help develop your stories. The course will include guest speakers and 5-a-side games. The course starts 13 October and runs until 15 December on Thursdays 7–9pm at the Willie Bauld Suite, Heart of Midlothian Football Stadium, McLeod Street (off Gorgie Road). Contact Hazel Lyons or John Player. Tel: 0131 221 5800.

- **The Welcoming** – this project brings together refugees, asylum seekers and people from Scottish and local minority ethnic communities. The aim is to welcome newcomers, learn together and improve English language and literacy skills. Wednesdays 11am – 4pm, Methodist Central Hall, 2 West Tollcross. Contact Stan Reeves on 0131 221 9756 or Sana Sadollah on 0131 537 7561/5.

Disability, Democracy and Society Group – an integrated literacy and numeracy project for people who share an interest in breaking down the barriers faced by disabled people in their everyday lives. On Tuesdays 6.15pm – 8.15pm. Started 2 August and runs until 20 December. Contact Craigentenny Community Education Centre, Loaning Road. Tel: 0131 661 8188/9.

If you would like your group to be featured in Beans contact Fiona Holmes. Tel 0131 270 6073. Email: fiona@clanedinburgh.org



www.bbc.co.uk/voices

A useful resource for exploring language and dialect is available from the BBC. You can find voice recordings from all over Great Britain by clicking on a map. Many of these are discussing local language or words used for disability or attractiveness. The link to Voices in Your Area takes you to pages about local words and definitions and here you can send in suggestions. You can also hear clips and see transcripts of local people.

Follow the link to Word Map and you can create your own map and play a game on recognising accents.

An advantage of using the BBC site is that all of it can be read aloud by the free read aloud tool www.browsealoud.com

www.ello.org

The English Language Listening Lab Online has over 500 listening activities. The audio clips are authentic conversations or interviews with English speakers from a range of countries (including Ireland, Canada and Australia). The topics are varied, e.g. cooking, books, first job, exercise and it is possible to search by level. Every day there is new material. The files can be played by listening to the whole piece, or listening to the piece in sections with quiz questions or viewing a transcript and hearing the audio. Although intended as practice for ESOL learners, the material might also be enjoyed by others.

www.niace.org.uk/ALW/WriteWhereYouAre/TeachingWriting.htm

NIACE (*National Institute of Adult Continuing Education*), as part of their Write Where You Are project have developed materials to support the teaching of writing, written by Jane Mace and Kate Tomlinson. They include guidance on scribing, Starting Points to inspire writing for your own purposes (using discussion and text) and Tasters, e.g. writing process, free writing, sentence growing. In addition to the material on the site, there are downloadable files with more ideas and information.

Scottish Writers and Writing

When asked how long it took him to write a poem, Norman MacCaig said, "About two fags".

In support of the City of Edinburgh being named the World's first City of Literature by the United Nations' Cultural Body, UNESCO, the WEA (*Workers' Educational Association*) and CLAN have teamed up to create a new teaching and learning resource for literacies groups who would like to find out more about Scottish Writers and Writing. The resource focuses on six Scottish writers – some of whom have strong Edinburgh connections – Robert Burns, Robert Louis Stevenson, William Soutar, Norman MacCaig, Edwin Morgan and Liz Lochhead.

There is a PowerPoint presentation for each of the six writers providing biographical information, a selection of their writing and some practical group literacies learning activities linked to the writer or his/her writing.

There is also a Tutor's Tips page and a Useful Links page detailing websites, organisations, and places to visit in Edinburgh which support the study of Scottish Writers and Writing.

It's our hope that literacies groups and tutors will dip into this resource, use it in a variety of ways, enjoy learning about Scottish Writers and Writing and be inspired to read and to write.

October Workshop

WEA and CLAN will be holding a free training event for CLAN Project workers and tutors interested in using the materials on Thursday 27 October, 10am-12 noon in Riddles Court, 322 Lawnmarket. Coffee and scones provided! Mark Tolmie will lead the workshop. For more details or to book your place contact Elizabeth Bryan at WEA. Tel: 0131 225 7772. Email: e.bryan@weascotland.org.uk



Burns' Statue, Bernard Street, Leith

The poem below was created by the group piloting the Scottish Writers and Writing materials at an event on Robert Burns held in June at Riddle's Court.

