

YOUR COMMUNITY

LOCKDOWN 2020

@YourNLCommunity



For further information log-on to www.yournlcommunity.com



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VISION STATEMENT

'OUR VISION FOR NORTH LANARKSHIRE IS OF A STRONG VIBRANT COMMUNITY WHERE EVERYONE IS COMMITTED TO IMPROVING THE QUALITY OF LIFE, WORK, AND ATTAINMENT FOR THEMSELVES AND OTHERS'

We will achieve our vision and contribute to our community plan priorities through:

- Engaging with, listening to and responding to communities and individuals at all stages in the process.
- Targeting those most in need due to their personal, social, cultural or economic circumstances.
- Working in close partnership with each other and with communities.
- Promoting and sharing examples of best practice.
- Getting best value through sharing and pooling our resources.
- Publicising and marketing learning and development opportunities effectively.
- Creating a 'learning culture' which promotes the benefits of learning.
- Delivering high quality services which are evaluated regularly through ongoing self-evaluation and external inspection.
- Developing the CLD Partnership workforce
- Supporting individuals and communities to help them deal effectively with the challenges they face.

- Providing experiences for participants which will last a lifetime and lead them to become:
 - Successful learners
 - Confident individuals
 - Responsible citizens
 - Effective contributors

Strategic member organisations of the CLD Partnership include:

- North Lanarkshire Council
- Culture NL

- New College Lanarkshire
- Skills Development Scotland
- VANL
- JobCentre Plus
- Routes to Work
- NHS Lanarkshire

We also work with a number of local and national partners.



Contact 01236 812597 for a copy of the Partnership Strategy document or view it online at www.northlanarkshire.gov.uk



Follow us on Twitter



@YourNLCommunity



Contact us on: Yournlcommunity@northlan.gov.uk
or telephone 01236 812598

We need your help!

COVID 19 HASN'T STOPPED LEARNING IN WISHAW / SHOTTS

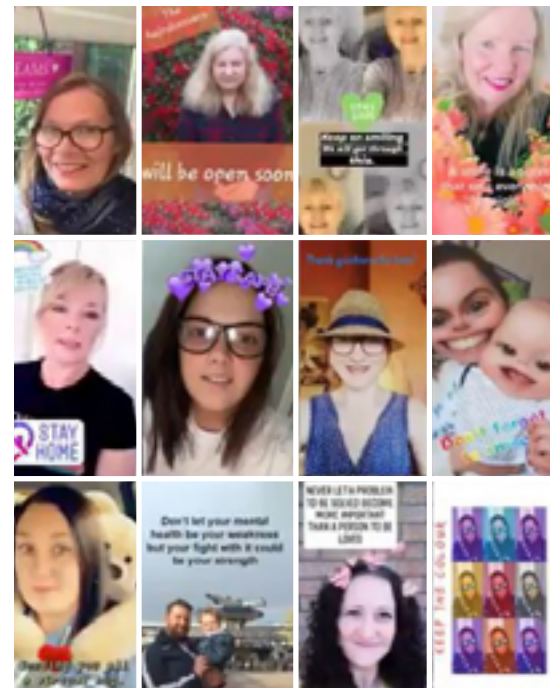
SINCE LOCKDOWN EMMA TAYLOR, CLD WORKER (ADULT LEARNING) ALONG WITH HER SUPPORT WORKERS, LAILA PILLAI, KATE SCOTT, JOE HUGHES, MARIA MCVVEY, ANNE CHALMERS AND SUSAN DUNCANSON HAVE BEEN WORKING FROM HOME.

We have had to think on our toes and outside the box to ensure that learning is still happening during these unprecedented times. This has at times been challenging as we try to look after our learners' mental health and wellbeing as well as our own. It is however a challenge which we have fully embraced and tackled head on!

During this time we been involved in some exciting new ways of offering learning to those in our community, which will continue until a time where face to face interaction can resume. Including:

- Learning worksheets have been sent out to a number of learners who attend in ALN, ESOL and Computing provision.
- Whats App chats have been created for a variety of learners including ALN, ESOL and Syrian ESOL learners which offer learning activities as well as guidance, support and help in understanding correspondence from other organisations and agencies.
- Digital Inclusion learners have been able to put their new skills to use via Facetime and Whats App video calling with the tutor as well as receiving phone calls to check in on learner's health and wellbeing, offering a simple conversation on the phone and offering guidance and support when needed.
- Resources have been developed establishing a simple guide for Community Groups addressing letter writing, mail merging, XL Spreadsheets and PowerPoint presentations

In addition, learners within the Wishaw / Shotts Area have been receiving weekly welfare calls, this has proved invaluable to those who are vulnerable, isolated, worried or anxious.



This has received very positive responses and feedback with many expressing how important it is to hear a friendly voice, with many looking forward to their weekly phone call.

We look forward to continuing to offer new learning experiences in absence of our face to face delivery. Our main concern is that all learners are keeping safe and well.

WEDNESDAY WALKS

Maintaining mental and physical health is a huge challenge during this time. The CLD Adult Learning Team recognised the importance of a regular time for exercising and for stress control and as a result started, "Wednesday Walks", a digital health walk for CLD learners across North Lanarkshire.

Participants set off for their individual walks at 11am each Wednesday and "meet up" back on the NLC Adult Learning Facebook page to share thoughts and feelings on their experiences and also photos taken during the walk. There are weekly themes, such as "calm" and "hope".

Where learners have no access to Facebook, they have been encouraged to share photos and thoughts with individual workers by email or text, so that they can still participate.

Talking and sharing walk photos is proving to be a really uplifting experience.

Having a set day and time to walk is helping participants to make space at least once a week to get outside, walk and relax.

Keep updated with the Adult Learning Team on Facebook and Twitter.

Facebook: www.facebook.com/NLCadultlearning

Twitter: [@NLCAdultLearn](https://twitter.com/NLCAdultLearn)



THE COMMUNITY PARTNERSHIP TEAM

THE COMMUNITY PARTNERSHIP TEAM CAN REPORT THAT A SMALL TEAM OF LOCALITY STAFF HAS BEEN SET UP IN EACH AREA TO WORK (REMOTELY) TO SUPPORT THE COMMUNITY AND VOLUNTARY SECTOR RESPONSE TO COVID 19 AND COMMUNITY ASSISTANCE REFERRAL PROCESS.

The work of the teams will ensure that the community response provided by local grassroots activity benefits those who need assistance and that the Council and its partners work with local community organisations to support local efforts.

The local teams bring together officers from the NLC - Community Partnership Team, Voluntary Action North Lanarkshire Council and NHS Lanarkshire (Health Improvement) to work together with local community anchor organisations to coordinate approaches to supporting community led activity. Examples of the work include

- Coordinating referrals from the Community assistance approach
- Developing guidance to support local community groups and organisations (ie use of PPE, Risk assessment)

- Identifying opportunities to share learning resources with the voluntary sector
- Recognising volunteers and organising appropriate and safe action during volunteer week

This builds on already established working relationships between key agencies at a local level working together to support our communities and to offer assistance to individuals who are experiencing hardship related to the pandemic.

This work demonstrates how focused partnership working can lead to effective solutions to responding to community need during these unprecedented challenges for communities and beyond

By working together community planning partners, local community groups and voluntary organisations can provide the right support at the right time and make a difference to individuals and communities.

For more information contact Gary Stark via email: Starkga@northlan.gov.uk

NEW SYRIAN SCOTS HELPING OUT IN CUMBERNAULD

SOME OF OUR SYRIAN LEARNERS HAVE BEEN HELPING OUT IN CUMBERNAULD. GZOAN ABED SIGNED UP TO VOLUNTEER WITH THE CUMBERNAULD RESILIENCE GROUP.

www.facebook.com/groups/846589525857992/?ref=share

Gzoan has helped deliver shopping and prescriptions to isolating residents and says, "I am happy to help in the community."

We came here 3 years ago and the people of Cumbernauld helped us with everything. Now people here are scared and we can help them".

The Sawan family has also been helping out the Cumbernauld & Kilsyth Baby Bank by putting up new shelves for their stock.

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

Well done to all of the volunteers.

Keep updated with the Adult Learning Team on Facebook and Twitter.

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Twitter: [@NLCAdultLearn](https://twitter.com/NLCAdultLearn)



AG IONNSACHADH GÀIDHLIG ANN AN LOCKDOWN

AIRSON IONNSACHADH GÀIDHLIG A CHUMAIL A 'DOL, THA NA H-OIDEAN GÀIDHLIG AGAINN AIR A BHITH ÙR-GHNÀTHACH ANN A BHITH A' CUMAIL CONALTRAIDH RI NA CLASAICHEAN ACA.

Tha Ceitidh NicPhàrlain an tidsear Gàidhlig airson clas luchd-tòiseachaidh a cumail a' teagasg a' chlas aice a' cleachdadh nam meadhanan sòisealta. Bidh clasaichean a' leantainn air oidhche Dimairt, a cleachd post-d agus 'Quizlet'. Tha seo air a bhith a' còrdadh ris a' chlas.

Tha Scott MacDhòmhnail, an neach-teagaisg aig an clas eadar-mheadhnach againn air oidhche diciadain. Tha iad a' cleachdadh Skype gus leasan lèirsinneach a chumail leis a' chlas aige. Tha iad air a bhith a' cumail còmhraidhean Gàidhlig san dòigh seo anns na tha iad air a bhith a' dèanamh aig àm Lockdown.

Còmhla ri bhith ag ionnsachadh Gàidhlig tha an dà chlas air beachdan a thoirt seachad air cho taiceil 's a tha iad air seo a lorg agus tha iad air leth toilichte gu bheil Coimhearsnachdan, Ionnsachadh is Leasachadh air dòigh a lorg dhaibh gus leantainn air adhart leis na sgrùdaidhean Gàidhlig aca.

