














Community Learning Spring Programme of Evening and Daytime Classes 2019

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Sign up Now!

All courses are available for booking from **Thursday 04 April 2019**.

Welcome to the new Community Learning Guide for Spring 2019. This guide contains our Spring programme of courses, drawn together by the Council's Community Learning and Development Service with 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. Classes are filled on a first come first served basis.

The message is - It pays to enrol early!

A closing date of **Thursday 18 April** is applied, so that students can re-register for another course if their first choice is cancelled or full.

All courses, may be booked using the application form available on the same web page as this document, claiming Council Concessions, if you are eligible.

Further copies of the Guide to Courses may be obtained from the Orkney Libraries and the Customer Services areas of Orkney Islands Council.

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

Customer Services, Council Offices, Kirkwall KW15 1NY.

Telephone enquiries – 01856873535.

Arrangements now available to pay for your class

Course fees are payable by Cash, Cheque or Debit/Credit Card.

Concessions are available on all classes for participants who are in receipt of certain allowances: please see page 6 for full details.

If you wish to pay by instalment: (50% initially and two further 25% payments) please request this at the time of payment. This also applies to concessionary students.

How to Enrol

In person, by post or by telephone at the Council's Main Reception.

Closing date for enrolment is Thursday 18 April (for most courses).

Applying in Person

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

- The Council's main reception desk at Customer Services, Council Offices, School Place, Kirkwall, KW15 1NY or at The Warehouse Building, Stromness, KW16 3AA.

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 concessions if you are eligible, and send it with your payment to:

- Customer Services (Course Applications), Council Offices, Kirkwall, Orkney, KW15 1NY, for all other courses.

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

Applying by Telephone

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

- Customer Services on 01856873535.

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 and above may apply, but for some courses students must be 18 years of age.

Orkney Islands Council: Concessions

You pay only 50% course fees if you are:

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

You must be an Orkney resident to claim 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 the courses.

Special Requirements

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

Closing date for enrolments

Unless specified in the course description, courses which fail to reach minimum numbers will be cancelled. All registered students will be informed. Course fees will be refunded. Late enrolment may be possible if space allows, but remember that 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

All 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.

ActiveLife

As partners in the ActiveLife & ActiveIslands scheme anyone with individual or family membership can enrol for our health & wellbeing classes, as part of their membership, at no extra cost. If you are a current ActiveLife budget holder you are eligible for a concession rate of 50p per session. All the eligible ActiveLife classes are marked with 

Daytime and Evening Courses at your Local School or Community Centre

Deerness Community Centre

DE02: Yoga

Classes include movement, breathing and relaxation with the emphasis on awareness and moving according to your own limits. Yoga has the benefit of safely stretching and strengthening the body and improving joint mobility, in addition we develop our awareness of moving in a way that releases excess tension so there is an overall experience of softness and relaxation. As this becomes more familiar to us we can then bring this relaxed way of being into our daily lives thus improving our overall wellbeing.

- Tutor: Carolyn Stewart.
- Mondays from 29 April (4 meetings – no class on 6 May).
- 18:45 – 20:00.
- Course fee: £28.00.
- Maximum class size: 18 students.

Dounby Community School

DB05: Yoga

You will be encouraged to move without putting stress and strain on your body in an exploratory and playful way, gradually developing strength, flexibility, stability and a sense of ease on a physical and mental level. Yoga is a deeply personal practice that can help you develop resilience to the various challenges of life today. Students should bring along a Yoga mat, long belt, scarf and blanket.

- Tutor: Mary Scott.
- Thursdays from 25 April (8 meetings).
- 18:00 – 19:30
- Course fee: £68.00.
- Maximum class size: 12 students.

DB06: Yoga

Classes include movement, breathing and relaxation with the emphasis on awareness and moving according to your own limits. Yoga has the benefit of safely stretching and strengthening the body and improving joint mobility, in addition we develop our awareness of moving in a way that releases excess tension giving an overall experience of softness and relaxation. As this becomes more familiar to us we can then bring this relaxed way of being into our daily lives thus improving our overall feeling of wellbeing.

- Tutor: Carolyn Stewart.
- Mondays from 29 April (6 meetings – no class on 6 May & 3 June).
- 10:15 - 11:45.
- Course fee: £50.00.
- Maximum class size: 12 students.

