



KINTRYE ADULT LEARNING

Kintyre Conversation cafe



The Kintyre Conversation Café was set up in February 2023. Led by LiveArgyll Adult Learning Services the programme is delivered in partnership with the local Living Well Network. It offers support to adult members of the community struggling with their mental and physical wellbeing providing a place of safety for social interaction, with access to therapeutic activities, training, practical support and signposting as well as access to information and available services locally & nationally.

The aim of the project is to combat isolation and loneliness for adults and provide a Community based peer support group for parents and babies with the Midwives popping in to provide support and guidance. The age range of individuals accessing the service is between 7 days and 86 years of age !! Refreshments are provided along with lunch.

Make and Mend



Kintyre Adult Learning are working in partnership with The Kintyre Link Club a local mental health club run by members for members, with its main aim being to promote the welfare of those who suffer or have suffered from mental ill health issues.

The sewing project was set up after consulting with the Link Club members to look at activities which would reduce isolation and increase opportunities for learners suffering from poor mental health. This activity has helped to increase their health and wellbeing by promoting positive mental health through learners being able to access social, mental and physical activities.

The Learners are learning how to use sewing machines, measure and cut material and follow patterns to make/upcycle/repair garments. Studies have shown that through creating something with your own hands provides a sense of accomplishment that can boost mental health, increase self-esteem and improve the sense of wellbeing.

This project will also help in reducing landfill, with the cost of living crisis as well as help with literacy and numeracy skills.

Community Learning Hub- 'The Workshop'

The Drop-in Employability Hub runs every Thursday from 11am – 1pm at The Kintyre Community Centre and is open to Adults 16-67 who are not currently in employment, under employed, looking for a career change or want to improve their Digital skills.

We provide assistance in terms of building the learners core skills, moving onto a positive destination inclusive of CV building, job searching, job application, cover letters, IT assistance and access, signing up to Community Learning/ SQA courses and groups to develop learning.

The Hub provides a learning environment where adults have the opportunity to undertake in learning activities which increase wellbeing, helps build relationships with partners (JC+) and other learners, reduces isolation and helps build social skills and confidence and self-esteem.

Planned activities.

The Adult learning team are planning a Celebration of Adult learning Event later in the year. We hope by running this event it will provide us with a platform to create an Adult Learner Forum. Supported by CLD the Forum will work together to support all adult learners to ensure that all learning opportunities meet the needs of learners and are accessible to all.

- Adult Digital Skills Course
- Repair Café
- Family learning event

