A Guide to Courses
New Year 2020
Contents

Sign Up Now! ............................................................................................................. 4
How to Enrol ............................................................................................................... 4
  Payment ................................................................................................................. 5
  Concessions ........................................................................................................... 5
  Refunds .................................................................................................................. 5
  Who can apply? ...................................................................................................... 5
  Special Requirements ............................................................................................. 5
  Closing date for enrolments .................................................................................... 5
  Confirmation of a place on a course ....................................................................... 5
Health and Wellbeing Courses ................................................................................... 6
  Dounby Community School .................................................................................... 6
    DB04: Yoga ......................................................................................................... 6
    DB05: Yoga ......................................................................................................... 6
  Kirkwall Community Centre .................................................................................... 7
    B127: Yoga ......................................................................................................... 7
  Kirkwall Grammar School ....................................................................................... 7
    B128: Tai Chi ...................................................................................................... 7
  Orkney Library and Archive ................................................................................... 8
    B131: Meditation for Experienced Practitioners .................................................. 8
    B132: Meditation for Experienced Practitioners .................................................. 8
    B133: Meditation for Experienced Practitioners .................................................. 8
    B134: Meditation for Experienced Practitioners .................................................. 8
  Shapinsay Community School ................................................................................ 9
    SH02: Yoga ......................................................................................................... 9
  Stromness Academy ............................................................................................... 9
    B137: Yoga ......................................................................................................... 9
B135: Tai Chi ...................................................................................................... 9

Warehouse Building, Stromness ........................................................................... 10

B138: Yoga ....................................................................................................... 10

B136: Yoga ....................................................................................................... 10

Daytime and Evening Courses at your Local School or Community Hall .......... 11

Kirkwall Grammar School ..................................................................................... 11

B130: Painting and Drawing for Pleasure ......................................................... 11

B129: Aromatherapy: An Introduction ............................................................... 11

St Magnus Centre ................................................................................................. 11

B143: Music Performance Groupwork Class (15+) ........................................... 11

Stromness Academy ............................................................................................. 12

B139: Upholstery and Furniture Restoration ..................................................... 12

B140: Upholstery and Furniture Restoration ..................................................... 12

Stronsay, Fish Mart Cafe ...................................................................................... 12

ST01: Climate Change – What’s it all about? .................................................... 12

On Location .............................................................................................................. 13

B144: Finding Wildflowers, Plants and Trees in the Spring ............................... 13

Family Learning Opportunities ................................................................................. 14

Stromness Academy ............................................................................................. 14

B141: Maths for Parents ................................................................................... 14

B142: Maths for Parents ................................................................................... 14

Community Learning and Development ............................................................. 15

Course Application Form ...................................................................................... 16
Sign Up Now!

All courses are available for booking from Thursday 9 January 2020.

Welcome to the new Community Learning Guide for 2020. This guide contains our New Year programme of courses, drawn together by the Council’s Community Learning and Development service with ActiveLife / ActiveIslands, Schools, Community Associations and Community Centres. A closing date of Monday 20 January is applied to some courses so that students can re-register for another course if their first choice is cancelled or full.

Community Learning and Development are working in partnership with ActiveLife/Islands which allows anyone with ActiveLife/Islands Individual or Family membership to enrol for our health and wellbeing classes as part of their membership at no additional cost. ActiveLife/Islands Budget members are eligible for a concession rate of 50p per session.

Further copies of the Guide to Courses may be obtained from various locations in the community. If you cannot locate a copy, please contact Orkney Islands Council. Details of the programme are also available on the Council website. A large print version of this Guide is available on request.

There are significant positive benefits associated with community learning. Bringing people together builds cohesive and supportive communities, increases confidence and can lead to improvements in physical and mental health. The main benefits cited by respondents to an end of course evaluation during the 2018-19 programme of courses and classes were:

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn new skills</td>
<td>64%</td>
</tr>
<tr>
<td>A chance to get out and socialise</td>
<td>62%</td>
</tr>
<tr>
<td>Helps me stay healthy</td>
<td>78%</td>
</tr>
<tr>
<td>Helps keep me mentally active</td>
<td>55%</td>
</tr>
<tr>
<td>Meeting new people</td>
<td>51%</td>
</tr>
<tr>
<td>Making new friends</td>
<td>42%</td>
</tr>
<tr>
<td>A sense of achievement</td>
<td>50%</td>
</tr>
<tr>
<td>Feel more confident</td>
<td>25%</td>
</tr>
</tbody>
</table>

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

How to Enrol

To enrol in a course please contact Customer Services at Orkney Islands Council. Telephone: 01856873535.
Payment
Course fees can be paid in full or by instalments (50% initially and two further 25% payments). If you wish to pay in instalments, please request this option at the time of enrolment. This options also applies to concessionary students. Full course fees or the initial instalment must be paid at the time of enrolment. Cheques should be made payable to Orkney Islands Council. You will need to give details of your debit or credit card to enrol by phone.

