



# Guide to Courses in New Year 2021



## Contents:

Sign Up Now! .....	4
How to Enrol.....	4
Course Fees .....	5
Concessions.....	5
Refunds .....	5
Active Life .....	5
Who can apply? .....	5
Closing date for enrolments.....	5
Outdoor Courses.....	6
B126: Finding Wildflowers, Plants and Trees in the Spring .....	6
B127: Finding Wildflowers, Plants and Trees in the Spring .....	6
Indoor Courses.....	7
Kirkwall Community Centre .....	7
B120: Mindfulness for All (Active Life) .....	7
B122: Yoga (Active Life).....	7
Kirkwall Grammar School.....	8
B123: Tai Chi (Active Life) .....	8
B124: Jazztime .....	8
B129: History of Art.....	8
B131: History and Mythology .....	9
Sandwick Community Centre .....	9
SW01: Yoga (Active Life).....	9
SW02: Yoga (Active Life).....	9
Stromness Academy .....	10
B121: Yoga (Active Life).....	10
B125: Upholstery and Furniture Restoration.....	10
B133: Upholstery and Furniture Restoration.....	10
B128: History of Art.....	11

B130: History and Mythology.....	11
Stromness Town Hall .....	11
B132: Yoga (Active Life).....	11
On-Line Courses .....	12
OL20: Meditation for Experienced Practitioners (Active Life) .....	12
OL21: Yoga (Active Life) .....	12
OL22: Creative Writing and Storytelling for Pleasure .....	12
OL23: Aromatherapy .....	13
OL24: Guide to Photography .....	13
OL27: Introduction to Fitness Trackers .....	13
OL28: Improving Your Level of Physical Activity .....	14
OL29: Introduction to Physical Activity Guidelines .....	14
Blended Courses.....	14
On-line & Kirkwall Grammar School.....	14
B137: Guide to Photography.....	14
B138: Family Learning Guide to Photography .....	15
Family Learning Courses .....	15
Family Learning Face to Face.....	15
Stromness Academy .....	15
B134: Family Learning Upholstery and Furniture Restoration .....	15
B135: Family Learning French.....	15
Kirkwall Grammar School.....	16
B136: Family Learning French.....	16
Family Learning On-line .....	16
OL25: Family Learning Creative Writing and Storytelling .....	16
OL26: Family Learning Photography .....	16
Community Learning and Development .....	17

## Sign Up Now!

All courses are available for booking from Monday 11 January 2021.

Welcome to the Community Learning Guide for New Year 2021. This guide contains our proposed programme of courses, drawn together by Community Learning and Development. A closing date of Friday 22 January is applied to some courses so that students can re-register for another course if their first choice is cancelled or full.

Further copies of the Guide to Courses may be obtained from various locations in the community or by contacting Orkney Islands Council. A large print version is also available on request.

Due to the Coronavirus, additional precautions have to be taken to ensure the health and safety of our staff and learners. If classes are allowed to go ahead, further guidance will be issued prior to the start of the course detailing the measures and precaution that tutors and learners will have to comply with. It is imperative that all course participants abide by the safety measures in place and take responsibility for their own welfare. Course participants must also provide their own equipment and materials. Please note that depending on the guidelines and restrictions in place at the time, courses may have to be cancelled at short notice.

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, so we have to ensure that we are doing what we can to reduce the risk of transmission and keep everyone that is participating in community learning activities as safe as possible.

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

## How to Enrol

This year is the first of a new facility to book On-line. To reduce queues and face to face contact, course bookings can now be made by phone, by post or **online** at: [www.orkney.gov.uk/cldbooking](http://www.orkney.gov.uk/cldbooking)

To book online you will need to register for an online account using the email address linked to your ActiveLife membership. Those who do not have a membership can sign up to either an ActiveLife or a casual account (with no monthly charge). You can do this by visiting: [www.orkney.gov.uk/CLDmembership](http://www.orkney.gov.uk/CLDmembership) or by filling in a membership form which you can collect from OIC Customer Services, any OIC Sport and Leisure Facility or Pickaquoy Centre.

Videos showing how to register/sign up are available online at <https://www.orkney.gov.uk/WeLearn>.

If booking by phone, please call Customer Services on 01856 873535 and provide debit or credit card details and quote the course reference number from this leaflet.

## Course Fees

Full course fees or the initial instalment must be paid at the time of 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 25% payments). If you wish to pay in instalments, please contact Customer Services and request this option at the time of enrolment. This option also applies to concessionary students.