Dh' aithnich sinn cuideachd gu bheil tòrr ùine a bharrachd aig daoine an-dràsta agus gu bheil iad a' coimhead airson rudan ùra ri ionnsachadh, tha Katie air a bhith a' dèanamh bhideothan goirid Gàidhlig air abairtean bunaiteach, ainmean, an aimsir, msaa agus tha sinn air an cur seo air Facebook agus Twitter, mar sin ma tha thu airson feuchainn air a' Ghàidhlig thoir sùil oirnn air na duilleagan seo.

GAEIC LEARNING IN LOCKDOWN

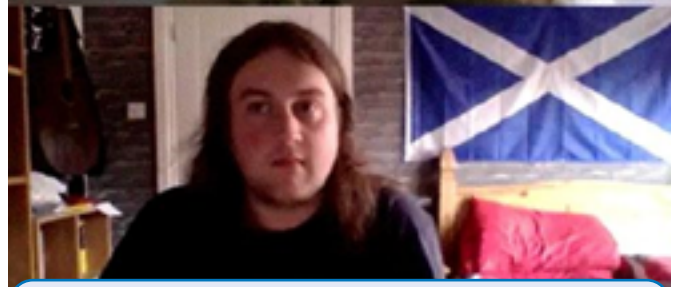
KEEN TO KEEP GAELIC LEARNING CONTINUING, OUR GAELIC TUTORS HAVE BEEN INNOVATIVE IN KEEPING CONTACT WITH THEIR CLASSES.

Katie Macfarlane the Gaelic Tutor for the beginner's class continues to teach her class using social media. Classes continue on a Tuesday evening by means of email and the use of Gaelic Quizlets. This has proved to be popular with the class.

Scott Macdonald our Upper Beginners class tutor on a Wednesday evening is using Skype to hold visual lessons with his class. They have been holding Gaelic conversations this way in what they have been doing during Lockdown.

Along with learning Gaelic both classes have commented on how supportive they have found this and are delighted that Community Learning and Development have found a way for them to continue their Gaelic studies.

We also recognised that people have lots of spare time on their hands at the moment and are looking for new things to learn, Katie has been making short Gaelic videos on basic sayings, names, the weather etc. and we have posted them onto our Facebook and twitter pages, So if you fancy giving Gaelic a go look us up on Facebook or Twitter.



UPDATE FROM TUTOR EOGHANN

Tha an clas agam air Clas Gàidhlig Inntigidh a thòiseachadh. Thai ad a' coimhead air riaghailtean grammar na Gàidhlig agus air briathrachas cudromach mar làithean na seachdaine, buill teaghlach agus àireamhan. Thai ad a-nis a' cleachdach na dh'ionnsach iad ann an còmhraidhean beaga ri chèile agus ann an geamannan mar Bingo!

My class have started their Beginners' Gaelic Class. They are learning some Gaelic grammar and useful vocabulary such as days of the week, family members, and numbers. They are now putting into practice what they've learned in brief conversations with each other and in games such as Bingo!

UPDATE FROM TUTOR KATIE

Tha sinn air a bhith ag ionnsaich mu dheidhinn ainmean gnìomhaireach agus na foirmean àithne thairis air na sheachdainean a dh' fhalbh. Tha sinn cuideachd air a bhith a' lionadh a-steach faclan airson cuid de dh' òrain Ghàidhlig mar ghnìomh èisteachd agus tha na h-oileanaich air a bhith a' cleachdadh Quizlet mar dhòigh gus iad fhèin a dhearbhadh agus na cuspairean a tha sinn air a chòmhdach.

We have been covering the past tense, verbal nouns and also the command forms over the past few weeks. We have also been filling in lyrics to some Gaelic songs as a listening activity and the students have been using Quizlet as a way to test themselves and the topics we have covered.

Facebook: www.facebook.com/NLCadulthoodlearning or www.facebook.com/NLCGaelic

Twitter: [@NLCAdultLearn](https://twitter.com/NLCAdultLearn) [@NLCGaelic](https://twitter.com/NLCGaelic)

STAYING CONNECTED

Throughout North Lanarkshire CLD Workers, support staff and volunteers have been making sure ESOL learners and their families feel connected and supported at this time. For many ESOL learners attending their weekly ESOL class was not only an opportunity to improve their English but a place of friendship, support and advice. In a recent call to a Polish learner she said she was missing her Scottish family and her second home at ESOL class.



ESOL learning is still however happening in North Lanarkshire but in new and creative ways. Weekly online classes are available for ESOL learners, giving them the opportunity to converse with one another, see one another and practise their speaking and listening skills. This has proved to be to a good alternative to face to face interaction. Apps such as Kahoot have also been used to create ESOL quizzes.

'We have been watching Mr Bean videos and writing all about his crazy antics. We have been trying out Kahoot and our WhatsApp group has never been busier. We are doing online lessons, fun quizzes and listening to dictation to keep our listening skills and the Scottish accent up to date.'

Worksheets have been produced and sent out weekly via email, post or doorsteps drops for ESOL learners, the worksheets allow them to continue to work through their SQA workbooks. The ESOL Tutor is then on hand the following week to provide feedback and assistance via email or phone call.

What's App groups have been created for Syrian Learners offering online learning via videos and messaging. In addition to this updated government COVID 19 guidance is shared in both Arabic and English.

The balance of providing supportive calls and learning has been key at this time. The Adult Learning Team has been in a position to provide information and sign post families in areas such as food and prescription delivery, volunteering, energy bills, accessing children's school work and mental health support. This has been vital at a time when anxiety, stress and worry levels are high as well as an increased feeling of self-isolation due to COVID 19.

Keep updated with the Adult Learning Team on Facebook and Twitter.

Twitter: [@NLCAdultLearn](https://twitter.com/NLCAdultLearn)

Facebook: www.facebook.com/NLCadullearning



CUMBERNAULD, KILSYTH & VILLAGES DISCOVERY AWARD GROUPS

CLAIRE, CLD WORKER HAS BEEN CONTACTING LEARNERS FROM DISCOVERY AWARD GROUPS AND A VARIETY OF PERSONAL DEVELOPMENT COURSES TO ENSURE THEIR JOURNEYS MOVE FORWARD AT THIS CHANGING TIME.

Discovery members are adjusting well as many are now in isolation at home either alone or with their partner. Many are finding existing health conditions challenging as their normal routines have been turned upside down and they try to find alternatives that work as well. Despite this they are once again proving to be resilient and determined to support each other through calls, memes and photos sharing their activities and lending an ear as they continue working towards their next Award. Claire is holding WhatsApp video calls for group catch up and visual sharing of projects. They also share photos with each other on WhatsApp like a picture story board. Gardens are benefiting as they try out their peers hints and tips with old and new homemade alternatives as well as keeping Claire on her toes as she attempt to look after their seedlings rescued from the community centre.

Mental Health Awareness is a key topic more than ever and as Claire continues her own development through the Skills Network Level 2 Certificate in Awareness of Mental Health



Problems she continues to support our learners by sharing 'Self Care Ideas for when your running on empty', 'Reasons why you matter' and 'Ways to Ease Anxious Mind' as well as other useful links to information and services through email, calls and texts.

These are just some of the learning opportunities available. Gaelic, ESOL, literacy and numeracy and Health and well-being activities are still on offer. This is the perfect opportunity to try something new.

Keep updated with the Adult Learning Team on Facebook and Twitter.

Facebook: www.facebook.com/NLCadultlearning

Twitter: [@NLCAdultLearn](https://twitter.com/NLCAdultLearn)

LOVE AND LIGHT RECOVERY ORGANISATION ONLINE GROUPS



We are a group of recovery people who have groups to help families affected by mental health, addiction and alcoholism but anyone who is

struggling with anxiety, stress or tension during the lockdown can join our groups.

We can be accessed on Facebook, Twitter and Instagram under the name love and light. Also you can message Karen on 07951 031152 or Bill on 07473102974 if you would like to be added to any of our zoom groups below on our weekly schedule.

WEEKLY GROUPS

Our Family page

- Morning readings and check in by Colin every morning 11 am
- Woman's meetings every Sunday & Thursday at 1.30 pm
- Destress & Meditations by Pat every Monday at 4.30 pm
- Tai Chi by Aileen every Tuesday at 1 pm
- Nature and positive outlook by Julie every Tuesday at 7.30 pm

- Mental and emotional health by Bill. Power hour Wednesday - Saturday at 1 pm

Anyone requiring zoom links please contact the above numbers or message us in Social media.



THE MIRACLE FOUNDATION
HAVE LAUNCHED A SUPPORT
LINE NUMBER:
01698 760479.

This number is a 24 hour Support line for parents and young people through Covid 19 for any young person needing a listening ear to support them.

Our services are still currently running online. We are still seeing young people for counselling and we are also taking referrals for any young person who has been bereaved or suffered any trauma. Our trained and qualified counsellors will conduct the sessions online. We also have a support pack for young people on our website if any young person would need access to them.

Our website is www.themiraclefoundation.org.uk

Mariam Tariq
CEO, The Miracle Foundation
Charity Number: SC049840
28 Muir Street, Motherwell ML1 1BN
01698760479 / 07841022576

NORTH LANARKSHIRE CARERS TOGETHER



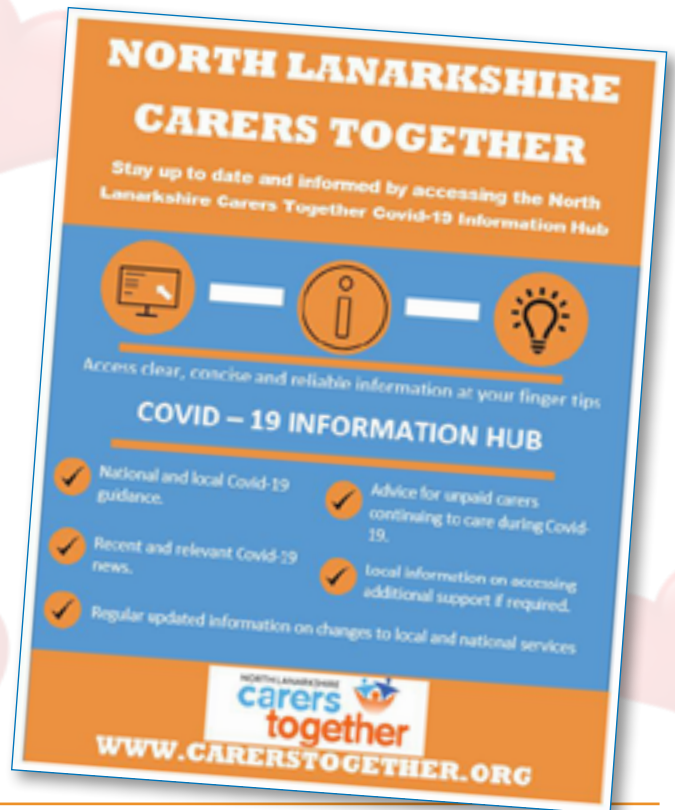
THIS IS AN EXTREMELY DIFFICULT AND UNCERTAIN TIME FOR EVERYONE BUT IT IS PARTICULARLY CHALLENGING WHEN YOU ARE RESPONSIBLE FOR THE WELFARE OF OTHERS.

