



Guide To Courses New Year 2025



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Sign Up Now!

Enrolment opens 9th January 2025

Welcome to the Community Learning Guide for New Year 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.

- Brings people together.
- Builds cohesive and supportive communities.
- 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 <https://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 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 £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 and your monthly earned income is under £726
- 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



DO001/12/24 – Yoga and Relaxation, Dounby (Milestone Kirk)

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.

Students must provide their own mats

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

- Tutor: Carolyn Stewart (6 sessions in total)
- Mondays from 27 January 2025
- 03, 10, 17, 24 February 2025
- 03 March 2025
- 10:00 - 11:30
- Course fee: £60

KW001/12/24 - Meditation for Experienced Practitioners – Kirkwall Community Centre (Supper Room)



We will develop and expand a range of meditation techniques using bodywork, seated and moving meditations. Our practices will include contemplations and visualisations. For more information, please email: - cld@orkney.gov.uk for contact details.

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

- Tutor: Meg Webster-Gaertner (10 sessions in total)
- Thursdays from 30 January 2025
- 06, 13, 20, 27 February 2025
- 06, 13, 20, 27 March 2025
- 03 April 2025
- 11:00 - 13:00
- Course fee: £132

KW002/12/24 – Mindfulness Meditations for all – Kirkwall Community Centre (Supper Room)



During this course I would like to share some mindfulness meditation techniques. Mindfulness meditation has a profoundly calming effect. It is helpful to reduce anxiety and stress. It can be practiced anywhere and allows us to slow down, centre and refocus. These techniques are accessible for everyone. For more information please email: - cld@orkney.gov.uk for contact details.

This course is open to everyone, no previous experience is needed.

- Tutor: Meg Webster-Gaertner (10 sessions in total)
- Thursdays from 30 January 2025
- 06, 13, 20, 27 February 2025
- 06, 13, 20, 27 March 2025
- 03 April 2025
- 14:00 - 16:00
- Course fee: £132

KW003/12/24 - Qigong & Tai Chi for Beginners – Kirkwall Grammar School (Dance Studio)



The class will start with some warm up exercises, followed by the 18-movement Qigong Shibashi. 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 another Qigong set to warm down.

The course is suitable for beginners who have done no 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 to 2 hour slow paced walk.

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

- Tutor: Robert Horrobin (8 sessions in total)
- Wednesdays from 29 January 2025
- 05, 12, 19, 26 February 2025
- 05, 12, 19 March 2025
- 19:15 - 20:45
- Course fee: £80

ST001/12/24 - 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 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 from 11, 18, 25 February 2025
- 04, 11, 18, 25 March 2025
- 15:00 - 16:15
- Course fee: £58

ST002/12/24 - 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 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 from 12, 19, 26 February 2025
- 05, 12, 19, 26 March 2025
- 18:30 - 20:00
- Course fee: £58

ST003/12/24 - 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

- Tutor: Paul Steadman (10 sessions in total)
- Tuesdays from 28 January 2025
- 04, 11, 18, 25 February 2025
- 04, 11, 18, 25 March 2025
- 01 April 2025
- 19:00 - 21:00
- Course fee: £132

ST004/12/24 – Yoga and Relaxation, Warehouse Building, Stromness (John Rae Room)

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.

Students must provide their own mats.

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

- Tutor: Carolyn Stewart (6 sessions in total)
- Thursdays from 30 January 2025
- 06, 13, 20, 27 February 2025
- 06 March 2025
- 10:00 - 11:30
- Course fee: £60

Outdoor Courses

The information below applies to all our outdoor courses.

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

Venues: 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 up to one mile will be involved, mostly on good surfaces but perhaps in poor weather.

Equipment: Binoculars are very useful when out in the field. Appropriate optical equipment can be supplied.

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

Clothing: 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.

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

Please leave dogs at home in front of the fire.

OD001/12/24 – Finding & identifying plants in the Spring



Following on from the autumn (2024) Finding and Identifying Plants class, these three fortnightly forays will be looking at various habitats around Orkney Mainland and the connected South Isles in the spring between 17th April and 15th May 2025.

Venues will be decided closer to the date and are dependent upon weather conditions.

- Tutor: Tim Dean (3 meetings)
- Thursdays from 17 April 2025
- 01, 15 May 2025
- 10:00 - 14:00
- Course fee: £80

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

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

TLL001/12/24 - 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 should hold National 3 in Numeracy or similar, we would recommend you consider purchasing a scientific calculator.

- Tutor: Kate Wilden (10 sessions in total)
- Thursdays from 23, 30 January 2025
- 06, 13, 20, 27 February 2025
- 06, 13, 20, 27 March 2025
- 10:00-12:00
- Course fee: Free

ORKNEY ISLANDS COUNCIL

Postal Application Form

Name:	
Address and postcode:	
Telephone:	
Mobile:	
Email Address:	

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

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Course Details

Ref. No:	Course Details:	Course Fee:	Amount Due:
		Total Due:	£

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

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

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

Community Learning, Development & Employment Service

Education, Leisure and Housing

Council Offices

Kirkwall, KW15 1NY

Telephone 01856 873535

or email cld@orkney.gov.uk