



# Guide To Courses Spring 2025



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# Sign Up Now!

**Enrolment opens 24<sup>th</sup> April 2025**

Welcome to the Community Learning Guide for Spring 2025.

This guide contains our programme of courses, drawn together by the Community Learning Development and Employability Service. Further copies of the Guide to Courses may be obtained from Orkney Islands Council Customer Services in Kirkwall and Stromness, as well as in local libraries and leisure facilities. A large print version is also available on request.

There are significant positive benefits associated with community learning including:

- It brings people together.
- It builds cohesive and supportive communities.
- It increases confidence and can lead to improvements in physical and mental health.

## How to Enrol

**If you have any health issues, please consult your doctor or health professional prior to enrolling on any of the courses.**

**Classes are filled on a first come first served basis.**

To enrol on a course online you will need to login or register. If you are using the system for the first time, videos showing how to do each stage of enrolment are on the Council website at [www.orkney.gov.uk/our-services/community-learning-and-development/adult-learning/we-learn-we-grow/](http://www.orkney.gov.uk/our-services/community-learning-and-development/adult-learning/we-learn-we-grow/) - we advise you to watch the videos first before registering.

To enrol by phone contact Customer Services at Orkney Islands Council, telephone: **01856 873535**.

**To enrol in a class being held at The Learning Link please call 01856 879200 or email [thelearninglinkenquiries@orkney.gov.uk](mailto:thelearninglinkenquiries@orkney.gov.uk). These courses are not available to book through Customer Services or online.**

To enrol by post please complete our postal application form.

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.

## Course Fees / Payment / Instalments

Course fees can be paid in full at the time of enrolment, through the online booking system or over the phone. You will be required to give details of your debit or credit card to enrol by phone. If booking by post, cheques should be made payable to Orkney Islands Council.

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 option also applies to concessionary students.

## Concessions

Concessions are available on all non ActiveLife courses for participants who are eligible. You are entitled to apply for a 50% concessionary rate if you are an Orkney resident and are receiving any of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, **but not** Working Tax Credit, with an income of less than £19,995
- Both Child Tax Credit **and** Working Tax Credit with an income of up to £9,552
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit and your monthly earned income is under £850
- Attendance Allowance or Pension Age Disability Payment
- Personal Independence Payment or Adult Disability Payment
- Disability Living Allowance or Child Disability Payment
- Aged over 60 and receiving Pension Credit

## ActiveLife

We are working in partnership with ActiveLife which allows anyone with individual or family membership to enrol for our health and wellbeing classes as part of their membership at no extra cost. We operate a **6-hour cancellation policy** in line with membership terms.

If you are a current **ActiveLife budget holder** you are eligible for a concessionary rate of **£1.00 per session**. All ActiveLife courses are clearly marked.

## Refunds

All course fees are **NON-REFUNDABLE** except in the event of a course having to be cancelled due to not reaching the minimum number of students or if cancelled by the tutor. However, if you feel you are on the wrong course, 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.

## Closing date for enrolments

A closing date of **one week before the start date of the course** is applied to all courses. If your chosen course has been cancelled, we will let you know. Please contact us directly to see what other courses may be available.

# Indoor Courses



## **KW001/4/25 - Qigong & Tai Chi for Beginners – Kirkwall Grammar School (Dance Studio)**

The class will start by learning the 18-movement Qigong Shibashi set and the 8 pieces of brocade. Qigong is a series of slow, simple, and gentle movements combined with breathing techniques; this will be followed by a step-by-step introduction to tai-chi walking.

The class will then move on to learning the Tai Chi Short Form, which consists of 28 slow moves brought together to become smooth-flowing movements.

The class will end with the eight fine treasures of another Qigong set.

The course is suitable for beginners who have not done Tai Chi before or students who have taken part in the course previously and are looking to improve their Tai Chi.

A basic level of health and fitness is required, similar to that required for a 1- 2 hour slow paced walk.

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

- Tutor: Robert Horrobin (8 sessions in total)
- Wednesdays
- 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> May 2025
- 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> June 2025
- 2<sup>nd</sup> July 2025
- 19:15 - 20:45
- Course fee: £88



## **KW002/4/25 - Meditation Beyond Mindfulness – Kirkwall Community Centre (Supper Room)**

This course will allow participants to expand & strengthen their meditation practice. Individual interests will be taken into account. The main theme of these meetings will be to explore mindfulness practices. In addition to seated meditations, we will use bodywork and moving meditations.

To attend this class previous experience of attending meditation classes/ courses is required.

- Tutor: Meg Webster-Gaertner (6 sessions in total)
- Thursdays
- 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> May 2025
- 5<sup>th</sup> & 12<sup>th</sup> June 2025
- 11:00 - 13:00
- Course fee: £88

### **KW003/4/25 – Introduction to Jazz Guitar (Kirkwall Community Centre – Room 2)**

Embracing the study of Jazz on the guitar can open creative doorways in many other styles of music.

