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| Logo  Description automatically generatedNewsletter |
| Latest News: |
| We are now on [Instagram](https://www.instagram.com/aclcommunityandfamilylearning) where you can find short videos, more information and share your ideas. [**Adult Community Learning**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Faclessex.com%2F&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455235415%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=0spVW8N9RN105QYS6POmLNaILiEF35YKlszqOOL%2BOUA%3D&reserved=0) Essex are running over ***50 sessions*** throughout November /early December in support of [community and family learning.](https://aclessex.com/community-family-learning/) These sessions cover an ***impressive range of areas and ages***. Below is a summary of all the sessions with links for more information and to book a place.Any questions about any of the sessions contact: zoe.mallett@essex.gov.uk  or melissa.williamson@essex.gov.uk If you would like something specific for your school/organisation delivered either face to face or virtually please contact us.Also join our [Facebook pages](https://www.facebook.com/groups/552150055488898/) and [Instagram](https://www.instagram.com/aclcommunityandfamilylearning) for more information on any of our sessions.  |
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| November/December: |
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| **Mon 1st Nov** | **Tues 2nd** | **Wed3rd** | **Thurs 4th** | **Fri 5th** |  |
|  |  |  |  | **Storytime Fun****Time** 9:00 – 11:00**Venue**: ACL Maldon  The Friary  Carmelite WayMaldon  Essex CM9 5FJFor more information click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DGFL5A04Y21%26NAME%3DFL%2BStorytime%2BFun%26ID1%3D9000%26ID2%3D270808%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455255331%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=LRPJ20NuQfAisxj85FerxwZhl19YUn5tBDlnYvmOETU%3D&reserved=0) |  |
| **Mon 8th Nov** | **Tues 9th** | **Wed 10th**  | **Thurs 11th** | **Fri 12th** |  |
| **Helping children build self esteem****Time:** 9:30 – 11.30For more info & to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A10Y21%26NAME%3DFL%2BHelping%2BChildren%2Bbuild%2Bself%2Besteem%26ID1%3D9000%26ID2%3D270809%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455285201%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JAMlL0YB9rFCmrdP7Uzze9nbVfeHDaRaAAOwROwZsn0%3D&reserved=0) | **Flying Start for Reception****Time:** 9:30 – 11:30**Duration:** 3 sessons over 3 weeks**Venue:** ACL Chelmsford  Beeches Close  ChelmsfordEssex  CM1 2SB  For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DCFL2A01Y21%26NAME%3DFL%2BFlying%2BStart%2Bfor%2BReception%26ID1%3D9000%26ID2%3D270816%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455334980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xHI5Jw7KN7cpTzNw0lCLTjbNzOGJFrKdHD7JMeSnYFg%3D&reserved=0) | **Healthy Minds Part 1****Time:** 9:30 – 11:30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A28Y21%26NAME%3DFL%2BHealthy%2BMinds%2BPart%2B1%26ID1%3D9000%26ID2%3D270485%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455364856%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=OoaK%2FDeOronciYWwY%2BxKiOfKVbeLNGhh2BsDrGUgd2M%3D&reserved=0) | **Keeping Children Safe on the Internet****Time:** 12:30 – 14:30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL4B10Y21%26NAME%3DFL%2BKeeping%2BChildren%2BSafe%2Bon%2Bthe%2BInternet%26ID1%3D9000%26ID2%3D269931%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455305110%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Mn1lWx8QyNB1fEbcRF4FHQ4C3CAFYyb3dpORu5JtFms%3D&reserved=0) | **Storytime Fun****Time** 9:00 – 11:00**Venue**: ACL Maldon  The Friary  Carmelite WayMaldon  Essex CM9 5FJFor more information click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DGFL5A04Y21%26NAME%3DFL%2BStorytime%2BFun%26ID1%3D9000%26ID2%3D270808%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455364856%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=RWCm8cTeu8LH1wZrZcXUFhKX399ZhCLPnxoq%2BRhc6I4%3D&reserved=0) |  |
