



# **A Guide to Courses**

**New Year 2018**

## Contents:

Sign up Now! .....	4
How to Enrol .....	5
Applying in Person .....	5
Applying by Post .....	5
Applying by Phone .....	5
Who can apply? .....	6
Orkney Islands Council: Concessions .....	6
Special Requirements .....	6
Closing date for enrolments .....	6
Confirmation of a place on a course.....	6
Refunds.....	6
This Year's Community Learning Programme .....	7
The Benefits of Community Learning .....	7
Courses at Orkney College.....	9
Payment.....	9
SDS Individual Learning Accounts (ILA) .....	9
Certificated Courses.....	9
A18: CMI (Chartered Management Institute) Improving Team Performance.....	9
Non-certificated Courses.....	10
OC04: Social Media for Beginners.....	10
OC05: Introduction to Archaeology.....	10
OC06: Pictish Problems?.....	10
OC07: Learn Norwegian .....	11
The Learning Link .....	12
Senior Computer Club.....	12
Health and Wellbeing Courses .....	13
Daytime and Evening Courses at your Local School or Community Hall.....	14
Dounby Community School.....	14
DB03: Yoga (ActiveLife) .....	14
DB04: Yoga (ActiveLife) .....	14
Evie Community School .....	14
EV02: Advanced Word Processing – Part 1 .....	14
King Street Halls .....	15
B152: Painting and Drawing for Pleasure .....	15
B153: Painting and Drawing for Pleasure .....	15
B154: Painting and Drawing for Pleasure .....	15
B155: Fun with Water Colours.....	15

B172: Complete Beginners Art Class .....	16
B156: German for Beginners .....	16
B157: Intermediate German .....	16
Kirkwall Community Centre .....	16
B139: Yoga (ActiveLife) .....	16
B140: Yoga (ActiveLife) .....	17
B141: Tai Chi (ActiveLife) .....	17
B142: Fibre Craft .....	17
B143: Traditional Orkney Straw Work.....	18
B144: French for Beginners.....	18
B145: Intermediate French .....	18
B168: Gentle Remedial Yoga (ActiveLife) .....	18
Kirkwall Grammar School.....	19
B146: An Introduction to BSL Part 2.....	19
B147: Learn Indian Head Massage .....	19
B149: Introduction to Cartoon Drawing.....	19
B150 Aspects of Culture, Heritage and Tourism in Orkney .....	19
B151: Aromatherapy.....	20
Orkney College .....	20
B159: Breaking the Cycle of Depression .....	20
Orkney Library and Archive.....	20
B135: Meditation for Experienced Practitioners (ActiveLife).....	20
B136: Meditation for Experienced Practitioners (ActiveLife).....	21
B137: Exploratory Creative Writing.....	21
B138: Continuing Creative Writing.....	21
On Location.....	21
B167: Finding Wildflowers, Plants and Trees in Spring.....	21
Rousay Community School.....	22
RS02: Yoga (ActiveIslands).....	22
Shapinsay Community School .....	22
SH02: Yoga (ActiveIslands).....	22
St Magnus Centre .....	22
B158: Practical Traditional Storytelling .....	22
Stromness Academy .....	23
B160: Aromatherapy an Introduction .....	23
B161: Yoga (ActiveLife).....	23
B162: Upholstery and Furniture Restoration.....	23
B163: Tai Chi (ActiveLife).....	23

B164: Interactive Digital Media Makey-Makey! .....	24
B165: Beginners Social Media (How to impress your 7 year old!) .....	24
B171: Art Class.....	24
Stromness Town Hall .....	25
B169: Yoga (ActiveLife) .....	25
B170: Yoga (ActiveLife) .....	25
Stromsay School .....	25
ST01: Furniture Upcycling and Restoration / Wildlife Painting.....	25
Community Learning and Development.....	26
Course Application Form 2017 to 2018.....	27

## **Sign up Now!**

All courses are available for booking from Monday 8 January 2018.

Welcome to the new Community Learning Guide for New Year 2018. This guide contains our New Year programme of courses, drawn together by the Council's Community Learning and Development service with Orkney College, ActiveLife, ActivesIslands, local schools, Community Associations and Community Centres.

All courses are offered subject to demand. When courses fill quickly we will try to arrange additional classes, although this is not always possible.

Although a closing date of Friday 19 January is applied, students can re-register for another course if their first choice is cancelled or full.

The message is - It pays to enrol early!

The courses at Orkney College UHI includes a class that may be partly financed using an ITA (Individual Training Account). Details of how to apply to ITA are given in the Orkney College section of this guide.

All other courses, including non-certificate courses at the college, may be booked using the application form available on the same web page as this document, claiming Council Concessions, if you are eligible.

This year we are continuing to work in partnership with ActiveLife and ActivesIslands which allows anyone with either or Family Membership to enrol for our Health and Wellbeing classes as part of your membership at no additional cost. If you are a current ActiveLife/ActivesIslands Budget member you are eligible for a concession rate of 50p per session.

Further copies of the Guide to Courses may be obtained from the Orkney Islands Council Customer Services, Orkney Library and Archive, Warehouse Buildings, Stromness, Orkney College, Skills Development Scotland and various other locations.