This course will look at how concepts such as improvisation, triads, chord/scale theory & modal ideas can take your traditional, blues, folk and rock playing to another level.

We'll also study some well-known jazz "standards" such as Autumn Leaves, Summertime, Blue Monk and Blue Bossa.

Some of the time will be devoted to the technical side of playing jazz effectively, such as picking technique, swing and Latin rhythms, comping, the II-V-I progression and chord substitutions.

There will also be ample scope to open up the sessions to any related topics the students would like to explore, or to focus on how jazz thinking can be effectively utilised in other genres.

Students will need to supply their own guitar (electric or acoustic).

The course will also be useful to bass players.

- Tutor: Colin Black (6 sessions in total)
- Wednesdays
- 30<sup>th</sup> April 2025
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> May 2025
- 04<sup>th</sup> June 2025
- 11:00 - 13:00
- Course fee: £88

### **ST001/4/25 - Yoga with a Chair - Warehouse Building, Stromness (John Rae Room)**

This class will suit people who would like to use a chair as their starting point for a yoga practice rather than lying or sitting on the floor.

Through repetitive and perhaps unusual patterns of movement your body can learn to adapt, which can help you to move around and through the various physical and mental restrictions that we all have.

You should be able to walk, stand, sit in a chair and be able to get out of it.

Students might want to bring along a blanket and small cushion for comfort.

- Tutor: Mary Scott (7 sessions in total)
- Tuesdays
- 29<sup>th</sup>, April 2025
- 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> May 2025
- 3<sup>rd</sup> & 10<sup>th</sup> June 2025
- 15:00 - 16:15
- Course fee: £64

## **ST002/4/25 - Yoga - Warehouse Building, Stromness (John Rae Room)**

In this class you will be working mainly down on the floor, lying, sitting, kneeling and sometimes standing. You will be exploring ways of arriving at yoga postures more by chance rather than having a fixed goal in mind. Repeating sometimes unusual patterns of movement helps to keep bodies and minds adaptable and open to change.

Students are advised to bring the following: yoga mat, long strap, belt or tie (not stretchy)

Optional items you can bring are blocks, blanket, small cushion.

We would suggest you wear comfortable layers of clothing. Students must be happy to work on the floor, lying, sitting and kneeling and also be able to get back up again.

- Tutor: Mary Scott (7 sessions in total)
- Wednesdays
- 30<sup>th</sup> April 2025
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> May 2025
- 4<sup>th</sup> & 11<sup>th</sup> June 2025
- 18:30 - 20:00
- Course fee: £76

## **ST003/4/25 - Furniture Restoration & Upholstery, Stromness Academy (Technical Room)**

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 and fabrics are available to purchase from the tutor under a separate arrangement. Projects and tools that may be required should be discussed ahead of the class by contacting the tutor prior to the class commencing. For contact details please *email*: [cld@orkney.gov.uk](mailto:cld@orkney.gov.uk).

- Tutor: Paul Steadman (10 sessions in total)
- Tuesdays
- 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> May 2025
- 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> June 2025
- 1<sup>st</sup> & 8<sup>th</sup> July 2025
- 19:00 - 21:00
- Course fee: £146

# Outdoor Courses

**The following information applies to all our Bird Watching & Wildflower classes.**

**All walks will be undertaken on the Mainland of Orkney, Burray and South Ronaldsay.**

**Venues:** Venues may be changed at short notice due to very inclement weather or the appearance of strange and interesting birds or wildflowers. The tutor shall inform you of the venue in the days leading up to each class – usually the evening before.

**Postponements:** Should any class be postponed (usually weather related), we shall endeavour to meet on the same day either the following week or the next. Postponements are quite rare.

**Walks:** Walks of 2 - 3 miles will be involved, possibly over rough ground. Orkney's weather adds to the bird watching experience, but occasionally it can be testing.

**Equipment:** Binoculars are essential and very useful when out in the field

**Footwear:** Strong footwear (walking boots or wellingtons) is essential.

**Clothing:** Waterproofs and clothing that can withstand Orkney weather is essential. Dressing in subdued colours is very helpful.

**Refreshments:** A picnic break will be included – please bring a packed lunch & flask.

**Safety:** First aider. First aid kit and mobile phone will be carried.

Please leave dogs at home in front of the fire.

## OD001/4/25 – Appreciating Orkney's Birds



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.

- Tutor: Tim Dean (6 meetings)
- Tuesdays
- 29<sup>th</sup> April 2025
- 6<sup>th</sup> & 20<sup>th</sup> May 2025
- 3<sup>rd</sup> & 17<sup>th</sup> June 2025
- 1<sup>st</sup> July 2025
- 10:00 - 14:00
- £176



## OD002/4/25 – Appreciating Orkney’s Wildflowers & Habitats (Daytime)



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.