Concessions
Concessions are available on all classes for participants who are eligible. You are entitled to apply for a 50% concessionary rate if you are any of the following:

- Aged 60 or over and receive pension credit.
- Receive Attendance Allowance.
- You or your child receives Disability Living Allowance or Personal Independence Payment.
- Receiving Employment and Support Allowance.
- Receiving Severe Disablement Allowance (ESA).

You must be an Orkney resident to claim Council concessions.

Refunds
Course fees are not normally refunded after the closing date. However, we realise that sometimes people find themselves on the wrong course. If this happens, please let us know as soon as possible and we shall try and arrange a transfer to another course.

Who can apply?
The minimum age for enrolment on non-certified courses is 14, unless specified.

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
A closing date of Monday, 20 January is applied to some courses, so that students can re-register for another course if their first choice is cancelled.

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 starting date and venue for your course(s). You will not be contacted again unless your course is cancelled.
Health and Wellbeing Courses
Delivered in partnership with ActiveLife and ActiveIslands.

All classes under this category will qualify as per the terms and conditions of the ActiveLife and ActiveIslands scheme.

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

If you are a current ActiveLife/ActiveIslands 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 Budget member you are eligible for a charge of 50p per session.

If you are not a current ActiveLife/ActiveIslands 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: https://www.orkney.gov.uk/ or http://www.pickaquoy.co.uk or drop in to your Healthy Living Centre.

If you have any health issues, please consult your doctor or health professional before enrolling on the following courses.

Dounby Community School

DB04: Yoga

This class is suitable for those who have no previous experience or some. Using Yoga Asana (postures) as a framework you will be encouraged to move with awareness in an exploratory way without putting stress and strain on your body. You will gradually develop strength, flexibility, stability and a sense of ease on a physical and mental level. Please seek advice from your GP or other health professional if you have a health condition or physical limitations. Students are required to bring a non-slip yoga mat, a long belt or scarf and a blanket.

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

DB05: Yoga

Classes include movements, 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 feeling of wellbeing.

- Tutor: Carolyn Stewart.
- Mondays from 3 February (8 meetings, excluding 2 March).
- 10:15 - 11:45.
- Course fee: £68.00.
- Maximum class size: 12 students.

**Kirkwall Community Centre**

**B127: Yoga**

This class is suitable for those who have no previous experience or some. Using Yoga Asana (postures) as a framework you will be encouraged to move with awareness in an exploratory way without putting stress and strain on your body. You will gradually develop strength, flexibility, stability and a sense of ease on a physical and mental level. Please seek advice from your GP or other health professional if you have a health condition or physical limitations. Students to bring a non-slip yoga mat, a long belt or scarf and a blanket.

- Tutor: Mary Scott.
- Thursdays from 30 January (8 meetings, excluding 27 February).
- 11:30 – 13:00.
- Course fee: £68.00.
- Maximum class size: 12 students.

**Kirkwall Grammar School**

**B128: Tai Chi**

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, confidence 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 energy exercises and Tai Chi Pushing Hands.

- Tutor: Rhona Jenkins.
- Wednesdays from 22 January (8 meetings excluding 19, 26 February and 4 March).
- 19:00 – 21:00.
- Course fee: £90.00.
- Maximum class size: 15 students.
Orkney Library and Archive

B131: Meditation for Experienced Practitioners
An opportunity to come together in a shared meditation practice, to build, and expand on our previous work. This will include walking and sitting meditations, contemplations and bodywork. We will focus on stilling the mind and body.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 30 January (6 meetings).
- 10:30 – 12:30.
- Course fee: £68.00.
- Maximum class size: 8 students.

B132: Meditation for Experienced Practitioners
An opportunity to come together in a shared meditation practice, to build, and expand on our previous work. This will include walking and sitting meditations, contemplations and bodywork. We will focus on stilling the mind and body.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 30 January (6 meetings).
- 14:00 – 16:00.
- Course fee: £68.00.
- Maximum class size: 8 students.

B133: Meditation for Experienced Practitioners
An opportunity to come together in a shared meditation practice, to build, and expand on our previous work. This will include walking and sitting meditations, contemplations and bodywork. We will focus on stilling the mind and body.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 2 April (6 meetings).
- 10:30 – 12:30.
- Course fee: £68.00.
- Maximum class size: 8 students.

B134: Meditation for Experienced Practitioners
An opportunity to come together in a shared meditation practice, to build, and expand on our previous work. This will include walking and sitting meditations, contemplations and bodywork. We will focus on stilling the mind and body.

