



# Guide to Courses Spring 2024

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# Sign up Now!

Enrolment opens 18<sup>th</sup> April 2024.

Welcome to the Community Learning Guide for Spring 2024. There are significant positive benefits associated with community learning.

- Brings people together.
- Builds cohesive and supportive communities.
- Increases confidence.
- Can lead to improvement in physical and mental health.

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

## 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 [Community Learning Courses \(orkney.gov.uk\)](https://www.orkney.gov.uk/community-learning-courses). 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 see [Postal Application](#)

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/Payments/Installments

Course fees can be paid in full at the time of enrolment either 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 £18,725
- Both Child Tax Credit and Working Tax Credit with an income of up to £8,717
- Support under Part VI of the Immigration and Asylum Act 1999
- Universal Credit with a monthly earned income of not more than £726
- Attendance Allowance or Pension Age Disability Payment
- Personal Independence Payment or Adult Disability Payment
- Aged over 60 and receiving Pension Credit
- Disability Living Allowance or Child Disability Payment

### 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 failing to reach the minimum number of students required. 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.

## Postal Application

To enrol by post, please contact Susan Bonar on 01856 879200 or email [susan.bonar@orkney.gov.uk](mailto:susan.bonar@orkney.gov.uk) to request a form.

## KW001/4/24 - Qigong & Tai Chi for Beginners – KGS (Gym Hall)



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.

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, similar to that required for a 1-to-2-hour slow paced walk.

- Tutor: Robert Horrobin - (10 sessions in total)
- Wednesdays
- 1, 8, 15, 22 & 29 May 2024
- 5, 12, 19 & 26 June 2024
- 3 July 2024
- 19:15 – 20:45
- Course fee: £99

## KW002/4/24 - Yoga – Kirkwall Community Centre (Supper 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 required to bring one of the following: long strap, belt or tie (not stretchy).

Optional items you can bring are:- Mat, 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 (6 sessions in total)
- Tuesdays
- 30 April 2024
- 7, 14 & 21 May 2024
- 4 & 11 June 2024
- 11:30 – 13:00
- Course fee: £60

## **ST001/4/24 - 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 must be able to walk, stand, sit in a chair and get out of it again.

Students are required to bring along a blanket and small cushion.

- Tutor: Mary Scott (6 sessions in total)
- Tuesdays
- 30 April 2024
- 7, 14 & 21 May 2024
- 4 & 11 June 2024
- 15:00 – 16:15
- Course fee: £50

## **ST002/4/24 - 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 required to bring one of the following: long strap, belt or tie (not stretchy).

Optional items you can bring are:- Mat, 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 (6 sessions in total)
- Wednesdays
- 1, 8, 15 & 22 May 2024
- 5 & 12 June 2024
- 18:30 - 20:00
- Course fee: £60

## **ST003/4/24 - Furniture Restoration & Upholstery – Stromness Academy**

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 call Susan Bonar on 01856 879200 alternatively email:- [susan.bonar@orkney.gov.uk](mailto:susan.bonar@orkney.gov.uk)

- Tutor: Paul Steadman (10 sessions)
- Tuesdays
- 7, 14, 24 & 28 May 2024
- 4, 11, 18 & 25 June 2024
- 2 & 9 July 2024
- 19:00 - 21:00
- Course fee: £132



## The information below applies to all our outdoor courses.

All walks will be undertaken on the Mainland of Orkney, Burray & South Ronaldsay

**Birdwatching & Wildflower Venues:** Venues for the walks will be decided closer to the scheduled dates and will take into account, weather, tides, the occurrence of birds and also whether certain plants are flowering. Tim will contact you by phone, email or text the night before at the latest.

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

**Equipment:** Binoculars are essential. Appropriate optical equipment can be supplied.

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

**Clothing:** Waterproofs & clothing that can withstand Orkney weather is essential. Please wear subdued colours.

**Refreshments:** Walks will include a picnic break – bring a packed lunch and a flask.

**Please leave dogs at home in front of the fire.**

## OD001/4/24 – 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
- 30 April 2024
- 7 & 14 May 2024
- 11, 18 & 25 June
- 10:00 -14:00
- Course Fee £160

## **OD002/4/24 - Appreciating Orkney's Wildflowers & Habitats (days)**

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.

- Tutor: Tim Dean (6 meetings)
- Thursdays
- 20 June 2024
- 4 & 18 July 2024
- 1, 15 & 29 August 2024
- 10:00 -14:00
- Course Fee £160

## **OD003/4/24 - 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. The forays will be undertaken on the Mainland of Orkney, Burray and South Ronaldsay.

- Tutor: Tim Dean (5 meetings)
- Tuesdays
- 2, 16 & 30 July 2024      19:00 - 21:30
- 13 & 27 August 2024      18:00 – 20:30
- Course Fee £84

# The Learning Link

The Learning Link is a free service which is dedicated to helping adults to 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.

We also offer dedicated maths classes which can help to improve your maths skills in everyday life, work or studies. It can give you the confidence to help your child with their homework, improve budgeting skills, gain employment, access further education or change career, all whilst gaining a qualification at SQA National 3 or 4. **TO ENROL CALL 01856 879200 or email: [thelearninglinkenquiries@orkney.gov.uk](mailto:thelearninglinkenquiries@orkney.gov.uk)**

**Classes will be held at 1 St Rognvald Street, Kirkwall KW15 1PR.**

## TLL001/4/24 – National 3 Numeracy

Do you miss those important qualifications from your school days? Ever fancied achieving a nationally recognised qualification in maths? Week by week we will cover the SQA National 3 Numeracy programme. You will improve your ability to solve simple, real-life problems involving numbers, money, time and measurement. You must hold National 2 Lifeskills, Mathematics or general numeracy.

- Tutor: Kate Wilden (10 sessions in total)
- Thursdays
- 4, 11, 18 & 25 July 2024
- 1, 15, 22 & 29 August 2024
- 5 & 12 September 2024
- 10:00 – 12:00

## TLL002/4/24 - 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 must hold National 3 in Numeracy or similar, there will be an evidence-based assessment. We would recommend you consider purchasing a scientific calculator.

- Tutor: Kate Wilden (10 sessions in total)
- Thursdays
- 6, 13 & 20 June 2024
- 4, 11, 18 & 25 July 2024
- 1, 15 & 22 August 2024
- 12:30 – 14:30

## TLL003/4/24 – 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 and practise our skills!

**Footwear:** Strong footwear (walking boots or wellingtons) are 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
- 20 & 27 July 2024
- 3 & 17 August 2024
- 12:00 – 15:00

## Community Learning, Development & Employability Service

This programme of courses was drawn together by the Council's Community Learning, Development & 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 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 here: [www.orkney.gov.uk/privacy](http://www.orkney.gov.uk/privacy)

Community Learning, Development and Employability Service

Education, Leisure and Housing

Council Offices

Kirkwall

KW15 1NY

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or email [walter.gorman@orkney.gov.uk](mailto:walter.gorman@orkney.gov.uk)

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