



Adult Learning Evening & Day Classes January - April 2015



Learning can make a difference to your life.

Gie it a go now!

Welcome to the Adult Learning Evening Class Programme

How do I find what I'm looking for?

Classes are arranged by area and then venue. Information is also available on our website: www.learnshetland.com

Note: Large print booklets are available on request.

What will my course cost?

Course prices are shown with each course description. Course fees are based on a flat rate of £3.40 per hour per learner plus any additional costs e.g. photocopying and venue hire. This means that the overall cost of a class will vary according to venue.

Materials/resources

If you need to buy additional materials or resources for your class, the tutor will either:

- supply a list so you can purchase the items in advance e.g. art materials, text book
- supply the items at cost price. Your tutor will collect the money at the class.

Concessions

If you are Over 60, Under 18 or if you or your family are in receipt of any of the benefits listed below then fees are reduced by 50%. Proof of age or evidence of benefits must be provided to receive a concession.

YOU	YOUR FAMILY
• Carer's Allowance	• Income Support
• Disability Living Allowance	• Pension Credit
• Severe Disablement Allowance	• Housing Benefit
• Incapacity Benefit	• Income based Job Seeker's Allowance
• Attendance Allowance	• Income related Employment and Support Allowance
• Contributory Employment and Support Allowance	• Net income is equivalent to, or lower than, the threshold for Income Support
	• Working Tax Credits

Both full and concession prices are shown in the booklet (concessions are marked C). Please note that concessions are only given on course fees, not on venue hire or material costs.

How to book

To book your place:

- Return booking form to Adult Learning, The Huts, Lovers Loan, Lerwick, ZE1 0BA
- PLEASE DO NOT send money with your form.
- Telephone Adult Learning on 01595 743888
- E-mail: classes@shetland.gov.uk
- Book online at www.learnshetland.com

Apply soon, some classes fill up quickly!

What happens next?

Adult Learning will let you know if you have a place on your chosen class. This will normally happen two weeks before the start of the class. You will also receive an enrolment form, which should be completed and returned along with your payment before the class begins. Classes starting after mid January can be paid for in 2015.

If the class is full you will be placed on a waiting list. You may still be offered a place if anyone drops out.

Note: The closing date for bookings for classes starting in January 2015 is Wednesday 10th December. If minimum numbers are not reached by this closing date then the course will not run. If this is the case, and you have booked on the class, we will let you know.

We are pleased to offer some new classes and greater flexibility in length of classes this year. We hope you enjoy your learning experience, and we are always happy to hear your views on how classes can be improved.

Gie it a go!

North Isles & Whalsay

Whalsay School

AL5 Learn Machine Embroidery with Julie Williamson

Saturday 11am – 2pm	6 weeks starting 31 January	£61.20	£30.60 C
---------------------	-----------------------------	--------	----------

Suitable for beginners. Learn basic machine stitches, how to use freehand machine stitch, fabric painting and dying, and drawing techniques. Approx. £35.50 materials cost payable to tutor. Please bring a sewing machine capable of doing freehand machine stitch, any fabric or thread, old bed sheets, pillowcases or curtains, pencils and sketchbooks.

Global Yell's Studio, Yell

AL6 Printing and Embellishing on Textiles with Andy Ross

Sunday 12 – 3:30pm	4 workshops starting 18 January (monthly) 18 Jan, 15 Feb, 15 Mar, 29 Apr	£55.80	£35.40 C
-----------------------	-----------------------------------------------------------------------------	--------	----------

Suitable for beginners. This is a series of workshops allowing students to experiment with printing and dyeing on fabrics, with the final workshop being one on decorating and embellishing the finished cloth. Bring a sewing machine if you have one.

West Mainland

Whiteness Primary School

AL14 Improvers Fiddle & Mandolin with Bernadette Porter

Monday 7.15pm – 9.15pm	8 weeks starting 12 January	£56.40	£29.20 C
------------------------	-----------------------------	--------	----------

Suitable for improvers. Learners will increase their repertoire and be able to create their own sets of tunes confidently.

AL15 Fiddle Playing Session Tunes with Jim Leask

Monday 7.15pm – 9.15pm	8 weeks starting 12 January	£56.40	£29.20 C
------------------------	-----------------------------	--------	----------

Not suitable for beginners. Aimed at fiddle players but other instruments are welcome. Exploring different styles and tunes from out with Scotland, while gaining confidence in playing tunes from music or learning by ear. Experience playing on a live stage to an audience (this is not as daunting as it sounds).

Westside Leisure Centre, Aith

AL22 Yoga and Relaxation with Niki Thomson

Monday 7.30 – 9pm	10 weeks starting 5 January	£78.25	£52.75 C
-------------------	-----------------------------	--------	----------

Suitable for beginners/intermediate. Develop an awareness of yoga principles and be aware of alignment while practising yoga postures. Develop yoga practice so you feel comfortable to safely continue practising on your own. Bring loose, comfortable clothing, yoga mat, blanket and yoga block (optional).