If you can't locate a copy, please contact:

- Customer Services, Council Offices, Kirkwall, KW15 1NY.
- Telephone enquiries: 01856873535.

## **How to Enrol**

Contact Orkney College to apply for courses at the College including 'A' reference and 'OC' reference courses. For courses at all other Centres, please contact Customer Services at Orkney Islands Council, Kirkwall or at Warehouse Buildings, Stromness.

### **Closing date for enrolment: Friday 19 January (for most courses).**

Full course fees or the initial instalment must be paid at the time on enrolment. You will need to give details of your debit or credit card to enrol by phone. Course fees can be paid in full or by instalments (50% initially and two further invoiced 25% payments). If you wish to pay in instalments please request this option at the time of enrolment. This option also applies to concessionary students.

Concessions are available on classes for participants who are eligible to receive Orkney Islands Council's Christmas Grant or for applicable courses, those eligible for the ActiveLife/Islands Budget Scheme.

### **Applying in Person**

To find out more about courses or to book a course in person visit:

- Orkney College UHI reception desk, East Road, Kirkwall, Orkney, KW15 1LX for all their courses.
- The Council's main reception desk at Customer Services, Council Offices, School Place, Kirkwall, Orkney, KW15 1NY, or Warehouse Buildings, 2-12 Victoria Street, Stromness, Orkney, KW16 3AA for courses at all other centres.

Full course fees must be paid at the time of enrolment.

### **Applying by Post**

To apply by post, complete the application form available on the same web page as this document, claiming Council Concessions if you are eligible, and send it with your payment to:

- Orkney College UHI, East Road, Kirkwall, Orkney, KW15 1LX, for non-certificate courses at Orkney College UHI.
- Customer Services (Course Applications), Council Offices, Kirkwall, Orkney, KW15 1NY, for all other courses.

Full course fees must be paid at the time of enrolment. Cheques should be made payable to Orkney Islands Council.

### **Applying by Phone**

To find out more about courses or to book a course by phone contact:

- For courses at Orkney College UHI, telephone (01856) 569000.
- For all other courses, telephone Customer Services on (01856) 873535.

Full course fees must be paid at the time of enrolment. You will need to give details of your debit or credit card to enrol by phone.

## **Who can apply?**

Courses are aimed at young people and adults. Young people in S3 (aged 14 years) and above may apply although there may be further restrictions on applications for some courses.

## **Orkney Islands Council: Concessions**

Please note Council Concessions are not available on 'A' reference courses.

You are entitled to apply for a 50% concessionary rate if you are any of the following:

- A person aged 60 years or over AND receiving Pension Credit.
- A disabled person aged 18 years or over.
- A parent of a disabled child under 18 years.

More specifically, if any of the following applies to you, you pay only 50% of the costs of the course fees:

- I am aged 60 years or over and receive Pension Credit.
- I receive Attendance Allowance.
- I / my child receive(s) Disability Living Allowance or Personal Independence Payment.
- I receive Employment and Support Allowance or Personal Independence Payment.
- I received Severe Disablement Allowance (this may also be called Employment and Support Allowance).
- I am / my child is Registered Blind.

You must be an Orkney resident to claim Council Concessions. You may be asked to provide proof of eligibility to claim concessions.

**All evening class students are expected to provide their own books and materials for courses.**

## **Special Requirements**

Please contact Customer Services or Orkney College if you have any special requirements to enable you to attend your chosen course(s).

## **Closing date for enrolments**

Courses which fail to reach minimum numbers by Friday 19 January may be cancelled. All registered students will be informed and course fees will be refunded. Late enrolment may be possible if space allows, but courses may be cancelled if you don't enrol early.

## **Confirmation of a place on a course**

Applications are taken on a first come, first served basis. You will receive a receipt for payment of course fees and a letter confirming the proposed starting date and venue for your course(s). You will not be contacted again unless your course is cancelled.

## **Refunds**

Course fees are non-refundable, except in the event of a course having to be cancelled due to it failing to reach the minimum number of students required.

## **This Year's Community Learning Programme**

This Year's Community Learning Programme offers a varied selection of classes and courses, which gives the people of Orkney access to a diverse range of interests, from learning sign language to furniture restoration. So, if you want to discover the benefits of yoga, find out more about the remarkable flora and fauna that surrounds us in Orkney, or harness your creativity as an artist, these courses offer ample opportunity.

In this programme, we are delighted to welcome a number of new tutors who are offering some exciting new course opportunities. Learning Beginners Social Media, Interactive Digital Media – Makey-Makey, Storytelling, Indian Head Massage, Intermediate and Beginners French and German languages, Advanced Word Processing, Beginners Social Media or Furniture Upcycling, Restoration and Wildlife Painting are all new courses which we hope will generate lots of interest.

### **The Benefits of Community Learning**

The positive benefits of Community Learning should not be underestimated. Bringing people together helps build cohesive and supportive communities, increases people's confidence and can greatly improve physical and mental health.

The main benefits cited by respondents to the end of course questionnaires during 2016-17 were as follows:

A chance to get out and socialise.	78.40%.
Helps me stay healthy.	69.60%.
Meeting new people.	67.20%.
Helps keep me mentally active.	64.80%.
Learn new skills.	62.40%.
A sense of achievement.	54.40%.
Making new friends.	47.20%.
Feel more confident .	29.60%.
Progress to other learning.	10.40%.
Feel more able to learn.	9.60%.
A step back into learning.	8.80%.
Learning skills for work.	7.20%.
Gaining qualifications.	4.80%.