- Tutor: Meg Webster-Gaertner.
- Thursdays from 2 April (6 meetings).
- 14:00 – 16:00.
- Course fee: £68.00.
- Maximum class size: 8 students.
Shapinsay Community School

SH02: 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 feeling of wellbeing.

- Tutor: Carolyn Stewart.
- Thursdays from 30 January (6 meetings, excluding 13 and 27 February and 26 March).
- 15:00 – 16:30.
- Course fee: £50.00.
- Maximum class size: 8 students.

Stromness Academy

B137: Yoga

This class is suitable for those who have no or some previous experience. Using Yoga Asana (postures) as a framework you will be encouraged to move with awareness in an exploratory way without putting stress and strain on your body. You will gradually develop strength, flexibility, stability and a sense of ease on a physical and mental level. It would be helpful if students can get up from lying on the floor and be able to stand for short periods of time. Chairs can be used if need be. Please seek advice from your GP or other health professional if you have a health condition or physical limitations. Students are required to bring a non-slip yoga mat, a long belt or scarf and a blanket.

- Tutor: Mary Scott.
- Wednesdays from 29 January (8 meetings).
- 18:30 – 20:00.
- Course fee: £68.00.
- Maximum class size: 12 students.

B135: Tai Chi

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. Students should consult their doctor if they are in any doubt that the class is suitable for them.

- Tutor: Jim Lawson.
• Thursdays from 23 January (8 meetings excluding 20 and 27 February).
• 19:00 – 21:00.
• Course fee: £90.00.
• Maximum class size: 12 students.

**Warehouse Building, Stromness**

**B138: 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 feeling of wellbeing.

- Tutor: Carolyn Stewart.
- Thursdays from 30 January (8 meetings, excluding 13 February).
- 10:00 - 11:30.
- Course fee: £68.00.
- Maximum class size: 12 students.

**B136: Yoga**

This class is suitable for those who want to or feel the need to work at a slow pace, whether you are new to yoga or have practiced for many years. Working slowly with awareness gives you time to recognise and work on deep seated tensions, which once released can help to promote a sense of wellbeing. Yoga is a deeply personal practice which over time can help to improve range of movement, stability and strength. Chairs can be used if need be. Please seek advice from your GP/Health Professional if you have a health condition. Students are required to bring a non-slip yoga mat, a long belt or scarf and a blanket.

- Tutor: Mary Scott.
- Tuesdays from 28 January (8 meetings).
- 18:30 - 20:00.
- Course fee: £68.00.
- Maximum class size: 12 students.
Daytime and Evening Courses at your Local School or Community Hall

Kirkwall Grammar School

**B130: Painting and Drawing for Pleasure**

Do you enjoy working in watercolours, pastels, oils, acrylics, pencil, pen and wash, charcoal etc. or would like to learn a new medium or develop your existing skills? If so, this could be the class for you. Students are encouraged to bring to class whatever subject or medium that particularly interests them and individual guidance will be given. All welcome from beginners to the more experienced. Students to provide their own materials.

- Tutor: Sheena Graham-George.
- Thursdays from 30 January (12 meetings).
- 19:00 - 21:00.
- Course fee: £134.00.
- Maximum class size: 12 students.

**B129: Aromatherapy: An Introduction**

Use this course to find out more about the most popular essential oils and have fun creating several of your own aromatherapy products to take home and use. You will also discover new ways of using aromatherapy to help influence mood and emotions, as well as how aromatherapy products can be used to help ease symptoms of common ailments. All materials needed for practical work and individual products will be provided for a total cost of £18 paid directly to the tutor.

- Tutor: Gail McAndrew.
- Mondays from 3 February (6 meetings).
- Course fee: £68.00.
- Maximum class size: 10 students.

**St Magnus Centre**

**B143: Music Performance Groupwork Class (15+)**

This is an opportunity to take part in a music group and to play with others, with the aim of playing at a ceilidh/social dance by the end of the course. We are looking for violin, cello, accordion, keyboard, flute, percussion, guitar or double bass players. You will be provided with music to suit each instrument and will learn various harmony parts as required. You should be able to play and read music at a reasonable level.

- Tutor: David Bowen.
- Mondays from 3 February (8 meetings excluding 17 February).
- 19:30 - 21:30.
- Course fee: £90.00.
• Maximum class size: 8 students.

**Stromness Academy**

**B139: Upholstery and Furniture Restoration**
This course concentrates on the re-upholstery 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 who is happy to discuss projects in advance of the class.

• Tutor: Paul Steadman.
• Tuesdays from 28 January (10 meetings).
• 19:00 - 21:00.
• Course fee: £112.00.
• Maximum class size: 8 students.