## Concessions

50% concessionary rates are available on all non-ActiveLife classes for those who are eligible. To receive this discount, users must hold an ActiveLife Budget membership. For further information please phone 873535.

## Refunds

All course fees are **NON-REFUNDABLE** except in the event of a course having to be cancelled due to failing to reach the minimum number of students required.

## Active Life

We are working in partnership with ActiveLife which allows anyone with individual or family membership to 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.

## Who can apply?

The minimum age for enrolment on non-certified courses is 14, unless otherwise specified.

## Closing date for enrolments

A closing date of **Friday 22 January** is applied to some courses, so that students can re-register for another course if required.

This year we are using a range of approaches for delivery of our community learning courses including face to face, online and blended delivery.

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

## Outdoor Courses

### **B126: Finding Wildflowers, Plants and Trees in the Spring**

Following on from the autumn 2020 Wildflowers, Plants and Trees class, these three fortnightly forays, on Wednesdays, will look at various habitats around Orkney Mainland and the connected South Isles in the Spring. 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. Walks of up to one mile will be involved, mostly on good surfaces. Binoculars, packed lunch, appropriate footwear and clothing (subdued colours) are required.

- Tutor: Tim Dean.
- Wednesdays from 21 April (3 monthly meetings).
- 10:00 - 14:00.
- Course fee: £69.00.
- Maximum class size: 8 students.

### **B127: Finding Wildflowers, Plants and Trees in the Spring**

Following on from the autumn 2020 Wildflowers, Plants and Trees class, these three fortnightly forays, on Thursdays, will look at various habitats around Orkney Mainland and the connected South Isles in the Spring. 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. Walks of up to one mile will be involved, mostly on good surfaces. Binoculars, packed lunch, appropriate footwear and clothing (subdued colours) are required.

- Tutor: Tim Dean.
- Thursdays from 22 April (3 monthly meetings).
- 10:00 - 14:00.
- Course fee: £69.00.
- Maximum class size: 8 students.

## **Indoor Courses**

### **Kirkwall Community Centre**

#### **B120: Mindfulness for All (Active Life)**

An introduction into mindfulness meditation practice uses sitting and walking meditations, contemplations and gentle bodywork to help ease stress and tension and find calm within. Students to bring their own mat and a blanket. No previous experience required.

- Tutor: Meg Webster-Gaertner.
- Tuesdays from 26 January (6 meetings).
- 10:30 – 12:30.
- Course fee: £69.00.
- Maximum class size: 6 students.

#### **B122: Yoga (Active Life)**

Yoga is a deeply personal discipline. You will be encouraged to explore your own boundaries without putting stress or strain on your body. The emphasis is to learn to move with awareness in an exploratory, playful way, which helps to develop strength, flexibility, stability and a sense of ease on a physical and mental level. Bring a yoga mat, belt, blocks (2 min) blanket, pillow (if required) and wear layers for warmth.

- Tutor: Mary Scott.
- Thursdays from 28 January (8 meetings, excluding 20 October).
- 11:30 – 13:00.
- Course fee: £69.00.
- Maximum class size: 8 students.

## **Kirkwall Grammar School**

### **B123: Tai Chi (Active Life)**

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.

- Tutor: Rhona Jenkins.
- Wednesdays from 20 January (8 meetings).
- 19:30 – 21:30.
- Course fee: £92.00.
- Maximum class size: 12 students.

### **B124: Jazztime**

A fun class for vocalists on core singing tuition. Learners will be introduced to at least 3 Jazz standards and improvisation. By the end of the 6 weeks students will be singing and improvising with a greater sense of confidence. Class is flexible to student interests.

- Tutor: Maureen Flaws.
- Tuesdays from 16 February (6 meetings).
- 18:45 – 20:45.
- Course fee: £69.00.
- Maximum class size: 6 students.

### **B129: History of Art**

This course looks at history with a different point of view. Instead of focusing on events, we will travel through time and places, to meet and discover the people who have fashioned our world, whether they were human beings, goddesses, or somewhere in between. Each class will be dedicated to one or several characters/groups of people that had an impact on our history.

- Tutor: Marion Ratier.
- Tuesdays from 02 February (10 meetings).
- 18:00 – 19:00.
- Course fee: £57.00.
- Maximum class size: 8 students.



## **B131: History and Mythology**

This course looks at history with a different point of view. Instead of focusing on events, we will travel through time and places, to meet and discover the people who have fashioned our world, whether they were human beings, goddesses, or somewhere in between. Each class will be dedicated to one or several characters/groups of people that had an impact on our history.