- Tutor: Tim Dean (6 meetings)
- Wednesdays
- 11<sup>th</sup> & 25<sup>th</sup> June 2025
- 2<sup>nd</sup>, 23<sup>rd</sup> & 30<sup>th</sup> July 2025
- 6<sup>th</sup> August 2025
- 10:00 - 14:00
- £176

## OD003/4/25 – Appreciating Orkney’s Wildflowers & Habitats (Evenings)



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.

- Tutor: Tim Dean (6 meetings)
- Thursdays
- **12th & 26th June and 3rd & 24th July 2025**      **19:00 – 21:30**
- **31st July 2025**      **18:30 – 21:00**
- **7th August 2025**      **18:00 – 20:30**
- £110

## OD004/4/25 – Outdoor Photography

Orkney is a stunning environment, and exploring its outdoors through a camera lens can be incredibly rewarding. This course will immerse you in the landscape of Orkney and will help you get the best out of your camera, using the concept of “the exposure triangle” allowing you to make best use of the power of your camera.

We will explore effective ways to shoot landscapes, birds, static subjects and moving subjects, using the most effective camera settings and techniques to explore your creativity.

Locations could include: Marwick, Cuween Hill, Sands of Evie, Binscarth Woods and Happy Valley

Before starting this course, students require to have a camera and a basic understanding of its operation.

- Tutor: Colin Black (4 meetings)
- Fridays
- 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> May 2025
- 10:00 - 12:00
- £58

## **OD005/4/25 – Digital Photography – moving away from auto (Kirkwall Library, Carnegie Room & Outdoors)**

With digital cameras becoming ever more accessible, many people own these highly complex tools but are simply setting them to “auto’ and not exploring their hidden power, and potential creativity.

This course will explore and demystify The Exposure Triangle, the fundamental concept of photography that utilises aperture, shutter speed and ISO to produce images that you are in control of.

Knowing how to use and manipulate these settings will open up your photography skills, and can be used in portraiture, landscape, wildlife, sports and creative photography, and will enable you to make the move from beginner to advanced.

We will also look at other fundamentals such as composition, use of the histogram, shooting in RAW, depth of field, artistic expression and when to use a tripod.

The course sessions will consist of two 2-hour sessions indoors where we will examine the camera settings and their usage, and three 2-hour sessions outdoors where we will put into practice what we have learned in the Orkney environment. There will be one further 2-hour session indoors where we will look at the images produced together and discuss them and share what we have learned.

Students should understand the basic use of their camera, and have a means of viewing images taken on the course (either online or on a computer/tablet/phone)

### **N.B. Dates in green will be held at Kirkwall Library (Carnegie Room)**

- Tutor: Colin Black (6 meetings)
- Wednesdays
- **30th April 2025**
- **7th**, 14th, 21st & 28th May 2025
- **4th June 2025**
- 15:00 – 17:00
- £88

# Free Courses



The Learning Link is a **free** service which is dedicated to helping adults gain new skills and increase their self-confidence. The benefits of developing your skills and having the confidence to use them can be far reaching and life changing. It can also improve your health and well-being.

If you want to just brush up on your reading or writing skills, improve your numeracy skills, increase your digital skills, learn how to use the internet safely or improve your speaking and understanding of the English language, then get in touch.

**For further information on what we offer or to register for any of the classes below call: 01856 879200**

**or email: [thelearninglinkenquiries@orkney.gov.uk](mailto:thelearninglinkenquiries@orkney.gov.uk)**

**All classes will be held at 1 St Rognvald Street, Kirkwall KW15 1PR unless stated otherwise**

## **TLL001/4/25 – How to help your child with their homework**

This course helps parents support their children at school.

Each week we will cover a different topic.

3 English topics - Reading, writing and spelling.

3 Maths topics - Number, data handling and space, shape and measure.

- Briony Avery (6 sessions in total)
- Mondays
- 26<sup>th</sup> May 2025
- 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> June 2025
- 10:00 - 12:00
- Free

## **TLL002/4/25 - National 4 Numeracy**

A free course that leads to a national qualification.

Each week we will consider the different topics needed to achieve National 4 Numeracy. Successful completion will provide 6 SCQF credit points at National 4.

You should hold National 3 in Numeracy or similar, we would recommend you consider purchasing a scientific calculator.

- Tutor: Kate Wilden (10 sessions in total)
- Mondays
- 12<sup>th</sup> & 19<sup>th</sup> May 2025
- 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 30<sup>th</sup> June 2025
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> July 2025
- 18:00 – 20:00
- Free

## **TLL003/4/25 - National 3 Communication – Kirkwall Library (MacGillivray Room)**

Brush up on your communication skills and gain a qualification to help improve your confidence and widen job opportunities.