Kirkwall Community Centre

B154: Yoga

You will be encouraged to move without putting stress and strain on your body in an exploratory and playful way, gradually developing strength, flexibility, stability and a sense of ease on a physical and mental level. Yoga is a deeply personal practice that can help you develop resilience to the various challenges of life today. Students should bring along a Yoga mat, long belt, scarf and blanket.

- Tutor: Mary Scott.
- Thursdays from 25 April (6 meetings).
- 11:30 – 13:00
- Course fee: £50.00.
- Maximum class size: 12 students.

Kirkwall Grammar School

B151: Aromatherapy

This course will investigate the use of essential oils at home and gain experience of blending products in a safe and creative environment. We will examine the origins of aromatherapy and explore different methods of using these versatile oils within and around the home. We will consider how essential oils can be used to influence our mood, emotions and their use alongside symptoms of common physical ailments. Whilst focusing the 10 most common oils, there will be the opportunity to formulate several personalised products for your own use. All materials needed will be provided for a cost of £20 paid directly to the tutor.

- Tutor: Gail McAndrew.
- Tuesdays from 23 April (6 meetings).
- 18.30 – 20.30.
- Course fee: £68.00.
- Maximum class size: 10 students.

Orkney Library and Archive

B155: Loving Kindness

Mindfulness Meditation (The Metta Practice) is a deeply rewarding practice. We use bodywork, seated and moving meditations and contemplations to develop

compassion and loving kindness. Please bring along a Yoga mat, blocks or meditation stool, writing materials. Chairs are provided.

- Tutor: Meg Webster-Gaertner.
- Wednesdays from 24 April (10 meetings).
- 14:00 – 16:00.
- Course fee: £112.00.
- Maximum class size: 8 students.

B156: Mindfulness Meditation

Mindfulness meditation will be explored in many practical and useful ways. Using the breath, bodywork, formal meditations and moving meditations. A very gentle and rewarding practice. Please bring along a yoga mat, blocks or meditation stool for sitting, and writing materials. Chairs provided.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 25 April (8 meetings – no class on 23 and 30 May).
- 10:30 – 12:30.
- Course fee: £90.00.
- Maximum class size: 8 students.

B157: Meditation for Experienced Practitioners

A further opportunity for people who have had some experience of meditation to deepen their practice. We will be using bodywork, walking and seated meditations, contemplations and some time spent in silence.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 25 April (10 meetings).
- 14:00 – 16:00.
- Course fee: £112.00.
- Maximum class size: 10 students.

Shapinsay Community School

SH03: Yoga

Classes include movement, breathing and relaxation with the emphasis on awareness and moving according to your own limits. Yoga has the benefit of safely stretching and strengthening the body and improving joint mobility, in addition we develop our awareness of moving in a way that releases excess tension so there is an overall experience of softness and relaxation. As this becomes more familiar we can bring this into our daily lives improving our overall wellbeing.

- Tutor: Carolyn Stewart.
- Thursdays from 25 April (6 meetings – no class on 9 May and 6 June).
- 15:00 – 16:30.

- Course fee: £50.00.
- Maximum class size: 8 students.

Stromness Academy

B153: Yoga

You will be encouraged to move without putting stress and strain on your body in an exploratory and playful way, gradually developing strength, flexibility, stability and a sense of ease on a physical and mental level. Yoga is a deeply personal practice that can help you develop resilience to the various challenges of life today. Students should bring along a Yoga mat, long belt, scarf and blanket.

- Tutor: Mary Scott.
- Wednesdays from 24 April (6 meetings).
- 18:30 - 20:00.
- Course fee: £50.00.
- Maximum class size: 12 students.

B159: 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. Upholstery repair materials are available to purchase from the tutor and so that this is possible, it is advisable that intended work is discussed with the tutor in advance of the first evening.

- Tutor: Paul Steadman.
- Tuesdays from 30 April (8 meetings).
- 19:00 - 21:00.
- Course fee: £90.00.
- Maximum class size: 8 students.

Stromness Warehouse Buildings

B152: Yoga

You will be encouraged to move without putting stress and strain on your body in an exploratory and playful way, gradually developing strength, flexibility, stability and a sense of ease on a physical and mental level. Yoga is a deeply personal practice that can help you develop resilience to the various challenges of life today. Students should bring along a Yoga mat, long belt, scarf and blanket.