North Lanarkshire Carers Together understand that now more than ever, carers are under significant pressure and we want to ensure you have access to reliable information that gives clear and effective guidance about how you can manage during this time.

North Lanarkshire Carers Together have set up an online information hub to support unpaid carers during the current Covid-19 crisis and you can visit us at www.carerstogether.org

Our Carer information Team also offer regular webchats for carers via Facebook. @NLcarerstogether

If you don't have access on-line don't worry, you can still get in touch with us via 01698 404055 or by email enquiries@carerstogether.org



GETTING BETTER TOGETHER IN SHOTTS

GETTING BETTER TOGETHER IN SHOTTS HAS BEEN WORKING HARD TO CONTINUE SUPPORTING MEMBERS OF OUR COMMUNITY DURING THE COVID-19 GOVERNMENT LOCKDOWN.

Using our community transport and a cargo bike on loan we have been able to deliver nutritious meals and soups to the most vulnerable within our community.

The staff have been busy each week preparing 100's of meals with support from Fareshare Glasgow. Since starting we have delivered over 2000 meals and have supported many families with food parcels.

The GBT Early Years and youth team spread some Easter Cheer within the local community by holding an Easter arts and crafts competition all entrants

received an Easter egg delivered on Easter Sunday by the Easter Bunny.

All the children were delighted to get a wee wave and dance from the Easter bunny whilst watching from their gardens.

The Easter Bunny and staff delivered the eggs using an electric cargo bike and our e bikes.



COMMUNITY

NORTH LANARKSHIRE LIBRARY SERVICE

AS THE COVID-19 OUTBREAK TOOK HOLD ACROSS SCOTLAND, LIBRARY SERVICES FOCUSED ON DEVELOPING A RANGE OF ONLINE SERVICES TO ENSURE ACCESS TO SERVICES FOR CUSTOMERS WAS STILL POSSIBLE.

In North Lanarkshire this meant developing a wide range of online services that helped keep customers informed, entertained, and engaged.

The range of services now available can be accessed via the CultureNL library what's on page www.culturenl.co.uk/libraries/whats-on-libraries/ and are as follows:

isoLEARN

Created by our LogintoLearn team - we have created a list of fantastic learning opportunities from a variety of sources online. It showcases that learning doesn't need to be a traditional course-based learning activity. Here we can learn from listening, exploring, ancestry research, relaxing and nurturing our mind. The lists are regularly updated with new activities to keep it current and up to date.

BOOK REVIEWS

Via the CultureNL website, library members are now able to submit book reviews which will then be used on the library social media pages and website.

ONLINE STORYTELLING

A Facebook Storytelling Group has been created to give a space for sharing stories read aloud after being given permission by publishers to do so on a closed platform.

ONLINE BOOK CLUBS

With our traditional book groups unable to operate due to the closures, we are moving our clubs online via video conferencing. We have already successfully run our first two clubs, which were very well received and we are looking to get other clubs up and running soon. As well as the video conferencing clubs, we are still running our Facebook Book Group as well.

#LIBRARYCARDSINISOLATION

To try and help promote the Stay Home Stay Safe message, we are running a Twitter campaign of posts featuring #LibraryCardsInIsolation. These posts feature our library cards spotted around your home in safe environments, library members are encouraged to take part and share their own pictures.

WORLD BOOK NIGHT – BOOK SPEED DATING

We ran a successful Facebook Live Book Speed Dating event online on Thursday 23 April. With a constant viewership of about 20 people throughout the session, we received votes on the winning book from the event which our library members would 'prefer to date'.

LET'S GO EASTER

During the 2-week Easter break, we ran daily challenges online for kids to get involved with – a range of craft activities and reading-related activities.

BOOKBUG

We released a video of the Hello Song sang by a variety of our Bookbug Leaders and also post weekly sessions - starting today (Monday 4 May) on Facebook and YouTube.

THINK. LEARN. LIBRARIES.

We are putting plans in place to run our learning event Think Learn. Libraries via video conferencing sessions. Sessions will include Discover BorrowBox, the Science of Bookbug, Chatty Chair, Shared Reading, Social Media Advice and more. Members of the public can sign up to be invited to the sessions online.

GREAT BOOKISH MENU

Launching on Monday 4 May our new adult reading challenge will go live for people to sign up to online. Challenging library members to read from 6 particular topics of books over the summer months.

LIBRARY PODCAST

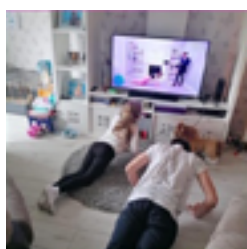
We launched a new library podcast, For the Love of Books, on all major podcast platforms (Spotify, Apple Podcasts and Google Podcasts). Trailer and episode 1 available now and all episodes will also be uploaded to YouTube as well. Spotify have already had 8 follows with more episodes planned regularly during lockdown.

MACMILLAN

Our Macmillan Cancer Information Support Service, has moved focus to an online and telephone service during the outbreak.

All Macmillan information booklets are available via the library Borrowbox eBook service and Macmillan staff have been on hand to support cancer patients and their families via email and telephone services.

THE YOUTH WORK TEAMS HAVE BEEN PROVIDING A RANGE OF YOUTH ACCREDITATIONS TO YOUNG PEOPLE AT HOME. TWENTY EIGHT DUKE OF EDINBURGH'S AWARDS HAVE BEEN COMPLETED DURING THE LOCKDOWN PERIOD, 25 NEW NORTH LANARKSHIRE CHALLENGE AWARDS HAVE COMMENCED IN THE MOTHERWELL AREA ALONE, WITH MANY MORE IN BELLSHILL.



Young people are working on Dynamic Youth awards and Youth Achievement awards at home and many more are completing Hi5 awards. Support is also being offered to young people in children's houses to achieve their awards by participating in various activities.

The CL&D Airdrie Youth work team, along with various community groups, voluntary organisations and the council, have been working as part of the "Airdrie Action Partnership" to help those who need it most during the current health crisis.

Through this joint initiative they have delivered food parcels, educational packs, and phone cards for young people to stay in touch and access online resources, as well as providing one to one financial advice and other ways of support.

Youth work staff are engaging online with approximately 350 young people every week.

Here's the view from some of the team in blog format:

Covid-19 seemed like something that was happening in other countries and here in Scotland it wouldn't affect us, how wrong were we? With what felt like very little notice, our whole way of working changed and we suddenly had to change our skills and practice. Although we did have notice and we did adapt as youth workers often do.



We were faced with a change, one we may not have been prepared for, but definitely one we were prepared to step up to. Our youth work teams have pulled out all the stops to engage with our young people at this time in varying different ways. Within the first week across North

Lanarkshire Community learning and Development Youth Work programmes we engaged around 300 young people including young people who are considered ASN, LGBT, young people who are looked after and accommodated, young people living in SMID 1-2, and young people facing extreme hardship and poverty.

In some areas our youth work staff have been able to hold virtual groups using online platforms such as Facebook, zoom and skype. The groups that were able to meet virtually took part in activities that included cooking classes, online first aid, an online sign language course and many more. These were all useful to our young people not just to have an opportunity to connect with each other, but also to learn a new skill or develop an existing one.

Our youth participation structure has also continued to succeed during this time. Our locality youth forums have been using different methods of communication to still have their

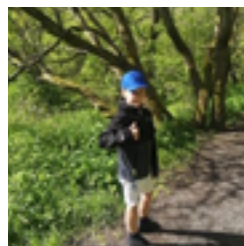
weekly meetings and plan how they can play a role in continuing to support young people during lockdown. The North Lanarkshire Youth Council have also continued to meet online and have planned games and quiz night to support young people to stay in touch whilst staying home. The youth council also attended the Scottish Youth Parliament awards 'together' online through the power of social media and were able to celebrate together when they won the Donald MacLeod award for exceptional teamwork.

The mental health of our young people and how we support them has always been a priority for the youth work team in North Lanarkshire, and we fully understand the importance of it now more than ever. As well as planning activities and learning opportunities to keep them connected and talking, our staff have also been organising online nurture meetings and one to one support. There are all taking place over social media and have included phone, video and text chats.



Our online presence had to become bigger than it already was. We quickly decided to revamp our Facebook "Pages" and set up a number of closed "Groups" which would reflect the groups we had running in our area before the lockdown. We planned to have our staff online at their group

usual days / times to engage with their young people and post activities and tasks that they could take part in at home, in a safe space, but do so at the same time as their peers, giving them a much needed connection at a time of social distancing. The "It's Entertainment" music group from Moodiesburn took off fast, with the young people joining the group and a few instantly requesting permission to go "live" and perform for their friends and peers. Staff agreed, not sure what to expect. There were one or two quite reluctant at first, understandably so, but it didn't take long before the performances were rolling in! Young people who first performed facing away from the camera were confident and smiling, we had family members joining in, and requests that the group times be extended (which of course we obliged) with our staff also setting weekly "challenges" to keep things interesting.