| **Relationship & Sex Education Workshop** **Time:** 9:30 – 11.30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A11Y21%26NAME%3DFL%2BRelationship%2B%2526%2BSex%2BEducation%2BWorkshop%26ID1%3D9000%26ID2%3D270810%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455315107%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=prRNpouKkpdkSrGirCxr%2BxFAKFUJwRmWzqEzhtWyTV0%3D&reserved=0) | **Supporting Teens Learning****Time:** 9.30 – 11:30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2A11Y21%26NAME%3DFL%2BSupporting%2BTeens%2BLearning%26ID1%3D9000%26ID2%3D270813%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455325025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=8j42TV1yFSCMR%2BsqUygf8bRt30%2BxC1STvUkr2yJqlgQ%3D&reserved=0) | **Get ahead this Christmas****Time:** 12:30 – 14:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3B06Y21%26NAME%3DFL%2BGet%2BAhead%2Bthis%2BChristmas%26ID1%3D9000%26ID2%3D269928%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455344938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Tc9T7zZ%2B7KlIZDhoPNEHjbcC8zJKYpKxRoaDJjNeI1g%3D&reserved=0) | **Parents and Kids Together****Time: 16:30 – 18:30**Join ACL with your children for an hour of fun - each month a different activityFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL4B13Y21%26NAME%3DFL%2BParents%2Band%2BKids%2BTogether%26ID1%3D9000%26ID2%3D270819%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455354895%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2FNBPj6z7TzanXvPihv9XL5jxWB2Gm8iGQdMT0jCJZrA%3D&reserved=0) | **Setting Boundaries****Time:** 9:30 – 11:30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL5A07Y21%26NAME%3DFL%2BSetting%2BBoundaries%26ID1%3D9000%26ID2%3D270821%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455315107%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2FcYzpaFeeeie%2BOYiH5pxUuzD4t9pdtwniFN%2BDmC%2Fx4U%3D&reserved=0) |  |
| **Early Maths for EYFS** **Time:** 9:30 – 11:30**Duration:** 2 sessions over 2 weeksFor more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A30Y21%26NAME%3DFL%2BEarly%2BMaths%2Bfor%2BEYFS%26ID1%3D9000%26ID2%3D270818%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455374811%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=opegRj3O%2BxYvPMysoHcQqHt3ctEflPvTAnlIdu1c%2BlA%3D&reserved=0) | **Bullying!****Time:** 13:00 – 15:00For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2B10Y21%26NAME%3DFL%2BBullying%2521%26ID1%3D9000%26ID2%3D270815%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455295155%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=lNo4Zqf%2FtniCOVDsDMTEgHN71ha8chzoYKS08uz19rA%3D&reserved=0) | **First Aid Workshop****Time:** 12:30 – 14:30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3B07Y21%26NAME%3DFL%2BFirst%2BAid%2BWorkshop%26ID1%3D9000%26ID2%3D269930%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455354895%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=5S1%2BkMgI3YT4VVbV64zHcqyaG6tiATeuO%2BF5U5US7dA%3D&reserved=0) |  |
| **Autism In Women and Girls****Time:** 12:30 – 14:30For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1B04Y21%26NAME%3DFL%2BAutism%2BIn%2BWomen%2Band%2BGirls%26ID1%3D9000%26ID2%3D270811%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455325025%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=fMZhvQf%2BD2FNqvqyaUOtVZ0okiXPqZ5Fp8kilCTf3vI%3D&reserved=0) | **Time for You****Time: 19:00 – 21:00****Duration**: 2 sessions over 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3C03Y21%26NAME%3DFL%2BTime%2Bfor%2BYou%26ID1%3D9000%26ID2%3D270817%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455295155%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=b%2FIqGZZQLIkmdEdBdv3Qyr2qdeHDMMZnQArhecEhXbM%3D&reserved=0) |  |
| **Baby and Toddler Talk****Time:** 19:00 – 21:00For more info and to book a place click[**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1C03Y21%26NAME%3DFL%2BBaby%2Band%2BToddler%2BTalk%26ID1%3D9000%26ID2%3D270812%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455344938%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=lqo7cdud6cLwYyF956POG3CjMxYQhUuM2R9w%2FDSMxAA%3D&reserved=0) |  |