Some of the feedback comments received in the questionnaires included:

- "Satisfaction in learning a new talent/hobby".
- "A night out".
- "Inspires curiosity".
- "A time to relax and have fun".
- "I have just moved to Orkney, so this was a great opportunity to take advantage of Community Learning, meet new people and feel part of my new community".
- "Something to do on a weekend, especially in winter!"
- "You can learn for learning's sake".
- "A very great help in keeping fit and active".
- "Trying something totally new out of my comfort zone and being able to do this at home in the future".
- "Getting out of the house".
- "Sharing knowledge".
- "Increased sense of well-being, confidence and assertiveness."
- "Hugely positive!"

Kerry Spence, CLD Team Leader, Education, Leisure and Housing.

## **Courses at Orkney College**

For further information about courses at Orkney College or to reserve a place contact Tina Brown by telephoning 01856569206.

Please note all higher and national courses require students to work independently of the class and to be able to dedicate at least one additional evening a week for study. Details of start dates and times which are not supplied below, are available upon application.

### **Payment**

The total course fee must be paid before commencing a higher level course. Orkney College UHI Fee Policy states, "All students taking UHI courses are required to pay tuition fees which are due in full at enrolment, unless otherwise agreed in advance. The payment of fees is the responsibility of the student".

### **SDS Individual Learning Accounts (ILA)**

A replacement ILA scheme was launched in October 2017. The revised scheme will be called an Individual Training Account (ITA). If you are eligible then you will still be entitled to funding of up to £200 per year towards a course.

The differences are that you will only be able to do one course in any learner year, and that courses will be geared towards helping you with getting a job or progressing you in your career.

### **Certificated Courses**

Some certificated courses could be partially financed using a £200 learner account from ITA Scotland. In order to use your ITA Scotland discount, you must have your £200 learner account in place prior to the start of the course. For further information visit <https://www.myworldofwork.co.uk/learn-and-train/sds-individual-learning-accounts-ila> or contact the helpline on 08009178000.

The total course fee must be paid by students before commencing a higher level course. Orkney College UHI Fee Policy states that "all students taking UHI courses are required to pay tuition fees which are due in full at enrolment, unless otherwise agreed in advance. The payment of fees is the responsibility of the student".

### **A18: CMI (Chartered Management Institute) Improving Team Performance**

This SCQF Level 6, five week course covers the main issues relating to managing employee performance. There is a written assessment at the end of the course to gain the qualification. If you have previously completed the 'Introduction to First Line Management' qualification, then achievement of this course will upgrade your Award to a Certificate in First Line Management.

- Tutor: Mandy Smith.
- Wednesdays from 31 January (5 meetings) subject to numbers.
- 16:30 - 18:30.
- Course fee: £250.00.

## **Non-certificated Courses**

Non-certificate courses at Orkney College are offered in association with the Council's Community Learning and Development Service. Contact Tina Brown at Orkney College by telephoning 01856569206 for information or to reserve a place.

### **OC04: Social Media for Beginners**

The course aims to provide you with the skills and confidence to use various forms of Social Software based around: Facebook, Instant Messaging and Skype, Twitter, Blogs. You will also be aware of the safety and security implications of using these types of Social Software, have the knowledge to make informed choices about the level of engagement you choose to have and an understanding of the pros and cons of each social networking tool.

- Tutor: Susan Mackay.
- Wednesdays from 8 January (4 meetings).
- 17:30 - 20:00.
- Course fee: £65.00.

### **OC05: Introduction to Archaeology**

This new course, taught by leading practitioners and lecturers at the UHI Archaeology Institute, introduces the basic theory, methods and practice used in Archaeology. Areas covered include a theoretical overview, basic research, chronology, environmental archaeology, landscape archaeology, geophysics, finds and excavation. The aim is to provide an over-view of archaeology and archaeological practice for general knowledge and volunteering.

- Tutor: Various.
- Wednesdays (10 meetings) from February 2018.
- 19:00 - 21:00.
- Course fee: £100.00.
- Maximum of 12 students.

### **OC06: Pictish Problems?**

This course aims to discuss in detail some of the main outstanding problems in the study of the Picts. It will expand on some of the issues introduced in OIC's introductory evening class "Orkney and the Picts" and is primarily aimed at those who have either attended the introductory course, or who have some other experience in the study of history or archaeology. Each week, we will look at historical texts in translation, as well as selected articles by modern scholars.

- Tutor: Oisin Plumb.
- Wednesdays from 7 February (8 meetings).
- 19:00 – 21:00.
- Course fee: £80.00.
- Maximum: 12 students.

### **OC07: Learn Norwegian**

Through this improving beginners fun, informal course you will learn Norwegian, with a focus on everyday spoken conversation words of Norwegian already, or else have some familiarity with another similar language such as Swedish, Danish, German or Dutch.

- Tutor: Ragnhild Ljosland.
- Mondays from 22 January (10 meetings).
- 19:00 – 20:00.
- Course fee: £50.00.
- Maximum: 10 students.