Within North Lanarkshire we have also been supporting to take part in various awards and accreditation. Some of our young people decided to use the 'lockdown' period to embark upon a new challenge. Young people aged 14-19 years have signed up to Youth Achievement Awards at

different levels, including Platinum (SCQF Level 7). The Platinum Award Participants are using this time to work on their 'Personal Development Plan' which looks at their personal achievements so far and their skills and qualities. CLD staff are working with these young people to put together online training to meet their needs for the next phase of the award. These participants will carry out a minimum 60 hours volunteering within youth groups later on in the year.

Working remotely has given us some challenges. Some of our young people do not have access to internet due to having no wifi or not having a phone or device that can access the internet. Some of our own youth work staff had similar issues

to this also. We have tried where possible to support young people in this, including offering some young people top up cards for their phones.



As youth work staff, working digitally gives some of our young people the impression that you are available to chat at any time so it can be difficult maintaining a work/life balance, however we are trying to balance this by having set times in which any one team has to be online.

Of course there have also been positives. Through using accreditation remotely we are able help young people continue to achieve and thrive during this time. Our Young people have been happy to continue to engage with us from the comfort of their own home which is making it easier for them to stay at home. There is a new 'buzz' surrounding our work, young people and staff are constantly coming up with new ideas to challenge and engage our participants. We hope this buzz continues throughout the lockdown period and into the period after this!



Why it's effective: Working online has been effective in giving our young people a safe place to go during a time of isolation, to meet with their peers, and continue to form positive relationships. They are able to build on their existing skills, prepare and post a performance, and receive positive feedback from the group and staff.

On top of this there has been an increase of family members joining in, not only having a positive impact on the family unit as a whole, but also allowing staff to form a rapport with parents and guardians that may not have always been there. It has given those parents / guardians a more in depth look at what we do as youth workers, and the impact this has on their child.

Potential impact on work post lockdown: No one knows what's life post-covid-19 will look like, but in relation to the work that we do and the relationships we build we are trying to use everything at our disposal to continue delivering Youth Work of a high standard. Digital Youth Work was around long before Lockdown, but overnight became involuntary: staff were catapulted into an unknown world and had to adapt quickly to



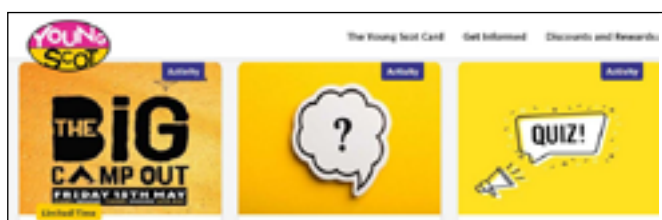
respond to the needs of our young people. It's a learning curve for us all, and I imagine it will only improve over time.

The hope is that post lockdown we have maintained the connections with all of our young people, and that they continue to utilise the services we provide. Looking at our current situation, we believe we will have stronger links with parents and families of our young people.

Most of all: the commitment of our staff to build their own skills and knowledge will benefit everyone going forward, and we will have a catalogue of new methods to continue delivering Digital Youth Work long after lockdown.

Check out all the new content at www.young.scot/north-lanarkshire

And Keep up to date @NLCYouthwork or follow us on Facebook



DUKE OF EDINBURGH'S AWARD

WILLIAM, AGED 16, FROM CUMBERNAULD STARTED HIS DUKE OF EDINBURGH'S (DOFE) AWARD JOURNEY AT GREENFAULDS HIGH SCHOOL IN 2017.

He has completed his Bronze and Silver DofE awards. William is doing his Gold DofE Award with Cumbernauld Open Group, which is currently supported by Community Learning and Development Cumbernauld team. The Gold DofE Award requires the highest level of commitment and hard work.

DofE Awards are internationally recognised youth accredited awards that are well recognised by universities, colleges and employers. To achieve an award, the participant must work on each section for a minimum period of time and must be monitored and assessed by someone with knowledge of their chosen activities. Each progressive level demands more time and commitment from participants: Bronze 3 - 6 months; Silver 6 - 9 months and Gold 12 - 18 months. Participants are required to show regular activity and commitment to the award for the duration of their DofE programme, which is usually at least one hour per week.

At the start of COVID-19, due to lockdown restrictions, some DofE participants found continuing with their volunteering section particularly challenging. However, William has demonstrated positivity and resilience to adapt his volunteering section to help his local food bank. With help from his family, he was able to collect food donations from his neighbours and local shops which he took to the local food bank.



William said - I am keen to help out even just a small amount. I hope to help my local community in any way I can. Dawn Morrow (Cumbernauld DofE Open Group Leader and Teacher from Greenfaulds High School) said – William works really hard to contribute to his local community. He is an inspiration to others.

For more information or to contact us, follow on Twitter: @NorthLan DofE

THE CUMBERNAULD YOUNG PARENTS GROUP CONTINUES TO BE SUPPORTED BY CLD STAFF. THIS TAKES THE SHAPE OF A VIRTUAL MEETING ON A WEEKLY BASIS, AT THEIR USUAL GROUP DAY / TIME.

During this time we offer live song / rhyme sessions, as well as activities which can be undertaken at home with no (or minimal) resources required. It also gives the parent much needed peer support during this time.

A number of our parents are continuing to work towards their Bronze Duke of Edinburgh, something which was started just before Lockdown. We also share any relevant links on our Facebook group in regards to financial / support, as well as directly with those we know to be in need of specific support. Despite the group meeting once a week, the parents communicate much more often via their Facebook Group chat, providing an open link of peer support during this time.

The support provided tackles a number of the concerns raised in the Lockdown Lowdown. In regard to mental wellbeing and social relationships, the group allows a continuation of the support provided pre-lockdown.

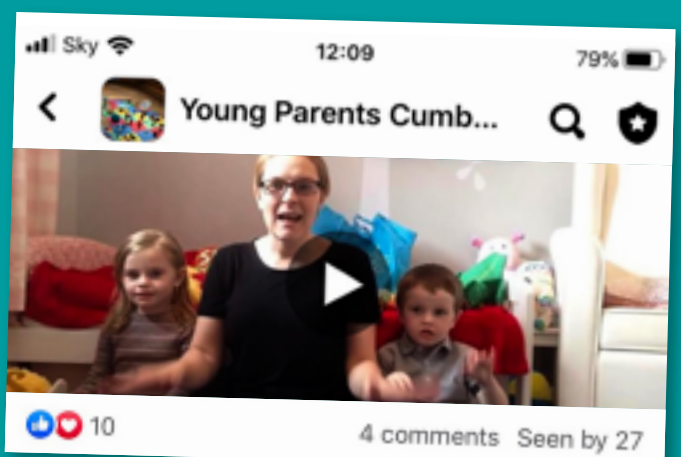
A number of our parents were facing isolation beforehand, which has only been magnified by the current situation. The connections provided by the group are essential for their wellbeing, reassuring our parents they are not alone despite social distancing. Posting activities and suggestions

encourages positive play with their babies, improving parent - child relationships.

Being able to share and highlight the financial support that is available via our Facebook group allows us to keep our parents informed and sign post them to the relevant support. The continued support via food and clothing banks has been essential for some, with referrals to both being submitted in the last week.

We have a number of expectant mothers in the group, with growing concerns around Covid and pregnancy. Being able to sign post them to appropriate NHS services and support has been crucial at this time.

And the ongoing support to anyone wishing to continue with their Duke of Edinburgh's award at this time has offered alternative accreditation to those wishing to take part.





PIVOT YOUTH MUSIC GROUP

(THAT'S ENTERTAINMENT)

BEFORE COVID -19 OUTBREAK WE MET AT THE PIVOT COMMUNITY CENTRE, MOODIESBURN, EVERY THURSDAY EVENING. THE GROUP IS FOR AGED 10-16 YEARS.

Young people participate in opportunities to sing, play musical instruments, perform comedy, poetry, write short stories, drama, dance etc with a view to entertaining community groups on a voluntary basis at events such as Community Gala Days, Christmas Events, Senior Citizen Groups, and much more!

The young people also participate in a variety of awards such as Saltire, Dynamic Youth and Hi5 and gain

confidence, social Skills and build relationships.

COVID 19

Due to the lack of appropriate resources for learning young people could be vulnerable due to the impact of COVID 19 and have increased anxiety due to more time spent at home.

Community Learning & Development (Youth Work) have now provided an online resource for this project due to concerns about the impact of lockdown and restrictions on movement for young people.

We now meet online via Facebook-Pivot Youth Music Group, on Wednesdays - 4pm - 6pm, enabling young people to continue in participate in a range of activities. Comments from parents & young people are all positive.

NORTH LANARKSHIRE CHALLENGE FOR YOUNG PEOPLE

IN MOTHERWELL, WE ARE PRESENTING YOUNG PEOPLE WITH A NEW CHALLENGE IN THE FORM OF NORTH LANARKSHIRE CHALLENGE.

North Lanarkshire challenge is an asdan accredited award normally run in youth groups but due to current circumstance, the youth work team have adapted this award so it can be done at home by individuals and/or sibling groups.

We had feedback from parents that it is becoming increasingly hard to motivate their young people. By presenting them with this time-bound challenge the young people have committed to participating in 8 sessions of physical activity, 8 sessions of learning a new skill, volunteering or helping around the house for 8 sessions and taking part in an 'adventure' within their local area. NL challenge books have been delivered to all participants which in itself has given the young people a boost as it is something new to complete.

Currently there are 25 young people signed up to complete this award, with a waiting list for the next phase. Young people and their families have come up with a range of activities to allow them to achieve their award. Some examples include painting fences, helping with house work, fundraising and gardening for the volunteer section. Learning to sew, bake and play musical instruments for the skills section. Taking part in physical activities like bike rides and dancing and using their daily walk to complete the 3 mile adventure section of the award.

This is what some young people have said about the award:

'I'm enjoying being active as it's my favourite thing to do. I'm learning new skills too like baking and gardening which I wouldn't normally do. I'm having lots of fun.'

Callum

'It's great because a lot of the stuff we do counts as homework too!'