| **Mon 15th** | **Tues 16th** | **Wed 17th** | **Thurs 18th** | **Fri 19th** |  |
| **Positive Relationships****Time:** 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A12Y21%26NAME%3DFL%2BPositive%2BRelationships%26ID1%3D9000%26ID2%3D270822%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455414630%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6veW8GzLOWIRZThWvYvogD%2F1kFo1juPYpuypzr4rwiM%3D&reserved=0) | **Building your Self Confidence****Time**: 9:30 – 11:30**Duration**: 2 sessions over 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2A12Y21%26NAME%3DFL%2BBuilding%2Byour%2BSelf%2BConfidence%26ID1%3D9000%26ID2%3D270825%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455384760%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Li8SRdlKQE0dpb6dMcfoWFUPL6ywBYO5SYjgiQbQ%2Fm4%3D&reserved=0) | **Healthy Minds Part 2****Time:** 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A32Y21%26NAME%3DFL%2BHealthy%2BMinds%2BPart%2B2%26ID1%3D9000%26ID2%3D270829%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455394715%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=MP1VUAznSLUhBIr%2BXFHDbaACrxcCSb2lazC06VhT%2FT4%3D&reserved=0) | **Homemade gifts for Christmas**Time: 16:30 – 18:30Venue: ACL Witham  Spinks Lane  WithamEssex  CM8 1EP  For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DJWL4B04Y21%26NAME%3DFL%2BHomemade%2Bgifts%2Bfor%2BChristmas%26ID1%3D9000%26ID2%3D270832%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455394715%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=pPMyMP%2FQkQkS03OUldBZvCkK1EiohaPxPM9s9qnXVoA%3D&reserved=0) | **Storytime Fun****Time**: 9:00 – 11:00**Venue**: ACL Maldon  The Friary  Carmelite WayMaldon  Essex CM9 5FJFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DGFL5A09Y21%26NAME%3DFL%2BStorytime%2BFun%26ID1%3D9000%26ID2%3D270835%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455404676%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=bXIsPHDu4qswURxO5nDbzw6GSNF2Ssu9LaQPVIMwTZ4%3D&reserved=0) |  |
| **Supporting Siblings of SEND****Time**: 12:30 – 2:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1B05Y21%26NAME%3DFL%2BSupporting%2BSiblings%2Bof%2BSEND%26ID1%3D9000%26ID2%3D270823%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455384760%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=xGNlRYF%2B2Eao1vPNRm3LlNasoXf3NonnncehLAcR1RQ%3D&reserved=0) | **Time Management for Christmas****Time:** 9:30 – 11:30**Duration:** 2 sessions over to 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A31Y21%26NAME%3DFL%2BTime%2BManagement%2Bfor%2BChristmas%26ID1%3D9000%26ID2%3D270824%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455434529%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=QEJkSFHCEOusPIuJ%2BLXw9QrDfBNUKjZBcNfe5B0hksw%3D&reserved=0) | **Emotional Wellbeing Parents & Carers****Time:** 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A27Y21%26NAME%3DFamily%2BLearning%2BEmotional%2BWellbeing%2BParents%2B%2526%2BCarers%26ID1%3D9000%26ID2%3D270468%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455444489%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=WJhGxXeEdXhv2pnkRCFPcfr%2Fwfl0DDDCb3udCt8hTa0%3D&reserved=0) |  | **Emotional Wellbeing KS2****For 4 weeks****9:30-11:30am****Time: 9:30-11:30****Duration: 4 sessions over 4 weeks****For more info and to book a place click** [**here**](https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL5A08Y21&NAME=FL+Emotional+Well+Being+KS2&ID1=9000&ID2=270834&ID3=1) |  |
|  | **Understanding Children****Time:** 13:00 – 15:00**Duration:** 4 sessions over 4 weeks**Venue:** ACL Maldon  The Friary  Carmelite WayMaldon  Essex CM9 5FJFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DGFL2B01Y21%26NAME%3DFL%2BUnderstanding%2BChildren%26ID1%3D9000%26ID2%3D270827%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455444489%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=q0g4mim9jEkpSrBnGLyKBBr3zBvgoRTM4RQmj4z6whY%3D&reserved=0) | **Family STEM Activities:****Time: 18:00-20:00****For more info and to book a place click** [**here**](https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3C04Y21&NAME=FL+Family+STEM+Activities&ID1=9000&ID2=270830&ID3=1) |  |  |  |
