

Support Networks

This week we have some exciting news as we have launched our new Facebook page where you will be able to access support for working with your children, advice, tips and so much more!

In addition there are some more valuable support networks you may find useful.

Welcome to our new Facebook page

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



Please tell everyone about our new Facebook page: like it, share ideas and stay connected.

We are currently in the process of preparing some workshops which we will run on Facebook, so watch this space!

Would you like to take part in online activities with your children during the day or would you like some parent only time in the evening?

What support do you need? Phonics, maths, English, parenting or health and well-being?

Send us a message and tell us what we can do to help and support you through family learning.

Luton Adult Learning

Domestic violence

If you or anyone you know needs help and support there is a link below to

Luton All Womens Centre

[http://
www.lutonallwomenscentre.org.uk/
domestic_abuse.php](http://www.lutonallwomenscentre.org.uk/domestic_abuse.php)

Support for Children

For baby equipment, parent chats and online youth groups.

<https://www.weareluton.org/>

For 1:1 online mentoring, and digital online sessions.

gemma.milligan@youthscape.co.uk

Financial support

Citizen Advice Luton for food bank referrals, money and benefit advice.

[https://www.citizensadvice.org.uk/
local/luton/](https://www.citizensadvice.org.uk/local/luton/)

Luton food bank

<https://lutonfoodbank.org.uk/>

Well being

Tips for well being:

[https://www.nhs.uk/oneyou/every-
mind-matters/coronavirus-covid-19-
staying-at-home-tips/](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)

For mental health concerns:

<https://www.mind.org.uk/>

For advice ,support and help with living with phobias:

www.nopanic.org.uk

If you need some more support or have any suggestions of how we can help you, email us a line at info@lutonacl.ac.uk and we will try to support you or signpost you to suitable alternative support.

Our next issue will be out on Monday 11th May

www.lutonacl.ac.uk