Mairead

For more information on the award or to take part check our Facebook page: [Motherwell Community Learning and Development](#)



FAMILY LEARNING IN WISHAW AND SHOTTS

WISHAW/SHOTTS CLD FAMILY LEARNING STAFF HAVE RECEIVED POSITIVE FEEDBACK FROM PARENTS OVER THE PAST FEW WEEKS ABOUT HOW THE TRAINING THEY HAD PREVIOUSLY RECEIVED ON USING THE SOLIHULL APPROACH HAS HELPED THEM.

The Solihull Approach is based on the assumption that emotional containment is necessary for parents to understand their own behaviour and the behaviour of their child. Parents learn strategies for containing their emotions and the emotions of their child.

This is particularly relevant just now when we are in lockdown, schools are shut and parents are at home with their children full time. Please note that the photos were taken before social distancing at one of our previous Solihull courses.

"I was just thinking last night I definitely have been dealing with this lock down so much better than I thought I would have and not just for the kids the way I have been looking at things for myself too. So I cannot thank you enough Jen" (GR, Newmains FLC)

"Solihull helped me so much -not just as a parent but as a person too and I've found the confidence to follow my dreams and I've applied for college to do the swap access to nursing course with a

view to moving to the HNC care and administrative practice and then to university to study midwifery. So thank you so much for that, it's really changed my life!" (AJ, Newmains FLC)

"Solihull approach UYC & Covid19. I believe it has had an incredible impact on my learning and understand my child behaviour and feelings in these incredible demanding times from my child." (SM, Wishaw FLC)

"The past few weeks, life has been difficult as a single parent to two handsome boys due to Covid-19. The skills and knowledge I learned from the Solihull course with you Pauline has helped me dramatically with family life, especially during lockdown.

I have re-evaluated how I approach my sons when they display challenging behaviour as they are only expressing their emotions to me because they don't know any other way to do it. It's about sitting down with them and acknowledging their feelings. I take a different approach now rather than the old shouting route. Solihull has helped me to stay calm, think about what they are expressing to me and how to deal with it. Not all days are good, we do have some 'bad' days too. On those days that are tricky I know things might not go to plan and my children may not want to co-operate with me but I reassure myself that tomorrow is a new day, a fresh start. I keep my chin up and reach for the sky" (SMcG Wishaw)



Follow us on Twitter



[@YourNLCommunity](https://twitter.com/YourNLCommunity)

Contact us on: Yournlcommunity@northlan.gov.uk
or telephone 01236 812598



PARTNERSHIP IN BELLSHILL

The Bellshill Community Learning and Development team have been continuing their partnership work with local community based organisation, Orbiston Neighbourhood Centre. CLD Workers have already delivered food parcels courtesy of Orbiston Neighbourhood Centre to Bellshill families, as the Neighbourhood Centre already offers a range of services to the surrounding area. Other food parcels have been via TESCO and the EU church. In addition, Irene Gibson, ONC Manager, and team successfully applied and received STV Appeal monies. This funding was to be used to support people in the local community who are perhaps financially struggling.

After contacting the Bellshill CLD team, it was decided that one of best ways of ensuring that this funding reaches families who would most benefit, was for staff within CLD to identify and distribute to families. CLD staff are lucky enough to work with local primary schools, both secondary schools and family learning centres within Bellshill. This provided a fantastic opportunity to use the funding to purchase Morrison vouchers that families could then use. Hopefully this would help lift a little bit of pressure for some.

The team quickly realised that there were a lot of families that would welcome vouchers at such a difficult time. By working with Orbiston Neighbourhood Centre and other partners, including primary schools as well as both Cardinal Newman High School and Bellshill Academy, these vouchers were then distributed across approximately 80 families within the Bellshill locality.

With the remaining funds, the CLD team thought that this would be a great time to purchase and make up some family learning bags. These bags have been shared with families, to help bring something different to the day. This week the theme has been 'Let's Keep Calm', with more to follow.... Initial feedback from some families regarding the bags has been positive, including '...thanks for the resources, it made her feel special'.

In addition there has also been an extra £400 and new toys, kindly donated to the team by a local resident within the Bellshill area, who wishes to support others at such a challenging time.

The Bellshill team continues to work with Orbiston Neighbourhood Centre and hope to continue such positive joint working that makes a real difference to the community. In addition there is now a new 'Communities Together' Initiative in Bellshill which encompasses a range of partners.

Facebook: [@bellshillCLDteam](#)

Twitter: [@CLDBellshill](#)



FAMILY LEARNING JOURNEYS TAKING ANOTHER ROAD THROUGH COVID 19

In mid-March Covid 19 changed how we all live our lives, schools closed and movement became severely restricted all to ensure people were safe.

As a CLD worker in schools I needed to explore new ways to deliver services under these new and difficult circumstances.

TARGETED SUPPORT REMOVING THE ROAD BLOCK

Initially the focus was to provide support to families who were shielding or socially isolating, some found their circumstances had changed and for some they found things they had taken for granted they now needed help with including support in everyday tasks.

The support involved working closely in partnership with other council services and third sector organisations to ensure needs of the families were met. Many families needed help in ensuring the Free School Meal Team had their up to date information to ensure they received the free school meal codes. Other families were referred to the Financial Inclusion Team, to check their financial situation was in order. The Airdrie Action Partnership worked endlessly to meet the needs of referred families, they offered support with delivery of prescriptions & food, phone cards to ensure people could stay in touch and a listening ear.

Single parents have received help with their energy bills from. Single Parents Family Scotland.

Coronavirus Caldercruix just giving page was set up and Easter eggs were donated, these were given to families through CLD to put a smile on the children's faces in the village.

The knowledge of the community and relationships with the families has been central to offering support. What has been most successful was the telephone contact, keeping in touch with families to help remove barriers and allow them think about their family learning journey again.

CLD kept the family learning journey rolling like the eggs at Easter

For children and many families keeping a routine and continuing something familiar was important in helping families cope.

The continued provision of Family learning activities needed to be considered, so Easter activities were suggested and sent through emails, Facebook chat and twitter. Who knew you could do this much with an egg?

Helen McKay, Family Learning Team

FAMS

FAMS A VOLUNTEER LED COMMUNITY MENTAL HEALTH CHARITY SUPPORTING INDIVIDUALS AND FAMILIES FOR ALMOST SIX YEARS.

We support the health and wellbeing of vulnerable children and young people, their families, peers and communities affected by the trauma of murder and suicide, suicidal behaviours. In addition we support young adults presenting themselves with mild to moderate mental health issues, often coupled with suicidal thoughts or behaviours.

Due to the outbreak of COVID19 pandemic and the immediate urgency to meet government guidelines, access to FAMS services were withdrawn from our members without any notice or preparations.

This action left our already extremely vulnerable members in further isolation, with fear of the unknown, loneliness and complex emotions exacerbating their poor mental health issues. Crucially they have been cut off from their usual safety net of connections with their peers, families and communities.

Within a few days we had replicated most of our services through various methods including video platforms. However the evidence of the last 6 weeks demonstrates an ever increasing demand for telephone support.

Although volunteers are able to deal with our present callers the demand in growth is outstripping our capacity to cope with influx of calls from new people who are experiencing extreme loneliness, isolation, fear and anxiety.

Working with VANL; to meet those needs we are in the process of enhancing and developing FAMS existing helpline service into FAMS "Help Meet" service. Our "Help Meet" service is centred around connection and connecting.

It will be marketed in an open/friendly/softer approach to connecting with others as well as getting support; rather than the stigma of calling a Helpline or



EMERGENCY UPDATE

- As we have a duty of care to our volunteers and supporters, FAMS is officially, though reluctantly, in Lockdown.
- Please note all new enquires and referrals to FAMS should be made via FAMS Helpline: 07736 326062
- The helpline will be operated by FAMS trained volunteers, providing "Lived Experience Peer-Support" and information
- During this time, email referrals should be sent to amcocoza@fams.chat
- FAMS guarantee that all calls will be in strict confidence and treated with empathy, understanding and respect

Hotline particularly for people who find it difficult to acknowledge in a public way that they have been struggling.



CUMBERNAULD RESILIENCE GROUP

CUMBERNAULD RESILIENCE WAS ESTABLISHED AS A COMMUNITY RESPONSE TO THE COVID 19 PANDEMIC.

Originally the brainchild of Councillor Gillian Fannan the group has quickly taken off and is now run by a coordinating team of 8 community activists, supported by the Parish Priest of Sacred Heart and St Lucy's churches. They are Tony Murphy (food sourcing coordinator), Tilda Murphy (food sorting and packing coordinator), Maureen Avis (catering coordinator), Kenny McGeachie (funding and statistics coordinator) Chris and Julie McGowan (accounting and purchasing coordinators), James McPhilemy (telephone and leaflet team coordinator) and Suzanne Macleod (volunteer and media coordinator).

The group operates under the name Cumbernauld Resilience and is affiliated to Cumbernauld Together, a fledgling registered charity within the New Town Area. All finances are managed via the Cumbernauld Together bank account which was already established.

This allows us to properly account for income and expenditure. We have partnerships with Paul's Quality

Butchers, Gordon at Lanarkshire Food and Health Partnership, VANL, Cumbernauld and Kilsyth Baby Bank (supply of baby and toddler items such as milk and nappies), with Cumbernauld Colts and Rowlands Pharmacy (prescription deliveries) and with Cumbernauld Covid 19 Group (dog walking and errands). We also associate with an individual offering small repairs and light gardening on a private basis.

The group operates a volunteer network of over 140 members who help with all aspects of our work, in sourcing our food, sorting and packing it, in cooking and in delivery of food packs. Our food packs are designed to supply healthy and nutritious food for three or four days and we supply on an ad hoc or regular basis. We include fresh fruit and veg, bread, milk and a range of pre-cooked meals for re heat at home. We have a safeguarding policy and a confidentiality policy which we issue with each delivery. In the six weeks since inception we have:

- Had 946 referrals;
- Fed 2182 people (1422 adults and 762 children);

- Provided 19638 actual meals;
- Provided in addition other items such as tea, coffee, juice, treats, household products such as toilet roll, soap, washing up liquid, and baby products, nappies and milk;
- Started cooking our own ready meals, delivered cold for re-heat – in 3 weeks 1494 delicious meals;
- Fed 121 dogs and 48 cats;
- Raised in excess of £50,000 in either cash or in kind food donations (it costs us around £5000 per week to run our service ;
- Leafleted 15,000 properties in the town;
- Used around 2700 volunteer hours!