## **The Learning Link**

- Do you want more from your life?
- Have you thought about improving your reading, writing or spelling skills?
- Does maths fill you with horror?
- Do you have to cope with your children's or grandchildren's homework?
- Do you need the skills to get a job?
- Is English your second language?

The Learning Link is a free, friendly and confidential service.

We can organise individual one-to-one tuition and short courses tailored to meet your needs.

Please phone, email or visit us at:

- The Learning Link, 1 St Rognvald Street, Kirkwall.
- Telephone: 01856879200.
- Email: [robin.caley@thelearninglink.org.uk](mailto:robin.caley@thelearninglink.org.uk) or [chrissie.matthews@thelearninglink.org.uk](mailto:chrissie.matthews@thelearninglink.org.uk)

## **Senior Computer Club**

This club aimed at seniors who wish for some help with computer skills recommences in the Kirkwall Community Centre in January 2018.

The opportunity to get help when using your laptop, iPad or tablet or just to come along to expand your skills, improve your confidence in using the internet or simply to be in a social setting awaits you. Free tuition and access to the internet is provided.

- Tutor: The Learning Link.
- When: Thursdays 1.30 – 3.00 p.m.
- Where: Kirkwall Community Centre.
- Start Date: Thursday 11 January 2018 – 15 March 2018 (10 weeks).

This is a free course.

It is essential to book a space by ringing 01856879200, popping in to 1 St Rognvald Street, Kirkwall or emailing [robin.caley@thelearninglink.org.uk](mailto:robin.caley@thelearninglink.org.uk) or [chrissie.matthews@thelearninglink.org.uk](mailto:chrissie.matthews@thelearninglink.org.uk).

## **Health and Wellbeing Courses**

Health and Wellbeing courses delivered in partnership with ActiveLife and ActivesIslands.

To book on any of these courses below please contact Customer Services at Orkney Islands Council on 01856873535.

If you are a current ActiveLife or ActivesIslands individual or family member you are eligible to attend the following Health and Wellbeing classes as part of your membership at no additional cost. If you are a current ActiveLife/ActivesIslands Budget member you are eligible for a charge of 50p per session.

If you are not a current ActiveLife/ActivesIslands member the cost of the course will be as stated below. If you wish to sign up for a membership or if you would like more information please phone 01856873535 or 01856879900 or visit <http://www.orkney.gov.uk/> or <http://www.pickaquoy.co.uk/>

If you have any health issues please consult your doctor or health professional before enrolling on the ActiveLife/ActivesIslands courses.

## **Daytime and Evening Courses at your Local School or Community Hall**

### **Dounby Community School**

#### **DB03: Yoga (ActiveLife)**

The emphasis in this class is on exploring how to move without strain on the body whilst developing strength, flexibility, stability and a sense of ease on a physical and mental level, with the aim of gaining a little more resilience to meet the challenges that life can throw at you. You will be encouraged to work hard at your own pace.

- Tutor: Mary Scott.
- Fridays from 26 January (8 meetings, excluding 9 March).
- 18:45 - 20:15.
- Course fee: £62.00.
- Maximum class size: 14 students.

#### **DB04: Yoga (ActiveLife)**

A class for all fitness levels and age groups. Flowing movements and sequences, with awareness of the breath, can create a feeling of energy and wellbeing, while relaxation sessions aim to wash away feelings of tension or stress.

- Tutor: Maureen Gray.
- Mondays from 5 February (6 meetings, excluding 26 February).
- 10:00 – 11:30.
- Course fee: £48.00.
- Maximum class size: 12 students.

### **Evie Community School**

#### **EV02: Advanced Word Processing – Part 1**

This course is based on Part 1 of the syllabus for ECDL Advanced Word. It will include: Customising the ribbon, adding hyperlinks to documents, text editing, paragraph editing, document set up, tables and referencing, including footnotes, tables of contents and cross referencing.

- Tutor: Helen Brown.
- Thursdays from 1 March (5 meetings).
- 19:00 – 20:30.
- Course fee: £ 40.00.
- Maximum class size: 8 students.

Students are advised to book before **14 February 2018**.

## **King Street Halls**

### **B152: Painting and Drawing for Pleasure**

Come and enjoy a morning exploring the joys of painting and drawing in whatever medium you like. All welcome from beginners to the more experienced.

- Tutor: Sheena Graham George.
- Wednesdays from 31 January (11 meetings excluding 28 March).
- 10:00 – 12:30.
- Course fee: £142.00.
- Maximum class size: 8 students.

Students to provide their own materials.

### **B153: Painting and Drawing for Pleasure**

Come and enjoy a morning exploring the joys of painting and drawing in whatever medium you like. All welcome from beginners to the more experienced.

- Tutor: Sheena Graham George.
- Wednesdays from 31 January (11 meetings).
- 13:30 – 15:30.
- Course fee: £114.00.
- Maximum class size: 8 students.

Students to provide their own materials.

### **B154: Painting and Drawing for Pleasure**

Come and enjoy a morning exploring the joys of painting and drawing in whatever medium you like. All welcome from beginners to the more experienced.