North Mainland

Mossbank School			
AL7	Felting Fun with Helen Robertson		
Tuesday 6.30 – 9pm	6 weeks starting 3 February	£51.00	£25.50 C
Suitable for beginners. Learners will increase their knowledge and skill of how to make items from felt using both wet and dry felting techniques. Bring an old bath towel. £20 material cost payable to tutor.			
AL4	Make Your Own Lamp Shades with Julie Williamson		
Tuesday 6 – 8pm	1 day 24 March	£6.80	£3.40 C
Gain confidence in measuring, cutting and design placement using fabric/wallpaper for coving drum light shades. Bring your own fabric and/or old lamp shades to cover if you want. £38.23 material cost payable to tutor.			
Brae Youth Centre			
AL11	Introduction to German with Alexandra McIntosh		
Monday 6.30 – 7.15pm	8 weeks starting 12 January	£39.20	£25.60 C
Suitable for absolute beginners. Learners will be introduced to day-to-day topics such as describing people or ordering food. They will learn the relevant vocabulary and put into practice by reading, listening to and speaking German. Bring a folder and a jotter.			

Central Mainland

Scalloway Youth Centre			
AL33	Writing Articles for Publication or Leisure with Kevin Briggs		
Monday 7.30 – 9pm	2 weeks starting 12 January	£13.45	£8.35 C
Suitable for beginners. With the emphasis on factual article writing, the workshops will cover how to keep organised as a writer, how to get started, getting into a routine, encouraging spontaneity and tips on how to structure your writing. Learn how to present your work and the importance of proof reading. Find out about potential markets and how to approach people with your work.			

Lerwick

Adult Learning Huts, Lovers Loan			
AL121	Breathworks Mindfulness for Health Workshop with Judd Brindley		
Friday 6.30pm - 9pm	8 weeks starting 30 January	£68	£34 C
For anyone with chronic or long term pain, stress or illness. The only prerequisite is a willingness and commitment to engage fully with the programme. Content includes 3 formal Meditation Practices, Breath and Body Awareness, Gentle Movement, Practical Activities, Group Discussion, Home Practices. Through these you will learn how to apply mindfulness to all aspects of daily life. More information will be follow with the enrolment form. The handbook and accompanying 5 CD's cost a further £30			
AL122	Breathworks Mindfulness for Health Workshop with Judd Brindley		
Sunday 10am – 12.30pm	8 weeks starting 1 February	£68	£34 C
For anyone with chronic or long term pain, stress or illness. The only prerequisite is a willingness and commitment to engage fully with the programme. Content includes 3 formal Meditation Practices, Breath and Body Awareness, Gentle Movement, Practical Activities, Group Discussion, Home Practices. Through these you will learn how to apply mindfulness to all aspects of daily life. More information will be follow with the enrolment form. The handbook and accompanying 5 CD's cost a further £30			
AL123	Compassion Workshop with Judd Brindley		
Sunday 10am – 5pm	1 day 11 January	£25.80	£13.90 C
Must have some knowledge of mindfulness meditation practice. Building on moment to moment mindful experience of life. Developing kindness and compassion for ourselves and others which builds confidence and promotes our wellbeing. Taking a look at some of our more difficult emotions with kindness and without judgment, accepting they are a part of our experience. Bring a yoga mat or camping mat, 1 or 2 light blankets, yoga blocks if you have them, 1 or 2 cushions.			
AL115	Introduction to Nature with Richard Ashbee		
Monday 9.30am – 12.30pm	6 weeks starting 19 January	£63.20	£32.60 C
Suitable for beginners but anyone with an interest in nature/ wildlife and the environment will be welcome. The course aim is to increase knowledge, understanding and awareness of the countryside both in Shetland and the rest of the UK and how you can make a contribution. Presentation is by power point, photos, discussion. You will achieve a better understand of how to identify birds and other aspects of wildlife and gain a better awareness of what you can see when and where. Please bring a drink.			