- Tutor: Mary Scott.
- Tuesdays from 23 April (6 meetings).
- 18:30 - 20:00.
- Course fee: £50.00.
- Maximum class size: 12 students.

B158: Yoga

Classes include movement, breathing and relaxation with the emphasis on awareness and moving according to your own limits. Yoga has the benefit of safely stretching and strengthening the body and improving joint mobility, in addition we develop our awareness of moving in a way that releases excess tension so there is an overall experience of softness and relaxation. As this becomes more familiar we can bring this into our daily lives improving our overall wellbeing.

- Tutor: Carolyn Stewart.
- Thursdays from 2 May (8 meetings – no class on 9 May).
- 10:00 - 11:30.
- Course fee: £68.00.
- Maximum class size: 14 students.

On Location around the Orkney Mainland

B160: Appreciating Orkney's Birds

A course of 5 walks on Tuesdays around Orkney between 7 May and 2 July. This series of walks includes visits to some of Orkney's best bird watching locations and will focus on a variety of habitats and the birds that are likely to be found there. We shall look specifically at the shore, cliffs, wetlands, grasslands and the hill – our aim is to see or hear at least 100 species. The walks will be undertaken on the Mainland of Orkney, Burray and South Ronaldsay. Walks of up to three miles will be involved possibly over rough ground. Strong footwear (walking boots or wellingtons) and waterproofs are essential as are binoculars. Dressing in subdued colours is very helpful. Bring a packed lunch.

- Tutor: Tim Dean.
- Tuesdays from 7 May (5 meetings).
- 10:00 – 14:00.
- Course fee: £112.00.
- Maximum class size: 10 students.

B161: Appreciating Orkney's Wildflowers and Habitats

A course of 4 walks on Tuesdays around Orkney between 11 June and 23 July 2019. This series of flower forays includes visits to some of Orkney's best wildflower locations and will focus on a variety of habitats and the plants that are likely to be found there. We shall look specifically at the shore, saltmarsh, links, grasslands, wetlands, sea cliffs and the hill. The forays will be undertaken on the Mainland of Orkney, Burray and South Ronaldsay. Walks of up to two miles will be involved possibly over rough ground. Strong footwear (walking boots or wellingtons) and waterproofs are essential as are binoculars (very useful for looking at flowers). Dressing in subdued colours is very helpful. Bring a packed lunch.

- Tutor: Tim Dean.

- Tuesdays from 11 June (4 meetings).
- 10:00 – 14:00.
- Course fee: £90.00.
- Maximum class size: 10 students.

B162: Appreciating Orkney's Wildflowers and Habitats

A course of 4 evening walks on Wednesdays around Orkney Mainland and the connected South Isles between 12 June and 24 July 2019. This series of flower forays includes visits to some of Orkney's best wildflower locations and will focus on a variety of habitats and the plants that are likely to be found there. We shall look specifically at the shore, saltmarsh, links, grasslands, wetlands, sea cliffs and the hill. Walks of up to two miles will be involved possibly over rough ground. Strong footwear (walking boots or wellingtons) and waterproofs are essential, as are binoculars. Dressing in subdued colours is helpful.

- Tutor: Tim Dean.
- Wednesdays from 12 June (4 meetings).
- 19:00 – 21:30.
- Course fee: £56.00.
- Maximum class size: 10 students.

Community Learning and Development

This term's Community Learning Programme offers a varied selection of classes and courses, from Yoga to Aromatherapy. If you want to discover the benefits of yoga, meditation or to try your hand at upholstery then these courses offer ample opportunity.

If you have ideas for courses you would like to see offered, or you have a skill or interest you would like to share, please contact: Kerry Spence, CLD Manager, Education, Leisure and Housing, Council Offices, Kirkwall. Telephone - 01856873535 extension 2425 or kerry.spence@orkney.gov.uk.

Kerry Spence, CLD Manager,
Education, Leisure and Housing.

A Guide to Courses in Spring 2019 was compiled by:

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

Telephone enquiries: 01856873535.

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

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 or email kerry.spence@orkney.gov.uk

March 2019.