- Tutor: Sheena Graham George.
- Thursdays from 1 February (11 meetings excluding 5 April).
- 10:00 – 12:30.
- Course fee: £142.00.
- Maximum class size: 8 students.

Students to provide their own materials.

### **B155: Fun with Water Colours**

Following on from the successful Watercolours for Beginners class, this series of lessons is suitable for anyone who wants to explore watercolour in a traditional and non-traditional way – including working with mixed media.

- Tutor: Sheena Graham George.
- Thursdays from 1 February (4 meetings).
- 13:30 – 15:30.
- Course fee: £42.00.
- Maximum class size: 8 students.

Students to provide their own materials.



### **B172: Complete Beginners Art Class**

If you are a complete beginner and would like to try your hand at art, here is the ideal opportunity. Seven weeks of learning the skills and techniques to take your capabilities to another level. All welcome.

- Tutor: Sheena Graham George.
- Thursdays from 1 March (7 meetings) excluding 5 April.
- 13:30 – 15:30.
- Course fee: £74.00.
- Maximum class size: 8 students.

Students to provide their own materials.

### **B156: German for Beginners**

This 10 week course is intended for complete beginners. Students will learn basic communication useful for holiday and travel. This includes introducing yourself, ordering food and drink, making travel arrangements and booking accommodation. The main focus will be on talking and listening skills. No previous knowledge is required.

- Tutor: Dominique Walterson.
- Fridays from 26 January (10 meetings) excluding 16 February.
- 09:30 – 12:30.
- Course fee: £156.00.
- Maximum class size: 10 students.

### **B157: Intermediate German**

This 10 week course is intended for students with some previous knowledge of German. Students will learn how to describe people, how to tell the time and how to make reservations. They will express opinions in German and make comparisons. Students will also learn how to talk about holidays. The main focus will be on talking and listening skills. Some previous knowledge is required.

- Tutor: Dominique Walterson.
- Fridays from 26 January (10 meetings) excluding 16 February.
- 14:00 – 17:00.
- Course fee: £156.00.
- Maximum class size: 10 students.

### **Kirkwall Community Centre**

#### **B139: Yoga (ActiveLife)**

The emphasis in this class is on exploring how to move without strain on the body whilst developing strength, flexibility, stability and a sense of ease on a physical and mental level, with the aim of gaining a little more resilience to meet the challenges that life can throw at you. You will be encouraged to work hard at your own pace.

- Tutor: Mary Scott.

- Tuesdays from 30 January (8 meetings).
- 19:00 – 20:30.
- Course fee: £62.00.
- Maximum class size: 12 students.

### **B140: Yoga (ActiveLife)**

The emphasis in this class is on exploring how to move without strain on the body whilst developing strength, flexibility, stability and a sense of ease on a physical and mental level, with the aim of gaining a little more resilience to meet the challenges that life can throw at you. You will be encouraged to work hard at your own pace.

- Tutor: Mary Scott.
- Thursdays from 1 February (8 meetings).
- 11:30 – 13:00.
- Course fee: £62.00.
- Maximum class size: 12 students.

### **B141: Tai Chi (ActiveLife)**

Tai Chi is a Chinese form of exercise suitable for people of all ages. It enables us to develop a healthy body as well as an alert mind. The slow graceful movements of Tai Chi can help with general fitness and wellbeing, balance and stress reduction. The focus of the class will be learning the slow Tai Chi Short Form. Students will also learn a set of Qi Gong exercises and Tai Chi Pushing Hands.

- Tutor: Rhona Jenkins.
- Wednesdays from 24 January (10 meetings).
- 19:00 – 21:00.
- Course fee: £104.00.
- Maximum class size: 15 students.

### **B142: Fibre Craft**

This welcoming and enjoyable class offers a range of techniques and skills. Working with wool or other fibres, students can choose felting, knitting, crochet, spinning or weaving to create beautiful items.

- Tutor: Joy Livitt.
- Tuesdays from 6 February (7 meetings) excluding 27 February.
- 13:30 – 15:30.
- Course fee: £74.00.
- Maximum class size: 8 students.

Some fibres will be provided for basic skills tuition, but students should bring their own materials for project work. Looms and spinning wheels will be available at the venue.

### **B143: Traditional Orkney Straw Work**

On this course we aim to make a small round or oval basket. Once some experience is gained we can then go on to making bigger baskets and chair backs.

- Tutor: Sandra Higgins.
- Thursdays from 1 February (8 meetings) excluding 15 March.
- 14:00 – 16:00.
- Course fee: £84.00.
- Maximum class size: 10 students.

Starter packs are available from the tutor on the first night at a cost of £7.90.

### **B144: French for Beginners**

This 10 week course is intended for complete beginners. Students will learn basic communication useful for holiday and travel. This includes introducing yourself, ordering food and drink, making travel arrangements and booking accommodation. The main focus will be on talking and listening skills. No previous knowledge is required.

- Tutor: Dominique Walterson.
- Thursdays from 25 January (10 meetings) excluding 15 February.
- 09:30 – 12:30.
- Course fee: £156.00.
- Maximum class size: 10 students.

### **B145: Intermediate French**

This 10 week course is intended for students with some previous knowledge of French. Students will learn how to describe people, how to tell the time and how to make reservations. They will express opinions in French and make comparisons. Students will also learn how to talk about holidays. The main focus will be on talking and listening skills. Some previous knowledge is required.

