

Forfar & Kirriemuir Vibrant Communities Team

Learning Activities 2023



Monday

Forfar Learning Centre
10am-12pm
Forfar Community Campus
Eddie & Linette

Read Count Cook
1.00pm-3pm
Forfar Community Campus
Claire & Linette

.....

Tuesday

**Know to Grow
(Gardening Sustainably)**
10am-12pm
Strathmore Cricket Club
Eddie & Ashley

.....

Wednesday

Forfar Learning Centre
10am-12pm
Forfar Community Campus
Eddie & Laura

Kirriemuir Learning Centre
1.30pm-3pm
Northmuir Primary School
Eddie & Laura

Kirrie Family Learning
4pm-5.30pm
Northmuir Primary School
Claire & Laura

Thursday

Forfar Learning Centre
10am-12pm
Forfar Community Campus
Eddie & Laura

Family Learning Forfar
1.20 – 2.30 pm
Forfar Community Campus
Claire & Ashley

.....

Friday

**Strathmore Cricket Club
Community Café**
9am-1pm
Strathmore Cricket Club
Claire & Ashley

Forfar Short Health Walk
10-11am
Strathmore Cricket Club
Linette & Eddie

Digital Support
Strathmore Cricket Club
10am-12pm
Laura & Linette

For More Information:
Please Email CLD Forfar
at CLDForfar@angus.gov.uk
and call or text Eddie on
07771841042 or Jennifer on
07876215077.

* Updated January 2023
**More information about the activities
and groups overleaf

LEARNING CENTRES

Learning Centres are open to all and offer a friendly and relaxed way of learning with lots of 1:1 support.

Support is given with doing things online, and brushing up on, or learning new I.T. skills.

Examples of this are: filling in online forms, making a CV, using email or just going online to connect with others.

Support with reading and writing and using numbers is offered with a focus on what is needed for everyday life.

Accredited opportunities in using Computers and Adult Achievement Awards are also available along with occasional outdoor learning activities.



READ COUNT COOK

This programme helps to further develop writing and number skills through cooking.

It also improves and increases cooking skills, and knowledge of healthy food, leading to better health outcomes.



KNOW TO GROW

This is a community gardening group with opportunities for learning all about sustainable growing.

Group members work on a year round programme covering many aspects of gardening knowledge and skills.



FAMILY LEARNING

Family Learning is a group for families with pre-school and older children (if after school groups).

The programme offers accreditation for parents, (such as Adult Achievement Award, SQA Working Together), based on activities such as healthy cooking, arts and crafts, homework support, access to IT, games and messy play.

COMMUNITY CAFÉ

The Community Café is a community led project that provides a low-cost affordable local café, with healthier eating options for people to choose.

Volunteering work is the lifeblood of the café, is at its heart, and essential to its running and effectiveness.

Volunteer opportunities cover a range of skills including cooking, customer service and finance, and offer options for gaining accredited qualifications.

Hot meals, drinks, snacks and cakes are cooked and served to the community, and most importantly, there is lots of fun and a blether!



DIGITAL SUPPORT

Digital Support at the Community Café provides help and support with doing things online. This could be anything from filling in forms to applying for jobs, using Microsoft Word, Excel, Email or social media.

Whatever is needed, support is available on a 1:1 basis



HEALTH WALKS

These are open to everyone and are also MacMillan friendly. Walks are organized in various locations and at different times of the day to encourage physical activity and support wellbeing.

Run by trained *Paths for All* Walk Leaders, who adjust the pace, length, and route of each walk to the participants' abilities and weather conditions.