So what's next? This week we are working on more funding bids, delivering our parcels, completing risk assessments and keeping our volunteers safe.

Contact us and follow our work on Twitter at [@CumbernauldRes1](https://twitter.com/CumbernauldRes1)



MOTHERWELL CITIZENS' ADVICE BUREAU



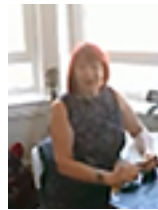
Motherwell Citizens' Advice Bureau staff are working from home to continue supporting residents of Motherwell, Wishaw and Shotts in this most difficult of times.

We are continuing to run our specialist advice lines, are reporting social justice issues when they arise and working with a wide range of partners to ensure that people in need are given every assistance and support available them.

We have - in a fabulous example of joint working in facing the Covid-19 outbreak - collaborated with Citizens' Advice Scotland and individual CABs across Scotland to develop and launch a nationwide General Advice service in just three weeks. This takes the place of our normal bureau drop in service with which the public are most familiar. Staff from five CABs initially are providing cover for this line, but expansion is expected soon.

The first couple of weeks after launch were certainly busy, with 900 clients calling in: however - following a TV and radio advertising campaign - during the third week of provision (w/c 27 April) we handled 2,300 calls on the General Advice line alone.

Given that we have high numbers calling our specialist lines for Debt, Veterans, Help to Claim Universal Credit, Pensionwise and Money Talk, this is a clear sign of the valuable



contribution this new advice line is making to help residents navigate this trying time.

Our Helpline Numbers are:

General Issues Helpline

Employment, Benefits, Housing, etc
0800 028 1456

Universal Credit : Help to Claim Helpline

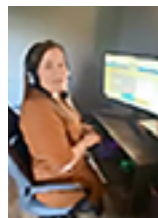
How to make first claim and maintain client commitment
0800 023 2581

Money Advice Helpline

Advice on managing debts, arrears, repayment plans
0800 328 1131

Money Talk Helpline

Benefit check, income maximisation, budgeting
0800 085 7145



Armed Services Advice Project

Tailored wide-ranging support for Armed Forces Veterans
0808 800 1007

BEST WAY COMMUNITY DEVELOPMENT GROUP

WE ARE BEST WAY COMMUNITY DEVELOPMENT A VOLUNTEER ORGANISATION GROUP, OUR COMMUNITY GROUP HAS BEEN FORMED IN 2012 BY INDIVIDUALS FROM AFRICAN DESCENT AND SCOTTISH PEOPLE AND STRIVES TO ENSURE THAT OUR COMMUNITY INTEGRATES FULLY INTO THE WIDER COMMUNITY.

Most of our community came to live in Motherwell in North Lanarkshire as refugees came from the Democratic Republic of Congo via UN refugee camps in Zambia in 2007.

In addition several people from other African countries Nigeria, Malawi, Somalia, Eritrea, Rwanda, Sudan and Tanzania who have relocated from Glasgow and from other part of the United Kingdom. BWCD Activate's main priority is to tackle family conflict through conflict resolution and community engagement, using the Freire-Boal approach to community activities as a tool for education and community action.



Our members are keen to become integrated into the wider community to promote social cohesion and racial harmony through understanding by building relationships and working together.

BWCD believe that we are all in a very difficult moment, and this is best time to help each other, without discrimination. That is the reason we are working hard to give better support to BEMs and wide community who are struggling with their needs. We are here and ready to volunteer and help everyone in our communities.



COVID-19 Community Support

We are Best Way Community Development working to support you in this hard time.

Together we will pass through this pandemic of Corona Virus.

Best Way cares for you and are here to help when you need us.

Tel: 07424 320168

Email: bestwaydevelopment@hotmail.com

Facebook: [bestwaycommunity](https://www.facebook.com/bestwaycommunity)

Web: www.betywaycd.org

PLEASE STAY AT HOME TO PROTECT THE NHS AND OTHERS

BIG CHEF LITTLE CHEF LIVE!

BIG CHEF LITTLE CHEF WENT LIVE, 1ST APRIL ON THE, MOTHERWELL COMMUNITY LEARNING DEVELOPMENTS' FACEBOOK PAGE!

The programme has a simple winning formula, and is helping support families learn together over the lockdown period via their mobile phone, tablets or laptops.

Having fun together is the key to learning and during the first session families cooked banana muffins and sent in their photographs, questions and positive comments.

In total Big Chef Little Chef has had an unbelievable 6.9 K views!!

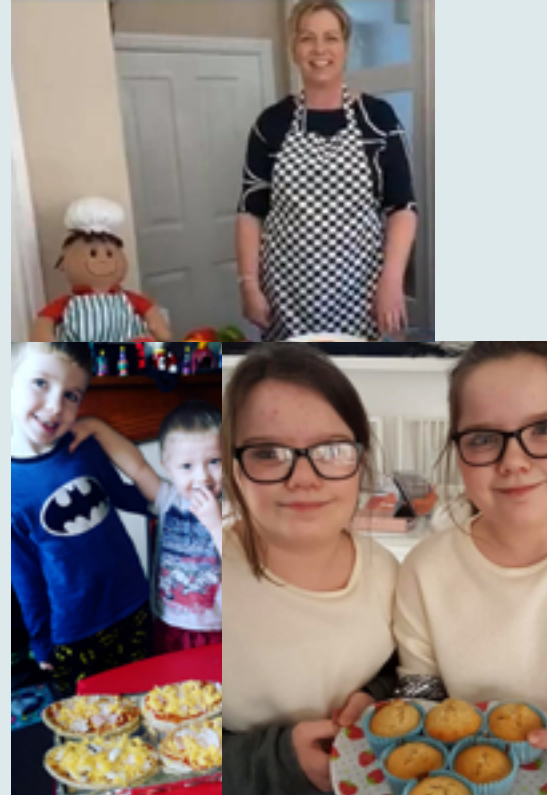
Comments from Parents/Carers about the live Big Chef Little Chef include:

"We enjoyed this loads – thank you very much"

"Our muffins, (photo), thanks so much Michelle for taking time out of your day"

"Great video - thank you! Easy and fun for my 3 year old to follow. He's now patiently waiting at the oven!"

"Thomas and Lewis are loving it"



Big Chef Little Chef is a successful programme that has been running for approximately 7 years and started in, Craigneuk Family Learning Centre, with the Motherwell CLD Homelink Worker and the Depute Head.

It incorporates areas of the curriculum, maths, literacy, independence and communication skills, early science, problem solving and social skills.

It is very popular with the families and the uptake is always high.

The programme is expanding and being delivered on Whatsapp by other Community Learning & Development colleagues, North Lanarkshire wide, with great success during the lockdown period.

FAMILY ACTIVITY BAGS

The Coronavirus pandemic has led to many changes for all of us and has been especially challenging for families with a child with an additional support need.



Children thrive on routine and predictability as it helps them feel safe. This is especially true for autistic children, many of whom are experience higher levels of anxiety and distress.

To help support families within the north area CLD Workers (Schools) have been creating family activity bags based on the interests and

sensory needs of the child and delivering these to the families.

The bags have been hugely appreciated by the families, as has been the reminder that people are still thinking about them and their children. Siblings have been included, with activities added to the pack for them.

This is just one of a number of ways we have been adapting the support we provide. Others include helping families apply for funding for sensory resources and equipment, sending out emails on a range of ways to support with anxiety in children and understanding more about autism. And providing one to one support through phone calls.

If your family could benefit from this service please phone or text Val on 07566856763.

PLAY AT HOME ACTIVITY BAGS

PASP have received funding to provide 450 children & young people aged 5-12 years with play@home bags, these bags have equipment to encourage physical activity, arts and crafts and family time, they consist of skipping ropes, hula hoops, bats & balls, playing cards, chalk, coloured pencils and activity packs full of puzzles, colourings, quiz's, crafts etc.

Staff have been working behind the scenes to prepare activity packs, purchase, and pack and deliver the bags in Coatbridge and surrounding areas.

Funding is continuing to be sought and partnership work is being carried out with various projects to allow us to reach as many children and young people as possible during this difficult time.



BEFRIEND MOTHERWELL

DURING THE COVID-19 PANDEMIC LONELINESS AND ISOLATION FOR PEOPLE HAS INCREASED SUBSTANTIALLY AND MORE AND MORE PEOPLE ARE NOW FINDING THEMSELVES SUFFERING FROM THIS.

Befriend Motherwell's whole existence has been to try and combat isolation for people aged 65 and over, however during this time we have been accepting referrals for people of any age to try and combat this.

Through our volunteers and staff we have been keeping in regular contact with all of our participants via telephone along with new folks who have been referred to us for the first time.

Each week as a team we have been making over 100 phone calls to people who have either just become isolated or are now facing a new level of loneliness.

We have also adapted our service and are also providing shopping support, basic errands and prescription collections to anyone involved with our organisation.

We have been delighted and encouraged by the response of many people who have offered to volunteer to help people during this time which has seen us involve 10 new volunteers.

We are hoping to adapt our service further to increase the support being offered to some of the most vulnerable in our community, however this is dependent on applications that have been made for funding.

www.befriendmotherwell.org.uk
Colin Weir - Project Coordinator
T: 01698 440180 / M: 07715 655831 /
E: colin@befriendmotherwell.org.uk



NEIGHBOURHOOD NETWORKS

NEIGHBOURHOOD NETWORKS IS AN ORGANISATION THAT SUPPORTS PEOPLE TO LEAD INDEPENDENT LIVES WITHIN THEIR COMMUNITIES AND MAINTAIN THEIR TENANCIES.

We have 11 networks across North Lanarkshire. We have adapted quickly to this new world that we are living in and although we are not in members' homes, we are supporting members to understand and follow the Governments guidelines of staying in and keeping safe we also provide members with any updates to the guidelines.

