

# OVERVIEW: ADULT LEARNERS WEEK 2014 - THE LEARNING FESTIVAL

## Adult Learners Week is all about:

- Celebrating and Recognising the achievements the of people who find the time and energy to learn something new each year and whose stories provide the inspiration to encourage others to give learning a go
- Fostering and Promoting thousands of taster sessions, talks, tours, demonstrations and “have a go” opportunities for would be learners

## Five Ways to Wellbeing

Health Education North West is celebrating and promoting the national learning campaign Adult Learners Week in 2014 because learning is good for everyone. But we need your help to share the thousands of FREE learning and “have a go” opportunities which will be available throughout May and June and especially during Adult Learners Week 14-20 June.

The New Economics Foundation (NEF) outlined five simple things we can all do in our everyday lives to promote wellbeing and learning is a key to them all. Adult Learners Week therefore provides an ideal opportunity for Health Education North West to promote the benefits of learning through a clear articulation of Five Ways to Wellbeing.

## Free On-line Events Calendar and Careers Advice

We would like to hear about all kinds of learning events in the workplace and/or community that you may be involved with. To help you to spread the word Health Education North West is working with the national charity, the National Institute for Adult Continuing Education (NIACE) to provide access to a FREE online events calendar, telephone help line and careers advice. For more information on how to add or find an event see: [www.alw.org.uk/events](http://www.alw.org.uk/events)

## Event Highlights

There is a lot going on and the range of activity is incredibly diverse, so these are a just a few of the emerging highlights:

### Resilience Masterclass

- **When:** 1 May, 10am or 2pm
- **What:** A highly interactive workshop with international author Liggy Webb
- **Where:** Manchester Museum, The University of Manchester
- **Why:** Everything you want to know about managing change when everything is changing around you; including how to build your own toolkit of resources for coping with challenging and changing times
- **How:** Email [nwadultlearningconsortium@gmail.com](mailto:nwadultlearningconsortium@gmail.com) specifying the preferred timing

### Making Headway-Bringing Hatting Home

- **When:** 17 May, 1.30pm and 2.30pm
- **What:** Hold on to your hats for this spectacular and breath taking cat walk show featuring over fifty new millinery creations
- **Where:** St Mary's Church, The Historic Marketplace, Stockport
- **Why:** Be the first to see these new millinery creations inspired by the Hat Works unique museum collection and archive
- **How:** No need to book, just turn up. Telephone for more information: 0161 474 2399



## You Are My Sunshine

- **When:** 24 May, 2 - 4pm
- **What:** An event promoting the value of live music to people living with dementia. Experience everything from big bands and small acoustic ensembles, to the Sunshine Choir (people living with dementia) and hands on percussion workshops
- **Where:** Manchester Art Gallery, Mosley Street, Manchester
- **Why:** See how music can bring the person out of the patient. Find out about dementia
- **How:** No need to book, just turn up. Telephone for more information: 0161 235 8888

## Getting to Know a Poem

- **When:** 16 to 20 June, various workshops
- **What:** Five informal and friendly explorations of some of Wordsworth's best poems
- **Where:** Dove Cottage, Grassmere, Cumbria
- **Why:** Try something new and discover the power of poetry
- **How:** Booking required, contact The Wordsworth Trust on 015394 35544 or [enquiries@wordsworth.org.uk](mailto:enquiries@wordsworth.org.uk)

## Singing in the City

- **When:** 15 June, 1pm - 4pm
- **What:** A veritable singing extravaganza with all kinds of people singing all kinds of song
- **Where:** The Great Hall, The Royal Exchange Theatre, Manchester
- **Why:** Try something new and discover the power of poetry
- **How:** If you want to get involved email [nwadultlearningconsortium@gmail.com](mailto:nwadultlearningconsortium@gmail.com). Otherwise, just turn up with open ears

## Merseyside Cross Sector Learning Consortia

- **When:** 20 June, 10am - 4pm
- **What:** A Museum take over with market place activity and hands on immersive learning for all
- **Where:** World Museum, William Brown Street, Liverpool
- **Why:** Not sure what learning opportunity is available and who is doing what? Pop in!
- **How:** To book a market place stall see: [eventbrite.co.uk/e/adult-learners-week-2014-tickets-10925170479](http://eventbrite.co.uk/e/adult-learners-week-2014-tickets-10925170479). If you want to indulge your senses and expand your experiences just turn up

**Don't forget this is only a snapshot!**

**Be inspired. Get involved. Take part.**

\*Please note that event information is subject to change.



Hat designed by Margaret Woodliff-Wright. Photography by: Mark Winterbourne