|  | **Managing Teens Anxiety****Time:** 19:00 – 21:00For more info and to book a place click**Duration**: 4 sessions over 4 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2C01Y21%26NAME%3DFL%2BManaging%2BTeens%2BAnxiety%26ID1%3D9000%26ID2%3D270487%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455424576%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AdNFU6suseGARH3jF2saeQA8ZfXk9GS7VWiYxsPunVQ%3D&reserved=0) |  |  |  |  |
| **Mon 22nd** | **Tues 23rd** | **Wed 24th** | **Thurs 25th** | **Fri 26th** |  |
| **Language Boost for EYFS and KS1** **Time**: 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A13Y21%26NAME%3DFL%2BLanguage%2BBoost%2Bfor%2BEYFS%2Band%2BKS1%26ID1%3D9000%26ID2%3D270837%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455484317%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=p6Vwo%2FdA4uFRUBzZY2%2BReEUzOdt2tz08bbAIVneV0L4%3D&reserved=0) | **Emotional Well Being KS1****Time**: 9:30 – 11:30**Duration**: 4 sessions over 4 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2A14Y21%26NAME%3DFL%2BEmotional%2BWell%2BBeing%2BKS1%26ID1%3D9000%26ID2%3D270839%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455454452%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=kpBFNlWE%2F9TJMZMm68vTwLMVxTkz6krn2NoqPoGF6wI%3D&reserved=0) | **Winter Wellbeing****Time: 10:00 – 12:00**For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A17Y21%26NAME%3DFL%2BWinter%2BWellbeing%26ID1%3D9000%26ID2%3D269933%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455464411%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=RrZBqr4WDdVMHE4Xs2mDbN0E8BB3z8Kmb3IsX0XUazc%3D&reserved=0) | **Mindfulness for beginners** **Time**: 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL4A13Y21%26NAME%3DFL%2BMindfulness%2Bfor%2Bbeginners%26ID1%3D9000%26ID2%3D270842%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455464411%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=dJ2D0Or4YTrYzINtd2BlAZmkTZoF12nNxKRdJORWD5A%3D&reserved=0) | **Nursery rhyme Sing Along and Crafts****Time**: 9:00 – 11:00**Venue**: ACL Maldon  The Friary  Carmelite WayMaldon  Essex CM9 5FJFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DGFL5A06Y21%26NAME%3DFL%2BNurseryrhyme%2BSing%2BAlong%2Band%2BCrafts%26ID1%3D9000%26ID2%3D270843%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455474370%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=abyeB0CzEQ%2BgBsfNNvUb0LgOkwKOR9VUOItDWX9vTb0%3D&reserved=0) |  |
| **Understanding Teens Part 1****Time**: 9:30 – 11:30**Duration**: 2 sessions over 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A16Y21%26NAME%3DFL%2BUnderstanding%2BTeens%2BPart%2B1%26ID1%3D9000%26ID2%3D270836%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455494266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=NFFnGpCNl37ZxdVPi%2BlZWh%2BDZLjelSIS6r6WWbDm%2BCk%3D&reserved=0) | **Talking So Your Children Will Listen** **Time**: 18:30 – 20:30**Duration**: 2 sessions over 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2C10Y21%26NAME%3DFL%2BTalking%2BSo%2BYour%2BChildren%2BWill%2BListen%26ID1%3D9000%26ID2%3D270841%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455484317%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=3l2y5dmC8jxgSlGNR%2Bvm4dvyzVgRF08J6FD6MyziRAE%3D&reserved=0) |  | **Keeping Up With Children Maths KS1****Time**: 9:30 – 11:30**Duration**: 4 sessions over 4 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A34Y21%26NAME%3DFL%2BKeeping%2BUp%2BWith%2BChildren%2BMaths%2BKS1%26ID1%3D9000%26ID2%3D270867%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455494266%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=EluB42skffqF%2BUYPX4H8FQg9oV36CFxX4Yp%2FlVfUKC4%3D&reserved=0) |  |  |
| **Sibling Rivalry****Time**: 19:00 – 21:00**Duration**: 2 sessions over 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1C06Y21%26NAME%3DFL%2BSibling%2BRivalry%26ID1%3D9000%26ID2%3D270838%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455454452%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=jqWyOrm%2BPxtywwaRT3FkYF6wGcJWrcHUBrooUCtCauE%3D&reserved=0) |  |  |  |  |  |
| **Mon 29th** | **Tues 30th** | **Wed 1st Dec** | **Thurs 2nd** | **Fri 3rd** | **Sat 4th**  |