- Tutor: Marion Ratier
- Thursdays from 04 February (10 meetings).
- 18:00 – 19:00.
- Course fee: £57.00.
- Maximum class size: 8 students.

## **Sandwick Community Centre**

### **SW01: Yoga (Active Life)**

Yoga is a deeply personal discipline. You will be encouraged to explore your own boundaries without putting stress or strain on your body to achieve a posture. The emphasis is to learn to move with awareness in an exploratory, playful way, which helps to develop strength, flexibility, stability and a sense of ease on a physical and mental level. Students to bring mat, belt, blocks, blanket, pillow (if required) and wear layers for warmth.

- Tutor: Mary Scott
- Thursdays from 28 January (8 meetings).
- 18:00 – 19:30.
- Course fee: £69.00.
- Maximum class size: 12 students.

### **SW02: Yoga (Active Life)**

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. Bring a yoga mat and blanket.

- Tutor: Carolyn Stewart
- Tuesdays from 16 February (6 meetings).
- 10:00 – 11:30.
- Course fee: £52.00.
- Maximum class size: 12 students.

## **Stromness Academy**

### **B121: Yoga (Active Life)**

Yoga is a deeply personal discipline. You will be encouraged to explore your own boundaries without putting stress or strain on your body to achieve a posture. The emphasis is to learn to move with awareness in an exploratory, playful way, which helps to develop strength, flexibility, stability and a sense of ease on a physical and mental level. Students to bring mat, belt, blocks, blanket, pillow (if required) and wear layers for warmth.

- Tutor: Mary Scott.
- Wednesdays from 27 January (8 meetings).
- 18:30 – 20:00.
- Course fee: £69.00.
- Maximum class size: 12 students.

### **B125: Upholstery and Furniture Restoration**

This course concentrates on the re-upholstery of furniture although some restoration work may be undertaken. Work of bulky items should be avoided as we have no space to store items. Upholstery materials are available to purchase from the tutor who is happy to discuss projects in advance of the class. Students must provide their own tools and equipment.

- Tutor: Paul Steadman.
- Tuesdays from 26 September (10 meetings).
- 19:00 – 21:00.
- Course fee: £114.00.
- Maximum class size: 8 students.

### **B133: Upholstery and Furniture Restoration**

This course concentrates on the re-upholstery of furniture although some restoration work may be undertaken. Work of bulky items should be avoided as we have no space to store items. Upholstery materials are available to purchase from the tutor who is happy to discuss projects in advance of the class. Students must provide their own tools and equipment.

- Tutor: Paul Steadman.
- Thursdays from 28 January (10 meetings).
- 19.00 – 21.00.
- Course fee: £114.00.
- Maximum class size: 8 students.

## **B128: History of Art**

This course is for anyone who has an interest in art. We will discuss some key periods through the major artistic movements that have impacted these times. Each class will be dedicated to an artist/artistic movement, considering the historical-political-social context of the time they belong to, and the techniques used. By the end of the course, students will be able to recognise some artistic movements and/or artists and date and distinguish some key symbols to interpret.

- Tutor: Marion Ratier.
- Mondays from 01 February (10 meetings).
- 18:00 - 19:00.
- Course fee: £57.00.
- Maximum class size: 8 students.

## **B130: History and Mythology**

This course looks at history with a different point of view. Instead of focusing on events, we will travel through time and places, to meet and discover the people who have fashioned our world, whether they were human beings, goddesses, or somewhere in between. Each class will be dedicated to one or several characters/groups of people, that had an impact on our history and/or our imaginary. Notebook and pens required.

- Tutor: Marion Ratier.
- Wednesdays from 03 February (10 meetings).
- 18:00 – 19:00.
- Course fee: £57.00.
- Maximum class size: 8 students.

## **Stromness Town Hall**

### **B132: Yoga (Active Life)**

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, improving joint mobility and developing awareness of moving in a way that releases excess tension so there is an experience of softness and relaxation. We can then bring this relaxed way of being into our daily lives, improving our overall wellbeing. Please bring a yoga mat and blanket.

- Tutor: Carolyn Stewart.
- Thursdays from 18 February (6 meetings).
- 10:00 – 11:30.
- Course fee: £52.00.
- Maximum class size: 12 students.