Develop reading skills through reading a range of texts i.e. articles, emails, leaflets etc.

Writing in different styles i.e. emails, messages and instructions.

Learn how to organise writing in sentences and paragraphs, use punctuation and grammar correctly.

Improve confidence in speaking clearly and effectively, by joining in group discussions and activities  
Develop listening skills for understanding different situations i.e. discussions and podcasts.

Communicate in different ways for different purposes i.e. giving information, instructions, and using persuasive language.

**There will be a short assessment before starting the programme, to ensure your suitability for working at this level.**

- Tutor: Kathy Potts (10 sessions in total)
- Thursdays
- 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> May 2025
- 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> June 2025
- 3<sup>rd</sup> July 2025
- 15:45 – 17:15
- Free

## **TLL004/4/25 - National 4 Communication – Kirkwall Library (MacGillivray Room)**

Brush up on your communication skills and gain a qualification to help improve your confidence and widen job opportunities.

Reading a variety of texts such as articles, emails, advertisements etc to understand the main points and techniques used by the writer.

Writing different types of texts for different purposes i.e. formal letters/emails, descriptive writing in adverts and posters, instructions and directions.

Using punctuation, spelling and grammar correctly to enhance your writing.

Planning and organising writing.

Using and evaluating verbal and non-verbal communication for effectiveness.

Improving your confidence in speaking in different situations, i.e. interviews, class conversations/discussions.

Developing listening skills for understanding different types of spoken communication i.e. podcasts, discussions and interviews.

**Students should have literacy skills at National 3 level or be willing to do a brief assessment prior to starting with us, this is to ensure the level is appropriate for you.**

- Tutor: Kathy Potts (10 sessions in total)
- Thursdays
- 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> May 2025
- 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> June 2025
- 3<sup>rd</sup> July 2025
- 13:45 – 15.15
- Free

## **TLL005/4/25 - Introduction to Navigation**

Ever wanted to be able to read a map? Not sure where to start? Experienced, expert instructors are waiting to hear from you! We will be offering a **FREE** introduction to navigation, covering the following topics:

- Introduction to different maps, map scales, key symbols and features.
- How to estimate distances using pacing and timing.
- Introduction to the compass and its basic features including bearings.
- Planning and following a route using key features.
- How to correctly orientate the map to determine your location.
- Translating what you see on the ground to what you see on the map and vice versa. (hills, rivers, walls, woods, roads, paths, buildings etc).
- Navigation strategies.

Each week we will cover different topics, firstly together as a group, and then we will go out and about to practice our skills!

**Footwear:** Strong footwear (walking boots or wellingtons) is essential.

**Clothing:** Waterproofs & clothing that can withstand Orkney weather is essential.

**Refreshments:** Walks will include a picnic break, so please bring a snack and a flask.

- Tutor: Kate Wilden & Walter Gorman (4 sessions in total)
- Saturdays
- 10<sup>th</sup>, 17<sup>th</sup> & 31<sup>st</sup> May 2025
- 7<sup>th</sup> June 2025
- 12:00 - 15:00
- Free

**ORKNEY ISLANDS COUNCIL**

**Postal Application Form**

<b>Name:</b>	
<b>Address and Postcode:</b>	
<b>Telephone:</b>	
<b>Mobile:</b>	
<b>Email Address:</b>	

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

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**Course Details**

<b>Ref. No:</b>	<b>Course Details:</b>	<b>Course Fee:</b>	<b>Amount Due:</b>
		<b>Total Due:</b>	<b>£</b>

**Charges**

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

Full fee.       50%.       Instalments.       ActiveLife

If you have ActiveLife membership, please provide your card number (this can be found on the back of your card) .....

If paying by cheque, please make it payable to Orkney Islands Council.

You may be asked to provide proof of being eligible to claim concessions.

**Additional costs:** Participants may be required to pay for additional materials at the start of the course as detailed in the programme. Concessions do not apply to additional costs.

**Office Use Only**

Reason for concession claim:	
Signature:	Date:

**Privacy Statement**

We need the information on this form 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: [www.orkney.gov.uk/privacy](http://www.orkney.gov.uk/privacy)

## **Community Learning, Development & Employability Service**

This programme of courses was drawn together by the Council's Community Learning, Development and Employability 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 Walter Gorman at the Community Learning, Development & Employability Team (CLDE) on 01856 873535 ext: 2423 or *email*: [walter.gorman@orkney.gov.uk](mailto:walter.gorman@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 online [www.orkney.gov.uk/privacy](http://www.orkney.gov.uk/privacy)

Community Learning, Development & Employment Service

Education, Leisure and Housing

Council Offices

Kirkwall, KW15 1NY

*Telephone* 01856 873535

*or email* [cld@orkney.gov.uk](mailto:cld@orkney.gov.uk)