| **Numeracy Boost for EYFS and KS1****Time**: 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A14Y21%26NAME%3DFL%2BNumeracy%2BBoost%2Bfor%2BEYFS%2Band%2BKS1%26ID1%3D9000%26ID2%3D270844%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455514195%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=BFXxFtTJQhvqjL3WX9VJfrJ3rzDUAbqefTOVclPN90M%3D&reserved=0) | **Understanding ADHD****Time**: 9:30 – 11:30**Duration**: 2 sessions over 2 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL1A14Y21%26NAME%3DFL%2BNumeracy%2BBoost%2Bfor%2BEYFS%2Band%2BKS1%26ID1%3D9000%26ID2%3D270844%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455514195%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=BFXxFtTJQhvqjL3WX9VJfrJ3rzDUAbqefTOVclPN90M%3D&reserved=0) | **Supporting Teens Mental Health****Time**: 9:30 – 11:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3A35Y21%26NAME%3DFL%2BSupporting%2BTeens%2BMental%2BHealth%26ID1%3D9000%26ID2%3D270847%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455544066%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=FQBVCNLhz848jhLKVzDfb9G0ahcuKucaUUArQsMXNGk%3D&reserved=0) |  | **Festive Fun For the Under Fives****Time**: 9:00 – 11:00**Venue**: ACL Maldon  The Friary  Carmelite WayMaldon  Essex CM9 5FJFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DGFL5A07Y21%26NAME%3DFL%2BFestive%2BFun%2BFor%2Bthe%2BUnder%2BFives%26ID1%3D9000%26ID2%3D270849%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455544066%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Q8PQoU9P1R5%2FmJyQDUlyzOPe2LN8Svz20dLo32DXPpw%3D&reserved=0) |  |
|  | **First Aid Workshop****Time: 12**:30 – 14:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL2A13Y21%26NAME%3DFL%2BFirst%2BAid%2BWorkhop%26ID1%3D9000%26ID2%3D270828%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455414630%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=9hGKfSgXXsj3USayID4piURzZxYXZkqDdv5dntHNiRI%3D&reserved=0) | **Christmas Crafts**Time:10:00-12:00Duration: 3 sessions over 3 weeks**For more info and to book a place click** [**here**](https://courses.aclessex.com/CourseDetailsView.asp?CODE=DOL3A18Y21&NAME=FL+Christmas+Crafts&ID1=9000&ID2=269934&ID3=1) |  | **Healthy Eating at Christmas****Time**: 9:30 – 12:30For more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL5A10Y21%26NAME%3DFL%2BHealthy%2BEating%2Bat%2BChristmas%26ID1%3D9000%26ID2%3D270848%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455524138%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=NLDgP5Rk%2B78AvYcX5YPWp%2Fa110QVahNKEpYsY0Qp8QA%3D&reserved=0) | **Brightlingsea Library****Xmas Crafts**Time: 10:00-12:00For more info and to book a place click [here](https://courses.aclessex.com/CourseDetailsView.asp?CODE=DWL6A03Y21&NAME=FL+Christmas+Crafts&ID1=9000&ID2=270890&ID3=1) |
|  |  | **Christmas Cooking** **Time**: 12:30 – 14:30**Duration**: 3 sessions over 3 weeksFor more info and to book a place click [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FCourseDetailsView.asp%3FCODE%3DDOL3B08Y21%26NAME%3DFL%2BChristmas%2BCooking%26ID1%3D9000%26ID2%3D269935%26ID3%3D1&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455524138%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=aH1LjAF6BYFdxcgGZ1HAPYeZmW1YSg8nD5ZvK91JuRI%3D&reserved=0) |  |  |  |
| To check out what other courses ACL are running you can view their full course list [**here**](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcourses.aclessex.com%2FAvailableCoursesList.Asp%3FRESETLIST%3DTRUE%26COL%3DNameDisplay%26SRT%3DASC&data=04%7C01%7C%7C66c0800074c24b8b9ac908d99d36e964%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637713681455554016%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=k7IKLElcP6gk0NhjZha7ssxSyMN8LQAvyaCp7sZhqbc%3D&reserved=0) |

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| Please do cascade this bulletin to your colleagues and if they would like to be ***added*** to our distribution list please drop us a line. 😃And if you would like be ***removed*** from our distribution list – also let us know 😝 All the best… **The ACL Essex Community and Family Learning Team** **aclfamilylearning@essex.gov.uk** |