## **On-Line Courses**

*During this global pandemic, the safest way for people to participate in community learning activity is on-line. Courses can now be delivered through a number of platforms so learners can participate in classes from the comfort of their own home. This opens up the opportunities for people across Orkney to participate in courses that they previously would not have been able to access. If anyone has issues or concerns with accessing courses on-line, please contact the CLD team.*

### **OL20: Meditation for Experienced Practitioners (Active Life)**

Suitable for those with previous meditation experience, this course provides an opportunity to re-visit practice such as Loving Kindness Meditation, Purification and Healing practices and Mindfulness. We will spend time in longer meditation sittings, going deeper into the practice, using contemplations and visualisations to aid our meditation.

- Tutor: Meg Webster- Gaertner
- Fridays from 29 January (6 meetings).
- 14:00 - 16:00.
- Course fee: £69.00.
- Maximum class size: 8 students.

### **OL21: Yoga (Active Life)**

Yoga is a deeply personal discipline. You will be encouraged to explore your own boundaries without putting stress or strain on your body to achieve a posture (asana). The emphasis is to learn to move with awareness in an exploratory, playful way, which helps to develop strength, flexibility, stability and a sense of ease on a physical and mental level. Students to bring a mat, belt, blocks (2 min) blanket, pillow (if required) and wear layers for warmth.

- Tutor: Mary Scott
- Wednesdays from 27 January (8 meetings). (No class on 24 February).
- 15:15 - 16:45.
- Course fee: £69.00.
- Maximum class size: 8 students.

### **OL22: Creative Writing and Storytelling for Pleasure**

These welcoming creative sessions will encourage creative writing and storytelling through a series of guided exercises and discussions. The group will support creative confidence and develop techniques for writing and storytelling. Whether you love telling folk tales, or ghost stories or want to write a memoir; these sessions will be a great way to get started. The course will cover writing in different genres and will encourage experimentation in styles from poetic forms to narrative prose.

- Tutor: Gabrielle Barnby
- Mondays from 25 January (4 meetings).

- 19:00 - 20:30.
- Course fee: £35.00.
- Maximum class size: 8 students.

### **OL23: Aromatherapy**

This course offers an introduction to essential oils, their origins and popular uses around the home as well as their contribution to mental and physical wellbeing. Focussing on ten of the most popular oils, we will explore how they can be used in different ways for desired results. Self-massage techniques and how to create your own personal products will be taught and guidance will be given on how to source sustainable ingredients. The tutor can supply materials excluding delivery charges.

- Tutor: Gail McAndrew
- Tuesdays from 02 February (8 meetings).
- 19:00 – 20:00
- Course fee: £46.00.
- Maximum class size: 10 students.

### **OL24: Guide to Photography**

A comprehensive guide to photography taught by a professional photographer. Understand and unleash your camera's potential whatever type you use (from iPhone to DSLR). Students will work on: Composition and how to get the perfect exposure; Portraiture, sculpting natural light, choosing the right location and posing your subject and Digital Darkroom using modern photo editing programs. Participants will build a portfolio of photographs and images.

- Tutor: Oliver Henderson
- Tuesdays from 02 February (6 meetings).
- 19:00 - 21:00.
- Course fee: £69.00.
- Maximum class size: 8 students.

### **OL27: Introduction to Fitness Trackers**

This course introduces participants to the variety of fitness trackers available and how to use these as a physical activity and health motivation tool.

- Tutor: William Hodgson
- Tuesday from 23 February (1 meeting).
- 19:00 - 20:00.
- Course fee: £6.00.
- Maximum class size: 10 students.

## **OL28: Improving Your Level of Physical Activity**

Learn how to improve your level of physical activity and maintain the gains achieved. This course looks at the physical activity guidelines, identifying barriers, setting of goals, rates for progression, fitness principles and finding support.

- Tutor: William Hodgson
- Thursdays from 11 February (3 meetings).
- 19:00 - 20:00.
- Course fee: £18.00.
- Maximum class size: 10 students.

## **OL29: Introduction to Physical Activity Guidelines**

Introduction to the national physical activity guidelines for children, young people, adults and older adults, including cardiovascular activity, muscle activity, balance and the impact of sedentary behaviour on health.

- Tutor: William Hodgson
- Tuesday from 16 February (1 meeting).
- 19:00 - 20:00.
- Course fee: £6.00.
- Maximum class size: 10 students.

## **Blended Courses**

*Blended learning uses a combination of on-line and face to face sessions by covering all the bases through the on-line sessions, the face to face sessions ensures students reap the benefits of hands-on, in-person support.*

## **On-line & Kirkwall Grammar School**

### **B137: Guide to Photography**

A comprehensive guide to photography taught by a professional photographer. Understand and unleash your camera's potential whatever type you use (from iPhone to DSLR). Students will work on: Composition and how to get the perfect exposure; Portraiture, sculpting natural light, choosing the right location and posing your subject; and Digital Darkroom - using modern photo editing programs. Participants will build a portfolio of photographs and images.