- Tutor: Dominique Walterson.
- Thursdays from 25 January (10 meetings) excluding 15 February.
- 13:45 – 16:45.
- Course fee: £156.00.
- Maximum class size: 10 students.

### **B168: Gentle Remedial Yoga (ActiveLife)**

This class is intended for individuals who are interested to join a gentle yoga class with the aim of improving overall mobility and fitness after a period of illness recovery and rehabilitation.

- Tutor: Maureen Gray.
- Wednesdays from 7 February (6 meetings) excluding 28 February.
- 12:00 – 13:00.
- Course fee: £32.00.
- Maximum class size: 8 students.

## **Kirkwall Grammar School**

### **B146: An Introduction to BSL Part 2**

This course will build on the skills students have learnt during the first part of the Introduction to British Sign Language (BSL) with more emphasis on home life, giving directions, food and drink, hobbies and activities. For this reason only students who have completed the Introduction to BSL will be accepted onto the course.

- Tutor: Sarah Eaton.
- Mondays from 15 January (10 meetings excluding 19 February).
- 18:30 – 20:30.
- Course fee: £104.00.
- Maximum class size: 14 students.

### **B147: Learn Indian Head Massage**

This course is for beginners so no previous experience is necessary. You will learn a basic history of Indian head massage, demonstrations of head massage movements, followed by practice of movements. You will learn how Indian head massage can benefit common ailments including headaches and stress.

- Tutor: Carol Hunter.
- Mondays from 5 February (4 meetings).
- 19:00 – 21:00.
- Course fee: £42.00.
- Maximum class size: 10 students.

### **B149: Introduction to Cartoon Drawing**

This course will show you a few different ways to draw cartoon heads and figures including manga and superhero styles. The basis of perspective, composition inking and storytelling will also be part of the course.

- Tutor: Tony O'Donnell.
- Wednesdays from 24 January (8 meetings).
- 19:00 – 21:00.
- Course fee: £84.00.
- Maximum class size: 20 students.

Students to provide their own materials.

### **B150 Aspects of Culture, Heritage and Tourism in Orkney**

This is a broad based course which will focus on the links between heritage and culture in Orkney and the needs of the tourism sector. The links between dialect, customs, traditions and history will be highlighted and the ways in which these impinge on the community and the visitors to Orkney will be examined.

- Tutor: Tom Rendall.
- Wednesdays from 7 February (6 meetings).

- 19:00 – 21:00.
- Course fee: £62.00.
- Maximum class size: 20 students.

### **B151: Aromatherapy**

Learn how to use essential oils safely at home and gain experience blending your own products in a relaxed and creative environment. This course will examine the origins of aromatherapy and explore different methods of using these versatile products safely. We will explore how essential oils help influence mood and emotions as well as how they can be used to help ease common physical ailments.

- Tutor: Gail McAndrew.
- Mondays from 29 January (8 meetings excluding 26 February and 5 March).
- 18:30 – 20:30.
- Course fee: £84.00.
- Maximum class size: 10 students.

Materials available for purchase at the class.

## **Orkney College**

### **B159: Breaking the Cycle of Depression**

Aimed at people who suffer from depression and those who help and support people with depression, you will learn about the latest advances in Neuroscience. At the end of the course you will be able to recognise mood changes and identify triggers that start the depression process. You will discover ways of dealing with and reducing the impact of severity and even stopping depression completely.

- Tutor: Angela Fitzpatrick.
- Wednesdays from 7 February (8 meetings).
- 19:00 – 20:30.
- Course fee: £62.00.
- Maximum class size: 16 students.

## **Orkney Library and Archive**

### **B135: Meditation for Experienced Practitioners (ActiveLife)**

Meditation for experienced practitioners is offered to support and enhance the practice of those with some meditation experience. Included will be moving meditations, contemplations, seated and walking meditations.

- Tutor: Meg Webster-Gaertner.
- Wednesdays from 24 January (8 meetings).
- 14:00 – 16:00.
- Course fee: £84.00.
- Maximum class size: 8 students.

### **B136: Meditation for Experienced Practitioners (ActiveLife)**

Meditation for experienced practitioners is offered to support and enhance the practice of those with some meditation experience. Included will be moving meditations, contemplations, seated and walking meditations.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 25 January (8 meetings).
- 14:00 – 16:00.
- Course fee: £84.00.
- Maximum class size: 8 students.

### **B137: Exploratory Creative Writing**

This is a course for all ages and levels. It is designed to respond to individual students' interests. Broadly it aims to experiment with different genres and forms, with particular emphasis on encouraging students to write from personal experience and memory, finding interest and detail in their own lives, backgrounds and environments. Sharing of work is encouraged.

- Tutor: Alice Albinia.
- Fridays from 2 February (8 meetings).
- 13:40 – 15:10.
- Course fee: £62.00.
- Maximum class size: 10 students.

### **B138: Continuing Creative Writing**

This class is a follow up to last terms beginners' crash course, and / or for those who wish to focus on longer more sustained pieces of writing. Students will bring writing to the workshops to be shared with the group. Students' aims for the arc of their writing will be discussed and constructive feedback given by the group as a whole. Each week there will also be short, one to one editing sessions with the tutor.