**B140: Upholstery and Furniture Restoration**
This course concentrates on the re-upholstery 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 who is happy to discuss projects in advance of the class.

• Tutor: Paul Steadman.
• Thursdays from 30 January (10 meetings).
• 19:00 - 21:00.
• Course fee: £112.00.
• Maximum class size: 8 students.

**Stronsay, Fish Mart Cafe**

**ST01: Climate Change – What’s it all about?**
Climate change: What exactly do we mean when we discuss climate change, what are natural and anthropogenic (man-made) causes, and how does climate change affect us and our environment? What are scientists referring to when they mention greenhouse gases, a reduced Albedo-effect, ocean acidification, Arctic amplification and many other terms and how is this all connected? Where does the data come from and how is it used? In this seminar series we will explore these topics together, explain scientific jargon, investigate examples and case studies from around the world and try to achieve a better understanding of the role a changing climate plays in our own life and how it can affect others.

• Tutor: Susanne Davidson.
• Thursdays from 27 February (8 meetings).
• 20:00 - 21:30.
• Course fee: £68.00.
• Maximum class size: 8 students.
On Location

B144: Finding Wildflowers, Plants and Trees in the Spring

Following on from the Autumn (2019) Wildflowers, Plants and Trees class, these three three-weekly forays will be looking at various habitats (but concentrating on woodland) around Orkney Mainland and the connection South Isles in the spring between 23 April and 21 May 2020. We shall visit a variety of Orkney’s 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.
- Thursday from 23 April (3 meetings).
- 10:00 – 14:00.
- Course fee: £68.00.
- Maximum class size: 10 students.
Family Learning Opportunities

Family Learning encourages family members to learn together as and within a family, with a focus on intergenerational learning. Family Learning activities can also be designed to enable parents to support their child’s learning.

Family Learning activities can involve parents, grandparents or any other family members or friends of different generations, coming together to share in a learning activity.

As part of our work to support Family Learning, CLD are offering the following classes which can help you and your children learn.

Stromness Academy

B141: Maths for Parents

This session is designed for parents of students nearing the end of Primary school / in the first few years of Secondary. When you were at school your Math teachers would have shown you methods for solving calculations, such as long division and fractions. These methods may have changed slightly to what students are taught currently, so you may now find yourself confused or uneasy when trying to help your children with their homework. This course will show you/bring you up to date with the current methods use in Maths classrooms. So, whether you want to refresh you Maths skills or increase your confidence in helping with homework, this course should benefit you.

- Tutor: Rachel Crooks.
- Wednesday 18 March (1 meeting).
- 18:00 - 20:00.
- Course fee: Free.
- Maximum class size: 30 students.

B142: Maths for Parents

This session is designed for parents of students nearing the end of Primary school / in the first few years of Secondary. When you were at school your Math teachers would have shown you methods for solving calculations, such as long division and fractions. These methods may have changed slightly to what students are taught currently, so you may now find yourself confused or uneasy when trying to help your children with their homework. This course will show you/bring you up to date with the current methods use in Maths classrooms. So, whether you want to refresh you Maths skills or increase your confidence in helping with homework, this course should benefit you.

- Tutor: Rachel Crooks.
- Thursday 26 March (1 meeting).
- 18:00 - 20:00.
- Course fee: Free.
- Maximum class size: 30 students.
Community Learning and Development

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

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 with us.

Look out for the Community Learning leaflet – published in April for details of courses starting in Spring.

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

Telephone: 01856873535 extension 2425 or email kerry.spence@orkney.gov.uk

December 2019.
Course Application Form

Name: __________________________________________ Address: _______________________________________
Telephone: _______________________________________ Postcode: _______________________________________
Mobile: _________________________________________ Email: _________________________________________

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

Ref No. | Course Details: | Course Fee: | Amount Due: 
--- | --- | --- | ---
| | | | 
| | | | 
| | | | 

(Please make all cheques payable to Orkney Islands Council) Total Due: £

Charges: Tick the box(es) that apply and give details below:

- Full Fee. □
- 50% □
- Instalments □
- ActiveLife □
- Budget ActiveLife □

You may be asked to provide proof of eligibility to claim concessions.

Additional Costs: All participants are required to pay for materials, books, etc. For some courses there is an added charge paid in advance on which concessions are not available.

Added Charge £
Total Due £

OFFICE USE ONLY
Reason for concession claim:
______________________________________________________________

Signature: __________________________________________ Date: ________________

Privacy Statement: We need the information on this form in order to process your enrolment. Providing this public service is the legal basis for the Council’s lawful processing of this form. Only members of staff with a need to know will access this information. More information about how the council will process your personal data and about your rights is available here: https://www.orkney.gov.uk/online-Services/privacy.htm