Staff have accessed digital training to enable them to support members and we have had a parent/carers information session on this our support to members hasn't changed, we are now using social media to connect with members. Zoom meetings WhatsApp chats videocalls phone and text messages are the new normal.

Quizzes cookery classes dance classes are just some of the activities that members have enjoyed. Making outside exercise fun by asking members to photograph their walk and share with everyone.

Wellness plans are in place for members who are struggling with the lockdown, we look at mental health, positive thinking, looking after yourself, mindfulness and staying connected.

We are picking up prescriptions and grocery shopping, but still encouraging members to do this for themselves if they can and reminding them of the social distancing.

We also have been making referrals to community groups that are providing food parcels, for members that are

struggling or are part of the shielding group.

We are planning to have our members actively take part in Learning Disability week, we are providing members with sunflower seeds and asking them to recycle plastic tubs to plant seeds in.

We will be sharing on [Neighbourhood Networks](#) Facebook page all activities members get involved in.



ACTION IN AIRDRIE

IN MID-MARCH COVID 19 CHANGED HOW WE ALL LIVE OUR LIVES. DURING THIS UNPRECEDENTED TIME, AIRDRIE CLD WORKERS IN SCHOOLS AND EARLY YEARS HAVE BEEN ENGAGING WITH FAMILIES THROUGH A VARIETY OF MEDIUMS, FINDING NEW WAYS TO DELIVER SERVICES UNDER CHALLENGING CIRCUMSTANCES. FAMILIES HAVE BEEN OFFERED PRACTICAL SUPPORT, ADVICE, AND A LISTENING EAR TO ENSURE THAT THEY CAN FACE THE DAILY CHALLENGES THAT LOCKDOWN PRESENTS

Across Airdrie close working partnerships were formed with other council services and third sector organisations to ensure the growing needs of the families were met.

Our Initial focus was to provide support to families who were shielding or socially isolating. Staff liaised with the Free School Meal Team to quicken access to vouchers.

Referrals were made to the Airdrie Action Partnership who offered tireless support delivering prescriptions, food, and phone cards to ensure people could stay in touch with their loved ones and important services.

CLD have worked with local nurseries to deliver services and staffed the wraparound care in the Airdrie Hilltop Community Hub to enable keyworkers to continue with their vital work.

Knowledge of the community and relationships with the families has been central when offering support to families. What has been most successful has been the telephone

contact, keeping in touch with families to help remove barriers and provide space to think about their circumstances and ongoing family learning journey.

Alongside the targeted support to families CLD continue to provide innovative family learning opportunities for families who want to relax, have fun, keep a routine, and share something familiar.

Here are just a few:

- **Social media groups have been formed and used to cook, wean, and stay in touch.**
- **Via WhatsApp Primary families cooked and ate together their own Chinese take away chicken noodle soup.**
- **Suggested Easter activities were sent through emails, Facebook chat and twitter.**

•An initial rap recording of a read write count book, "The Knight Who Said "No!" has the publisher's permission for the rap - work in progress, to be available on You Tube until September 1st 2020.



We have also been bowled over by the way families themselves have supported each other and the community.

They have shared their own family learning ideas and supported the community, manning parent council websites, collecting for local care homes and generally being there for each other.

Tae a Virus

Twa months ago, we didna ken,
yer name or ocht aboot ye
But lots of things have changed since
then, I really must salute ye

Yer spreading rate is quite intense,
yer feeding like a gannet
Disruption caused, is so immense,
ye've shaken oor wee planet.

Corona used tae be a beer,
they garnished it wae limes
But noo it's filled us a' wi' fear
These days, are scary times.

Nae shakin hawns, or peckin lips,
it's whit they a' advise
But scrub them weel, richt tae the tips,
that's how we'll a' survive

Just stay inside , the hoose, ye bide
Nae sneakin oot for strolls
Just check the lavvy every hoor
And stock-take, your, loo rolls

Our holidays have been pit aff
Noo that's the Jet2 patter
Pit oan yer thermals, have a laugh
And paddle ' doon the waater '

Canary isles, no for a while
Nae need for suntan cream
And awe because o this wee bug
we ken tae be...19

The boredom surely will set in
but have a read, or doodle
or plan yer menu for the month
Wi 95 pot noodles.

When these run oot, just look aboot
a change, it would be nice
We've beans and pasta by the ton
and twenty stane o rice.

So dinny think yell wipe us oot
Aye true, a few have died
Bubonic, bird flu, and Tb
They came, they left, they tried

Ye might be gallus noo ma freen
As ye jump fae cup tae cup
But when we get oor vaccine made
Yer number will be up.

Willie Sinclair
Discovery Group (North Area)
March 2020

THE KNIGHT WHO SAID "NO"



THE KNIGHT WHO SAID "NO!" IS A BOOK BY WRITTEN IN A RHYME STYLE BY LUCY ROWLAND AND ILLUSTRATED BY KATE HINDLEY. IT WAS ISSUED AS PART OF THE READ, WRITE, COUNT BAGS BY THE SCOTTISH BOOK TRUST IN 2019.

Pupils at Corpus Christi Primary School in Calderbank who attended a CLD (Schools) Family Learning Group with the emphasis on creativity, communication and collaboration had been considering the potential of the book to be turned into a rap with a video of the book being produced as well as a creative digital literacies project.

Children had taken photographs of the book's pages and there had been an initial recording of the book as a rap to demonstrate how this could potentially be done.

Unfortunately due to the lockdown situation it was impossible for the project to proceed beyond this stage. During lockdown the publisher was contacted and permission was granted for the project to go ahead as a legacy

project to acknowledge the potential of the project and take it to completion.

The publisher Nosy Crow granted permission for the project to go ahead as outlined and be uploaded to YouTube (unlisted) for CLD (Schools) staff to share with children and families. The families who have accessed the finished project so far have enjoyed seeing the book presented in this style.

Permission has been granted for the video to be on YouTube in this format until September 1st 2020.

Raymond McCabe
CLD (Schools) Worker



COOKING WITH AIRDRIE FAMILIES

During this unprecedented time, CLD Airdrie have been engaging with families through a variety of mediums.

We have been busy supporting families with practical support and advice, offering containment and making sure that we are in a good place to react to challenges that families face, on a daily basis.

One way of supporting families has been through the offer of family learning sessions. Community Learning & Development colleagues in Airdrie have been running bookworm sessions, quizzes, music development sessions and making movies with families. One of the most popular activities has been baking and cooking alongside staff and other families.

Recently staff in Airdrie took part in a cooking session with families from Victoria & Calderbank Primary Schools. During this time we made Chinese take away chicken noodle soup. Staff sourced the recipe, then through a WhatsApp group we arranged the session. We needed to agree on a recipe, make

sure we all had ingredients and then times were arranged, it took a little forward planning but in the end four families were able to engage in the activity.

The session lasted around forty minutes and it was good to see the children involved in the process of pouring, measuring, stirring etc.

At the end we sat down to enjoy a bowl of soup together, which was a nice way to finish the session.

Some of the comments from families include...

"That was good, really enjoyed it"

"Maxi took another bowl, LoL, really surprised as she doesn't normally eat any soup except tomato" Sarah and Maxi

"Same, a laugh!" Sharon and Paige

"Its lovely (the soup), I'm going to make another pot tomorrow" Jennifer and Ryan

BELLSHILL WoW GROUP

THE WoW WOMEN'S GROUP IS ACCESSING ALL KINDS OF LEARNING OPPORTUNITIES ONLINE WHILE IN LOCKDOWN WITH THE SUPPORT OF THE BELLSHILL ADULT LEARNING TEAM.

These include: sewing, knitting and crochet lessons. The group is also supported with a weekly phone-in to share stories of home schooling, keep in touch and discuss the benefits of lockdown.

Some of the websites recommended are:

www.sewing.com

www.allfreeknitting.com

www.royalvoluntaryservice.org.uk

Our picture shows some of the group before lockdown.

Why not try these sites out yourself and share your creations with us on our Facebook and Twitter pages?

Facebook: <https://www.facebook.com/NLCadulthoodlearning>

Twitter: [@NLCAdultLearn](https://twitter.com/NLCAdultLearn)



SPORTS AWARDS



THE NL SPORT AWARDS ARE HELD ANNUALLY TO CELEBRATE THE CONTRIBUTION OF VOLUNTEERS, TEACHERS, SCHOOLS, CLUBS AND COACHES WHO GIVE UP AN ENORMOUS AMOUNT OF TIME TO SUPPORT THE DELIVERY OF SPORTS AND ACTIVITIES WITHIN NORTH LANARKSHIRE.

This year we have received over 190 nominations for the 13 categories that recognise the time, effort and commitment made by schools and sports club in our communities to nurturing young talent to go on and realise their sporting potential.

This year the Sports Awards is supported by Muller Milk and Ingredients, S Collins & Son, Winning Awards and North Lanarkshire Council's Chief Executives Office. The winners of the NL Sport Awards are automatically submitted to the Sportscotland National Coaching, Officiating and Volunteering Awards (COV Awards). Last year one of the NL Sports Awards winners went on to win at the COV Awards.

Due to current circumstances this year's Sport awards Short listed nominees and winners will be announced on the NL Active Schools Twitter page. The short listed nominees for each category will be announced on Friday 29th May and then the winners of each category will be announced on Friday 5th June. We would like to wish all nominees the best of luck in this year's Sport Awards.

NL CLUB CHALLENGE

THE ACTIVE SCHOOLS TEAM DESIGNED THE #NLCLUBCHALLENGE AS A SOCIAL MEDIA CAMPAIGN AT THE BEGINNING OF THE LOCKDOWN.

The challenge was created not only to keep children active at home, but also to link our amazing local sports clubs with children and families throughout North Lanarkshire.

The local clubs have designed and filmed a challenge to be posted on the Active Schools twitter and instagram pages, and also the North Lanarkshire Council Facebook page every Wednesday and Friday. Active Schools Coordinators, local primary schools, other clubs and partners have then been sharing these on their social media channels. Then local children and families can then try these at home.

