

September 2023

NEWSLETTER

Lifelong Learning



Apperknowle Farm

Learners love being outdoors in the fresh air and getting involved in all the different kinds of tasks at the farm. This month they have been focused on maintaining the grounds, weeding and edging the flower beds. Also preparing the vegetable beds for winter. Great Teamwork everyone!

Learners gain animal care knowledge and experience at the farm. Tia and Harry know how to tend to our horse Tash, grooming and exercising her correctly. Ben feeds the pigs the right type and quantity of food required in their diet. Whilst other Learners have developed skills and experience looking after the sheep. We are incredibly proud of Learners' commitment to delivering the best animal welfare at Apperknowle Farm.



NEW ! Health and Wellbeing Sessions incorporating IT Skills

The new format of Health and Wellbeing sessions are going down well this term. Learners; also known as 'Fact Finders' are supported to use the internet safely, identifying trusted information sources to answer health and wellbeing related questions such as the importance of drinking enough water and exercising. These sessions are empowering Learners to gain important knowledge and understanding of topics for good health, also developing IT skills and confidence to share information with peers. Learners are shown here researching and putting together slide shows using PowerPoint ready to deliver their presentations. Putting theory into practice, every week Learners also enjoy some fun exercise to break up the session as they have learned sitting down for too long is not good for our health. Well done Fact Finders! Follow their progress on our Facebook page:



<https://www.facebook.com/LandmarksLifelonglearning/>

NEW ! Health and Wellbeing Outdoor Activities using Digital Tech



Another Health and Wellbeing activity new for this year that is also linked to technology is Geocaching! This group of learners visit local destinations with staff to seek out hidden treasures by using a mobile phone geocaching app. Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System (GPS) mobile device and other navigational techniques to hide and seek containers, called geocaches or caches, at specific locations marked by coordinates all over the world. As of 2023, there are over 3 million active caches worldwide. This is an exciting and engaging activity, great for team building, developing navigation skills and confidence whilst also getting out into the fresh air on health walks.

Health Walks with Purpose



Breathing in the fresh air in beautiful natural surroundings is great for mind and body. Walking is great for our health and having a purpose can turn a 'boring walk' into an exciting adventure. It's also a tonic for our mental health. Walking and talking with friends can be a welcome escape when our minds get too busy and cluttered. Pictured here, this group also use digital technology to research local surroundings, items and wildlife they could spot along the way, and then off they go into the great outdoors! This group went to Whitwell Woods and spotted a squirrel sleeping in a tree!



Bistro



This month Learners in the Bistro groups have made a wonderful array of meals from roast chicken dinners with fresh vegetables, mash, stuffing and Yorkshire puddings, to jacket potatoes served with delicious fillings and salad. They've also prepared some delicious desserts too like a Cheeky Cherry Cheese Cake and Eton Mess. Before work starts in the kitchen, staff facilitating Bistro sessions lead the group in menu planning, shopping for ingredients and incorporate healthy fruit and veg into their menu options.



Lifelong Learning held a Macmillan Coffee Morning to raise funds for cancer support. Many thanks to everyone that came along, contributed cakes and/or donated money. Congratulations to all Learners and Staff that made this such a successful event. The final total after all donations were counted was an incredible **£172.57!** An amazing achievement, well done everyone!



Community Access



History and Inspiring Artwork

Learners visited the Welbeck estate to view the Portland Collection, a selection of fine art and decorative design collected over 400 years. The Collection takes its name from the Dukes of Portland, who owned Welbeck from 1755 to 1977. Learners enjoyed learning about the history from observing items in the exhibition, also looking at contemporary art and craft displays such as clay modelled heads. Learners discussed the art work of Lucille Lewin commenting that some pieces reminded them of a coral reef. Learners are inspired with ideas of what they could perhaps create themselves in Art and Enterprise Sessions, and are always on the look out for new ideas everywhere they go.



Learners at our Nottingham site enjoyed visiting the market in Nottingham's Old Market Square. They looked at all the different stalls there and admired the intricately carved woodwork of some ornaments for sale.

The group also enjoyed shopping in Nottingham Victoria Centre, where they practiced using their money skills learned in previous Personal and Social Development sessions by purchasing drinks in the café. Our Lifelong Learning sessions are planned to incorporate independence and life skills.