- Tutor: Alice Albinia.
- Fridays from 2 February (8 meetings).
- 15:15 – 16:45.
- Course fee: £62.00.
- Maximum class size: 10 students.

### **On Location**

#### **B167: Finding Wildflowers, Plants and Trees in Spring**

Following on from the Autumn 2017, Flowers, Plants and Trees class these four fortnightly forays will be looking at various habitats (but concentrating on woodland) around Orkney Mainland and the connected South Isles in the Spring between 12 April – 24 May. We shall visit a variety of Orkney woodland plantations and look at the trees and associated Spring flora. Venues will be decided closer to the date and are dependent upon weather conditions.

- Tutor: Tim Dean.
- Thursdays fortnightly from 12 April (4 meetings).
- 10:00 – 14:00.
- Course fee: £84.00.
- Maximum class size: 10 students.

### **Rousay Community School**

#### **RS02: Yoga (ActiveIslands)**

The emphasis in this class is on exploring how to move without strain on the body whilst developing strength, flexibility, stability and a sense of ease on a physical and mental level, with the aim of gaining a little more resilience to meet the challenges that life can throw at you. You will be encouraged to work hard at your own pace.

- Tutor: Mary Scott.
- Wednesdays from 31 January (8 meetings).
- 15:30 – 17:00.
- Course fee: £62.00.
- Maximum class size: 8 students.

### **Shapinsay Community School**

#### **SH02: Yoga (ActiveIslands)**

The emphasis in this class is on exploring how to move without strain on the body whilst developing strength, flexibility, stability and a sense of ease on a physical and mental level, with the aim of gaining a little more resilience to meet the challenges that life can throw at you. You will be encouraged to work hard at your own pace.

- Tutor: Mary Scott.
- Thursdays from 1 February (8 meetings).
- 15:00 – 16:30.
- Course fee: £62.00.
- Maximum class size: 8 students.

### **St Magnus Centre**

#### **B158: Practical Traditional Storytelling**

Anyone can be a storyteller! This fun, interactive course helps you find stories, learn techniques for telling them effectively and provides a supportive environment for practice and feedback.

- Tutor: Fran Flett-Hollinrake.
- Tuesdays from 23 January (6 meetings).
- 19:00 – 21:00.
- Course fee: £62.00.
- Maximum class size: 12 students.

## **Stromness Academy**

### **B160: Aromatherapy an Introduction**

Learners will be given a brief history of aromatherapy, learn how to blend and use essential oils at home, learn about the properties of essential oils and how they can help with a variety of ailments. Learn about the top 20 essential oils, how to use them, what part of the plant they are from, their benefits and when not to use them.

- Tutor: Carol Hunter.
- Thursdays from 8 February (4 meetings).
- 19:00 – 21:00.
- Course fee: £42.00.
- Maximum class size: 10 students.

### **B161: Yoga (ActiveLife)**

The emphasis in this class is on exploring how to move without strain on the body whilst developing strength, flexibility, stability and a sense of ease on a physical and mental level, with the aim of gaining a little more resilience to meet the challenges that life can throw at you. You will be encouraged to work hard at your own pace.

- Tutor: Mary Scott.
- Wednesdays from 31 January (8 meetings).
- 18:30 – 20:00.
- Course fee: £62.00.
- Maximum class size: 12 students.

### **B162: Upholstery and Furniture Restoration**

This course concentrates on the re-upholstering of furniture – although some restoration work may be undertaken. Work on bulky items should be avoided as we have no space to store items.

- Tutor: Paul Steadman.
- Tuesdays from 30 January (10 meetings).
- 19:00 – 21:00.
- Course fee: £104.00.
- Maximum class size: 8 students.
- Additional costs: all materials.

### **B163: Tai Chi (ActiveLife)**

Tai Chi is a Chinese form of exercise suitable for people of all ages. It enables us to develop a healthy body as well as a calm, alert mind. The slow graceful movements of Tai Chi can help with general fitness and wellbeing, balance, confidence and stress reduction. The focus of the class will be on learning the slow Tai Chi Short Form. Students will also learn a set of Qi Gong energy exercises and Tai Chi Pushing Hands.

- Tutor: Jim Lawson.



- Thursdays from 25 January (8 meetings).
- 19:00 – 21.00.
- Course fee: £84.00.
- Maximum class size: 12 students.

### **B164: Interactive Digital Media Makey-Makey!**

Makey Makey is for aspiring digital inventors and artists of all ages. Learn how to connect everyday objects to a computer keyboard (makey makey) and invent an interactive musical instrument / talking shells, whispering kelp, interactive audio table – it's up to you! For creative beginners; you do not have to know anything about programming for this introductory course – you learn by making, playing and doing! This course is good for creative folk who would like to try out interactive programming and learn about 'the internet of things' – making physical objects around us interact with us via the internet.

- Tutor: Saoirse Higgins.
- Wednesdays from 17 February (2 meetings).
- 14:00 – 17:00.
- Course fee: £32.00.
- Maximum class size: 8 students.