*In our cozie room where we try to work so hard
We'll try oor best tae celebrate Scotland's bard
We dinnae want tae sit an' pose
But tae be as free as a red, red rose.
If Rabbie wiz alive today an' seen this new parliament
where democracy thrives in Scotis' land,
he wid love to be here an' speir
Remember, that wee nip o' oors that we a'haud so
dear is something to celebrate more than once a year!
Immortal memories o' kith an' kin, an' great chieftains
o' the pudden race, wid sharely think it nae disgrace
tae raise a gless for... ALL humanitie!*

Affordable Warmth

Being able to afford to stay warm this winter will be a struggle for many people in the City – but help is at hand.

CLAN and LEEP¹ (Lothian & Edinburgh Environmental Partnership) are currently exchanging ideas on how to develop a learning opportunity around the issues of affordable warmth, how to save money and still stay warm and to help people identify how they can better manage their fuel bills. Training sessions will be arranged for literacy and numeracy trainers on energy efficiency advice and information and a general overview of what LEEP can offer.

'Affordable warmth' is a term which is really a positive spin on 'fuel poverty'. Fuel poverty occurs when a household cannot adequately heat their home to an acceptable standard at a reasonable cost. The accepted definition of fuel poverty is where a household's energy costs are more than 10% of its income.

Fuel poverty is caused by a combination of low household income, high fuel costs and poor levels of energy efficiency in the home. Current estimates suggest that the number of households facing fuel poverty in Edinburgh is approximately 33,000.

The Energy Teams at LEEP run a number of energy projects in Edinburgh which are designed to provide information and advice on ways to keep warm whilst keeping fuel bills down.

The Warmburgh Unit (WU) provides information to Edinburgh residents on how to make their homes more energy efficient and what government grants they may be eligible for to install central heating and insulation.

The Warmburgh Advice Team (WAT) provides practical advice and assistance to people in Edinburgh who have difficulty achieving affordable warmth. Face-to-face and over the phone advice is available.

Trella Javanainen from LEEP's Warmburgh Advice Team is pictured outside The Advice Shop, 85-87 South Bridge, where she holds a drop-in surgery every Friday from 9.30am-12.30pm. Trella helps individuals to reduce their bills through using energy more efficiently and by making sure they are being billed correctly and not paying more than they need to.

For more information contact:

- Connie Crookshanks
Warmburgh Unit Manager
Tel: 0131 538 7945
Email: ccrookshanks@LEEP.org.uk
- Gillian Lawrence
CLAN Training Organiser
Tel: 0131 270 6070
Email: gillian@clanedinburgh.org.uk

Footnote: ¹ LEEP is supported by
The City of Edinburgh Council



The Living Memory Association training is designed to help anyone who wants to work in reminiscence. It helps to develop group work skills and suggests creative activities and how to use resources. We have organised one-day training events on Reminiscence Work on the following Fridays:

9 September	23 September	
11 November	25 November	2 December

Training at the LMA's premises, 101 St Leonard's Street. Cost is £55 organisations/£30 concessions (lunch provided). The training is flexible and responsive to the needs of care workers and can be tailored to suit organisations and delivered in-house. For details or to book a place contact John McCaughie. Tel: 0131 667 0761. Email: john@livingmemory.org.uk

Getting Started in Adult Literacy and Numeracy

An introductory course aimed at staff in organisations who would like to –

- support potential literacy or numeracy learners within their own settings
- consider how they might integrate learning about literacy or numeracy within other learning programmes.

The course will run over three days in November, 9.30am – 3.30pm

For more details and an application form please contact CLAN's Training Officer, Gillian Lawrence. Tel: 0131 270 6070. Email: gillian@clanedinburgh.org

MORE BYTES

The next edition of Beans will be out in October. If you would like to contribute, send your items to Fiona Holmes, CLAN Edinburgh, 1-3 Canon Street, Edinburgh EH3 5HE.

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