- Tutor: Oliver Henderson
- Thursdays from 04 February (3 on-line meetings & 3 KGS sessions from 25 Feb).
- 19:00 - 21:00.
- Course fee: £69.00.
- Maximum class size: 8 students.

## **B138: Family Learning Guide to Photography**

A comprehensive guide to photography taught by a professional photographer. Understand and unleash your camera's potential whatever type you use (from iPhone to DSLR). Students will work on: Composition and how to get the perfect exposure; Portraiture, sculpting natural light, choosing the right location and posing your subject; and Digital Darkroom - using modern photo editing programs. Participants will build a portfolio of photographs and images.

- Tutor: Oliver Henderson
- Fridays from 05 February (3 on-line sessions & 3 KGS sessions from 26 Feb).
- 14:30 - 16:30.
- Course fee: £69.00 per pair.
- Maximum class size: 5 pairs.

## **Family Learning Courses**

*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 better support their child's learning and can involve any family members or friends of different generations coming together to share in their learning.*

**New offer – 2 for the price of 1**

## **Family Learning Face to Face**

### **Stromness Academy**

#### **B134: Family Learning 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 materials are available to purchase from the tutor who is happy to discuss projects in advance on the class. Students must provide their own tools. Minimum age:14

- Tutor: Paul Steadman
- Wednesdays from 27 January (10 meetings).
- 18:30 - 20:30.
- Course fee: £114.00 per pair.
- Maximum class size: 5 pairs.

#### **B135: Family Learning French**

Interactive French class for friends and families to learn the basics of a new language together in a playful environment! Throughout these fun sessions we will cover the basics of the French language mostly through oral exercises and games. By the end of this course, students should be able to have basic small chats. Minimum age 5.

- Tutor: Marion Ratier
- Thursdays from 28 January (8 meetings).
- 16:00 – 17:00.
- Course fee: £46.00 per pair.
- Maximum class size: 4 pairs.

## **Kirkwall Grammar School**

### **B136: Family Learning French**

Interactive French class for friends and families to learn the basics of a new language together in a playful environment! Throughout these fun sessions we will cover the basics of the French language mostly through oral exercises and games. By the end of this course, students should be able to have basic small chats. Minimum age 5.

- Tutor: Marion Ratier
- Fridays from 29 January (8 meetings).
- 14:00 – 15:00.
- Course fee: £46.00 per pair.
- Maximum class size: 5 pairs.

## **Family Learning On-line**

### **OL25: Family Learning Creative Writing and Storytelling**

These sessions will encourage creative writing and storytelling through a series of guided exercises and discussions. The group will support creative confidence and develop techniques for writing and storytelling. Whether you love telling folk tales, or ghost stories or want to write a memoir these sessions will be a great way to get started. The course covers writing in different genres and will encourage experimentation in styles from poetic forms to narrative prose.

- Tutor: Gabrielle Barnby
- Fridays from 29 January (4 meetings).
- 13:30 - 15:00.
- Course fee: £35.00. per pair
- Maximum class size: 5 pairs.

### **OL26: Family Learning Photography**

A comprehensive online guide to photography taught by a professional photographer. Understand and unleash your camera's potential whatever type you use (from iPhone to DSLR). Students will work on: Composition and how to get the perfect exposure; Portraiture, sculpting natural light, choosing the right location and posing your subject; and Digital Darkroom - using modern photo editing programs. Participants will build a portfolio of photographs and images on their interests.

- Tutor: Oliver Henderson.



- Wednesdays from 03 February (6 meetings).
- 19:00 – 21:00.
- Course fee: £69.00.
- Maximum class size: 6 pairs.

## **Community Learning and Development**

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

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 Community Learning & Development (CLD) on (01856 873535 extn 2425) or email [kerry.spence@orkney.gov.uk](mailto:kerry.spence@orkney.gov.uk)

### **Privacy statement**

We require the information obtained at the time of booking in order to process your booking request. Providing this public service is the legal basis for the Council's lawful processing of these details. Only members of staff with a need to know will access this information. More information about how the Council will process personal data and about your rights is available here: <http://www.orkney.gov.uk/Online-Services/privacy.htm>

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

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

Telephone 01856873535 extension 2425 or email [kerry.spence@orkney.gov.uk](mailto:kerry.spence@orkney.gov.uk)

January 2021.