Adult Learning Huts, Lovers Loan

AL116	Digital Photography for Beginners with Richard Ashbee			
Monday 9.30am – 12.30pm	6 weeks starting 2 March	£63.20	£32.60 C	
Learn how to take control of your camera, moving away from auto and using all the camera functions to create a quality photo. Bring your digital camera (either- DSLR, Bridge 4/3 rd or compact camera) instruction manual (important) 2g memory stick, pen & paper and a drink.				
AL117	Intermediate Digital Photography with Richard Ashbee			
Monday 9.30am – 12.30pm	6 weeks starting 27 April	£63.20	£32.60 C	
The course is open to anyone with a digital camera, preferably (but not essential) with a tripod and a basic understanding of your camera functions. The course is both classroom and practical based. You will gain understanding of how to set ISO, speed and aperture on your camera. We will look at individual subjects and how to be creative as well as developing an eye for a photo. You will learn: How to create a great landscape photo and what settings to use for low light photography. Bring your digital camera, camera handbook (instruction book), tripod (preferred), paper, pen & a drink.				
AL63	Climate and Climate Change with Brendan Hall			
Saturday 10am – 12pm	8 weeks starting 21 February	£54.40	£27.20 C	
The course is designed to provide a grounding in climate and climate change. It does not require any prior knowledge. The course will be based on informal discussions around key elements of climate and the current thinking on climate change; students will have the opportunity to explore their own interests within this and debate fundamental concepts. Topics (to be agreed with the group) may include the climate system, what drives climate, climate history and applied climate science; critical thinking and analysis skills in the subject; alongside fieldwork skills (there may be opportunities for field trips).				
Anderson High School				
AL66	Woodwork/woodturning with James Ward			
Tuesday 6.30 – 9pm	10 weeks starting 6 January	£85.00	£42.50 C	
Suitable for experienced or beginners who do not need constant supervision. On this course we will cover 1) Use of woodworking hand and machine tools. 2) Safe working practices. 3) Advice on best methods. Materials and costs will be determined on first evening.				

Anderson High School

AL67	Woodwork/woodturning with James Ward			
Thursday 6.30 – 9pm	10 weeks starting 8 January	£85.00	£42.50 C	
Suitable for experienced or beginners who do not need constant supervision. On this course we will cover 1) Use of woodworking hand and machine tools. 2) Safe working practices. 3) Advice on best methods. Materials and costs will be determined on first evening.				
AL69	Crochet with Nan Smith			
Tuesday 7 – 9pm	10 weeks starting 3 February	£70.00	£36.00 C	
Suitable for beginners and improvers. Basic techniques. Reading and understanding written and graph patterns. Creating an item. More advanced learners can try hairpin, broomstick and Tunisian crochet. Bring Crochet hooks, dk wool, patterns.				
AL71	Beginners and Improvers Knitting with Nan Smith			
Wednesday 7 – 9pm	10 weeks starting 7 January	£70.00	£36.00 C	
Suitable for beginners and improvers. Covering cast off/cast on, knit & purl stitch, increasing and decreasing, cable, lace and Fair Isle. Bring pattern, wool and needles.				
AL77	Traditional Dance for Beginners with Maria Leask			
Thursday 7 – 9pm	10 weeks starting 8 January	£68.00	£34.00 C	
Suitable for beginners. Learn all the popular Ceilidh dances used at local events today. Some people become healthier, fitter and in some cases happier as a result of the class. Bring hard soled shoes and water.				
AL100	Beginners and Intermediate Patchwork with Helen Burgess			
Tuesday 6.30 – 9pm	8 weeks starting 3 February	£70.00	£36.00 C	
Suitable for beginners and learners with some experience. Learn the basics of patchwork by gaining confidence and improving their skills and knowledge. Complete a small quilt. Bring a sewing machine, rotary cutter, cutting mat, rulers, sewing equipment (threads, scissors etc.). Fabric quantities will be advised closer to class commencement date.				
AL89	Growing Fruit and Veg with Angus Nicol			
Wednesday 7 – 9pm	8 weeks starting 4 February	£54.40	£27.20 C	
Suitable for anyone. Covers basic horticulture. This course will equip the learners to assess their garden/growing area to maximise its potential and give them confidence to try something new. Last two weeks will include a visit to Frakkafield.				

Islesburgh Community Centre				
AL36	German Short Stories and Conversation with Regina-Karoline Schmidt			
Monday 10am – 12pm	6 weeks starting 16 February	£42.80	£22.40 C	
Suitable for learners progressing from continuation level. Increase confidence in speaking, writing and reading German.				
AL39	Absolute Beginners Fiddle and Mandolin with Bernadette Porter			
Tuesday 10 – 11am	8 weeks starting 13 January	£29.20	£15.60 C	
Suitable for total beginners. The course will cover fiddle hold, bowhold, finger patterns, exercises, scales and basic traditional tunes. Learn how to play some traditional Shetland tunes, hold instruments comfortably, read basic notation and play by ear.				
AL40	Improvers Fiddle and Mandolin with Bernadette Porter			
Tuesday 11.30am – 1pm	8 weeks starting 13 January	£42.80	£22.40 C	
Suitable for improvers. The students will increase their repertoire and be able to create their own sets of tunes confidently.				