At present there are 11 North Lanarkshire clubs signed up to take part with a wide variety of sports on offer including dance, fitness, table tennis, basketball, football and martial arts.

The challenge began on 22nd April and will run until end of May.



THE DEVELOPMENT OF A VIRTUAL COMMUNITY SPORTS HUB IN GLENBOIG

OVER THE LAST 7 MONTHS, GLENBOIG HAS HAD A NUMBER OF PARTNERS PITCHING IN TO DEVELOP A NEW INITIATIVE ACROSS THE LOCAL VILLAGE CALLED A COMMUNITY SPORT HUB.

A Community Sport Hub is a partnership of proactive, local people looking to change lives through the provision of sport and physical activity. Supported by North Lanarkshire Council and SportScotland, the aim of the initiative is for groups, clubs and other organisations to network with one another utilising sport as a pathway for improving physical and mental health and wellbeing.

With a number of different activities in the village and a keenness from the local people, it was clear there was a demand to set one up. Following a thorough consultation, there were several key areas of focus including a Skills for Life program which was looking at offering cycling, swimming and home-based skills to children at no cost that they can utilise in the future.

The Community Sports Hub has engaged very well with the community through the connections with both parents via the parent councils and community members via the Glenboig Development Trust. As a result, we have had great returns on any surveys and

real tangible actions to take forward for the annual plan. Alongside this, the group have met regularly to develop their Skills for Life program and look to enhance opportunities or young people to participate in sport locally.

COVID-19 has caused these projects to be delayed initially however, but despite this, the proactive group are looking at different ways to engage and a major factor in this is holding our meetings via an online platform.

In a bid to ensure the sustainability of the Community Sport Hub and continue putting our plans into action proving collaboration can overcome these hurdles, the network will meet via online conferencing to push things forward.

With a drive and determination to succeed, the Glenboig Community Sports Hub and its dedicated members from the small ex-mining village will lead the way for the North Lanarkshire Community Sport Hubs in this new ambitious effort to still get people active through the pandemic.



COMMUNITY HUBS

ACTIVE SCHOOLS HAVE BEEN WORKING IN PARTNERSHIP WITH CLD AND CLNL TO SUPPORT THE 10 COMMUNITY HUB SITES OPEN FOR KEY WORKERS CHILDREN.

They have been ensuring that those who attend are getting to take part in a range of indoor and outdoor activities.

In these challenging times it is vital that children can continue to be active as this has huge benefits for both their physical and mental health.

In line with government guidance, all staff and children and young people attending the hub schools are exercising social distancing measures and practicing good hand hygiene while enjoying the activities.



COATBRIDGE CLD

COATBRIDGE CLD TEAM HAD TO FIND DIFFERENT WAYS OF WORKING AND A NEW WAY OF COMMUNICATING WITH LEARNERS AND FAMILIES WHILE STILL PROVIDING A LEARNING SERVICE WHICH WOULD COVER ADULT LEARNING, FAMILY LEARNING AND CHILDREN'S AND YOUNG PEOPLE'S LEARNING.

CLD Coatbridge Facebook page was established at the beginning of lockdown and to date has 281 friends in the 7 weeks since lockdown. In response to learner's requests and direct messages the CLD team established daily themes of Mix it Up Mondays, Teach Yourself Tuesday, Wellbeing Wednesday, Tasty Thursday and Family Fun Friday.

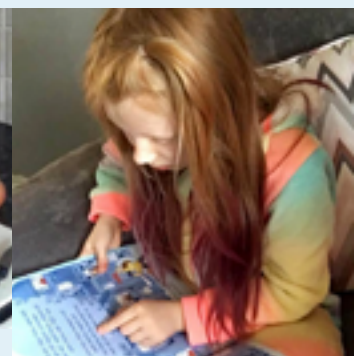
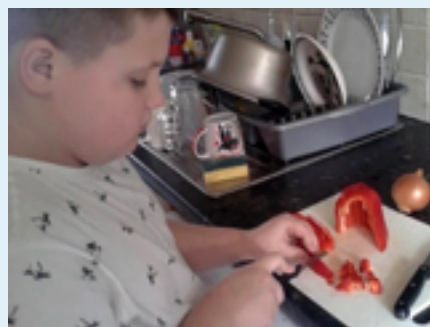
The staff team working at home spend time searching websites and social media looking for ideas to populate the Facebook page and have taken part in their own learning by planning, producing and editing short films to coordinate with each day's themes. Examples of films staff have produced are baking, STEM learning, gardening, weaning and family learning experiences such as playdough. The films have encouraged learners and families to send their own films and pictures to evidence the learning and home-schooling taking place during lockdown.

Facebook has also provided staff with a means of communicating with learners and families to provide vital information and services such as delivery of food parcels, grants, fuel payments not only to the families but to other

members of the local community who are shielding or self-isolating. Partnership working has proved to be vital with staff contacting local partner agencies such as Kirkshaws Neighbourhood Centre, St Augustine's Chapel, Coatbridge Foodbank, PASP, LCFHP, Glenboig Neighbourhood House to name just a few and also help from larger organisations such as Home Energy Scotland, Welfare Fund, One Parent Families Scotland, and Nurture Scotland.

Facebook Direct Messenger is providing a platform for parents to ask for advice on behaviour management, toilet training, accessing GLOW Accounts which are only a few of the issues families have faced in lockdown.

Messenger has also provided an opportunity for staff to contact learners on a regular basis and these check-ins have provided comfort and reassurance to those who are finding this period particularly challenging. As the number of learners and families accessing CLD Coatbridge's Facebook page grows the more information is being shared about the importance of continuous lifelong learning for everyone in our local community of Coatbridge.



OUTDOOR LEARNING PILOT

OVER THE LAST FEW WEEKS A TEAM OF ACTIVE SCHOOLS CO-ORDINATORS HAVE BEEN LOOKING AT OUTDOOR LEARNING OPTIONS ONCE THE SCHOOLS ARE BACK OPEN.

Utilising the great parks we have in North Lanarkshire we have been working closely with park staff to plan a programme that we could offer schools.

Outdoor learning has many great benefits but this can also be an ideal way of helping to reduce pupil numbers in the classroom, keep social distancing while still being active and learning.

For the P7's we are able to offer a full week of outdoor activity at Strathclyde Park which will consist of Orienteering, Bush Craft, Adventure walks, Archery and pupils are also able to progress through the bikeability levels.

These activities and much more will also be available at other parks throughout the authority for P1-P6.

This planning phase has been made possible through great partnership working with a number of internal and external partners including CL&D, Environmental Services and Cycling Scotland. The delivery of this plan will be subject to COVID 19 guidelines





Hundreds of families from across North Lanarkshire enjoyed a Friday night under the stars, singing by a virtual campfire and toasting marshmallows, as they took part in NLBigCamp organised by our Community Learning

and Development (CLD) team. During an action packed evening of live entertainment, youth workers presented a series of fun and interactive activities through a Facebook event live page. And it wasn't a problem if you didn't have a tent or garden space as some families imaginatively turned their indoors into a camping venue!



Actress, Jane McCarry, who plays Isa in the hit BBC comedy Still Game, took time to pop in and have a wee snoop at proceedings while leaving a message to welcome our happy campers. The CLD Youth Work team understood that the

lockdown is a difficult time for everyone and came up with the idea of a 'Big Camp' as an opportunity to boost community spirit and help people feel connected.

Throughout the night the NLBigCamp Facebook event page was populated with excellent photos and comments from families taking part. Clare from Motherwell said: "Thank you so much. This has been the best quality family time that we have spent, not only through lockdown, but for the whole year – and all for the cost of some marshmallows and chocolate digestives. Please, please do it again."

We also discovered campers from further afield. Sarah Robertson joined NLBigCamp from Fife and added: "You've done more for me and my family tonight than you will all know, so thank you!"

The evening's schedule kicked off with a demonstration of how to put a tent by Megan Ferguson, Youth Worker Airdrie; Lindsay Weir (Youth Worker, Cumbernauld) taught families how to make S'mores, using just a few ingredients from their cupboards and Eoghann Dickson taught a bit of Gaelic. The live quiz run by Amy Reynolds, with help from her daughter Lily, was packed with family friendly



questions and at half time, Katy Donald (Youth Worker, CLD) did a shout-out to families on Facebook thanking

everyone for taking part. Kevin Gillick joined us from the Shetland Youth Work team to teach a good selection of camping songs, followed by live music performances by Rebekah Machray and Diane Monaghan from Moodiesburn Music Group. And when it was lights out, Gillian McCairn (Youth Worker,



Motherwell) sat beside a glowing campfire, and read everyone Gruffalo for a good night bedtime story. Hopefully a good sleep was had by all!

June Ford, Assistant Community Partnership Manager, said: "The Big Camp Out is just one of the ways CLD Youth Work is continuing to support young people and families during COVID-19. Youth Work starts from where young people are, and currently with everyone following guidance to stay at home, the team has embraced online platforms. The feedback from the event has been amazing and it is clear it helped people feel part of something special particularly at a time when some young people may be experiencing isolation and loneliness. It's important we continue to provide opportunities to promote good mental health and wellbeing and enable our children and young people to be confident and resilient for the future."

All the live performances and interactions are still on Facebook, please feel free to have a browse using the following link:

<https://m.facebook.com/events/s/nl-big-camp-out/1695868450553395/?ti=icl>

The CLD Youth Work team are hoping to run similar activities in the near future.

The team is on [Twitter](#), [Instagram](#) and [Facebook](#), look for @nlcyouthwork for the most up to date information and events.



HAVE YOUR SAY YOUR VIEWS ON COMMUNITY LEARNING AND DEVELOPMENT

WE WANT TO KNOW WHAT YOU THINK ABOUT COMMUNITY LEARNING AND DEVELOPMENT SERVICES IN YOUR AREA

Please get in touch with your comments by emailing YourNLCommunity@northlan.gov.uk or by calling 01236 812598

You can also Tweet us: [@YourNLCommunity](https://twitter.com/YourNLCommunity)