### **B165: Beginners Social Media (How to impress your 7 year old!)**

Do you want to know about social media, be on Instagram, snapchat, skype and twitter and tweet? Do you want to make your digital photos look good and put them on social media? If all of this is like the harr rolling in, then come and de-mystify and get up to digital speed to really impress your 7 year old! We will learn how to take a digital photo from your iPad or phone, edit it in a media editor and put it in the correct size and format for social media channels – Facebook, Instagram, Skype or for blogging. We will learn how to make a social media page using your photos and tweet our comments.

- Tutor: Saoirse Higgins.
- Saturday 10 February (2 meetings).
- 10:00 – 13:00 and 16:00 – 19:00.
- Course fee: £32.00.
- Maximum class size: 8 students.

### **B171: Art Class**

This is an informal course for enthusiastic students who like the chance to work with and are stimulated by the company of others working together in different ways. Students are encouraged to pursue their own interest and are given advice on their own individual work and help with any media.

- Tutor: Marian Ashburn.
- Mondays from 29 January (10 meetings).
- 18:30 – 20:30.
- Course fee: £104.00.
- Maximum class size: 10 students.

## **Stromness Town Hall**

### **B169: Yoga (ActiveLife)**

A class for all fitness levels and age groups. Flowing movements and sequences, with awareness of the breath, can create a feeling of energy and wellbeing, while relaxation sessions aim to wash away feelings of tension or stress.

- Tutor: Maureen Gray.
- Mondays from 5 February (6 meetings, excluding 26 February).
- 18:30 – 20:00.
- Course fee: £48.00.
- Maximum class size: 15 students.

### **B170: Yoga (ActiveLife)**

A class for all fitness levels and age groups. Flowing movements and sequences, with awareness of the breath, can create a feeling of energy and wellbeing, while relaxation sessions aim to wash away feelings of tension or stress.

- Tutor: Maureen Gray.
- Thursdays from 8 February (6 meetings, excluding 1 March).
- 10:00 - 11:30.
- Course fee: £48.00.
- Maximum class size: 15 students.

## **Stronsay School**

### **ST01: Furniture Upcycling and Restoration / Wildlife Painting**

2 for the price of 1: Whatever your particular interest this course offers you the option to try out your artistic flair. Each person will have their own course plan to suit their needs. Do you have an old item of furniture requiring a new lease of life? From basic repairs, re-upholstery, paint, effects, decoupage to stencilling. Bring along your own items or pieces can be sourced. Wildlife painting includes basic drawing skills, how to use acrylics for painting on slates, canvas, driftwood etc.

- Tutor: Clare Fowler-Potts.
- Mondays from 22 January (10 meetings).
- 19:00 - 21:00.
- Course fee: £104.00.
- Maximum class size: 8 students.

## **Community Learning and Development**

This programme of courses was drawn together by the Council's Community Learning and Development Service.

Our aim is to make learning accessible and open to all. Please contact Customer Services if you have any special requirements to enable you to attend your chosen course(s).

A large print version of the Guide is available on request.

If you have ideas for courses you would like to see available or if you have a skill or interest you would be willing to share, please get in touch.

Look out for the Community Learning leaflet – published in August – for details of courses starting in Autumn.

Community Learning and Development, Education, Leisure and Housing, Council Offices, Kirkwall, KW15 1NY.

Telephone: 01856873535 extension 2425.

Email: [kerry.spence@orkney.gov.uk](mailto:kerry.spence@orkney.gov.uk)

# Course Application Form 2017 to 2018

Name:	<input type="text"/>	Address:	<input type="text"/>
Telephone No.	<input type="text"/>		<input type="text"/>
Mobile No.	<input type="text"/>	Postcode:	<input type="text"/>
Email:	<input type="text"/>		

Do you have any special needs related to your chosen course(s)?

Ref. No.	Course Details:	Course Fee:	Amount Due:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

(Do not use this form to apply for A referenced College courses) Total Due: £

Charges: Tick the box(es) that apply:

Full Fee     50%     Instalments     ActiveLife     Budget ActiveLife

Additional costs: All participants are required to provide the required materials and books. For some courses there is an added charge paid in advance on which concessions are not available.

Please make all cheques payable to Orkney Islands Council. Added Charge:

Refunds will only be considered in extenuating circumstances. Total Due:

If claiming concessions, please state the reason by ticking one or more of the boxes below:

<input type="checkbox"/> I am aged 60 or over and receive Pension Credit	<input type="checkbox"/>
<input type="checkbox"/> I receive Attendance Allowance	<input type="checkbox"/>
<input type="checkbox"/> I / my child (under 18) receive(s) Disability Living Allowance or Personal Independence Payment	<input type="checkbox"/>
<input type="checkbox"/> I receive Employment and Support Allowance (this may also be called Incapacity Benefit)	<input type="checkbox"/>
<input type="checkbox"/> I receive severe Disablement Allowance (this may also be called Employment and Support Allowance)	<input type="checkbox"/>
<input type="checkbox"/> I am / my child (under 18) is Registered Blind	<input type="checkbox"/>

Signature: <input type="text"/>	Date: <input type="text"/>
---------------------------------	----------------------------

Office Use Only:

Received £

.....

Receipt No.

.....

Approved by:

.....

Date:

.....

Concessions:

Please state reason for claim:.....

.....

.....

Signature:

.....

Date:

.....