South Mainland

Sandwick School				
AL94	Reiki Practices with Elizabeth Robertson			
Tuesday 6.30 -9pm	10 weeks starting 14 April	£85.00	£42.50 C	
Designed to encourage anyone with previous Reiki training, regardless of the level attained, to participate in the practice of giving and receiving Reiki. Bring warm, loose fitting clothing, a cushion/pillow, blanket, pen & notebook and notes/manual from previous class.				
AL97	Brazilian Street Drumming with Gus Dow			
Thursday 7 – 9pm	6 weeks starting 5 February	£40.80	£20.40 C	
Suitable for beginners to intermediate. Covering various Brazilian styles of carnival drumming.				
AL85	Intro to DIY: How you can use simple tools for projects at home with Tim Senften			
Wednesday 7– 9pm	6 weeks starting 4 March	£40.80	£20.40 C	
Suitable for beginners. This class will cover: The use of basic hand tools, fastenings and adhesives; Versatility of the basic hand tools: how they are used in conjunction with other hand tools; Health and Safety; A small item will be produced e.g. a key holder or a picture frame. The focus of this class is not on the end product but on the confident use of the tools and knowledge of their potential and limitations.				

Sandwick School

AL75	Principles of Astronomy with Martin Platt		
Wednesday 7 – 9pm	6 weeks starting 4 February	£42.80	£22.40 C
<p>Students should have a basic knowledge of mathematics, including simple geometry and algebra. Knowledge of trigonometry and a basic knowledge of astronomy would be an advantage. The course will outline the basics of astronomical measurements showing how to find objects of interest in the night sky and how to determine information about them. Learners will improve their ability to make practical calculations, gain skills in observational techniques and measurements, improve knowledge of the universe and take first steps in understanding the layout of the sky. Bring binoculars, a notebook and pen, and a scientific calculator.</p>			
AL119	Digital Photography for Beginners with Richard Ashbee		
Monday 1.45pm – 4.45pm	6 weeks starting 2 March	£63.20	£32.60 C
<p>Learn how to take control of your camera, moving away from auto and using all the camera functions to create a quality photo. Bring your digital camera (either- DSLR, Bridge 4/3rd or compact camera) instruction manual (important) 2g memory stick, pen & paper and a drink.</p>			
AL120	Intermediate Digital Photography with Richard Ashbee		
Monday 1.45pm – 4.45pm	6 weeks starting 27 April	£63.20	£32.60 C
<p>The course is open to anyone with a digital camera, preferably (but not essential) with a tripod and a basic understanding of your camera functions. The course is both classroom and practical based. You will gain understanding of how to set ISO, speed and aperture on your camera. We will look at individual subjects and how to be creative as well as developing an eye for a photo. You will learn: How to create a great landscape photo and what settings to use for low light photography. Bring your digital camera, camera handbook (instruction book), tripod (preferred), paper, pen and a drink.</p>			

Booking Form

Closing date for January Class Bookings – Wednesday 10th December 2014

Please use one form per person - contact Adult Learning for additional forms.

Name		
Address		
Post code		
E mail		
Tel daytime		Tel evening
Do you have any support needs or medical condition that could affect your learning?		
You may be contacted regarding this information prior to the start of the class to ensure your needs can be met.		
Are you under 16? YES/NO	Are you over 60? YES/NO	Are you claiming a concession? YES/NO

Please list the courses you wish to apply for in order of preference:

	Course Title	Venue	Ref No.
1. and/or			
2. and/or			
3. and/or			
4. and/or			
5. and/or			
6. and/or			

Return completed form to:

Adult Learning
The Huts
Lovers Loan
Lerwick
ZE1 0BA

Tel: 01595 743888

11

You can also book:

Online: www.learnshetland.com
Telephone: Adult Learning on 01595 743888
Email: classes@shetland.gov.uk

Payment: You must pay for your class **after** you get a place and **before** it starts. DO NOT send payment with this form.

Booking Form

Closing date for January Class Bookings – Wednesday 10th December 2014

Please use one form per person - contact Adult Learning for additional forms.

Name		
Address		
Post code		
E mail		
Tel daytime		Tel evening
<p>Do you have any support needs or medical condition that could affect your learning?</p> <p>You may be contacted regarding this information prior to the start of the class to ensure your needs can be met.</p>		
Are you under 16? YES/NO	Are you over 60? YES/NO	Are you claiming a concession? YES/NO

Please list the courses you wish to apply for in order of preference:

	Course Title	Venue	Ref No.
1. and/or			
2. and/or			
3. and/or			
4. and/or			
5. and/or			
6. and/or			

Return completed form to:

Adult Learning
The Huts
Lovers Loan
Lerwick
ZE1 0BA

Tel: 01595 743888

12

You can also book:

Online: www.learnshetland.com
 Telephone: Adult Learning on 01595 743888
 Email: classes@shetland.gov.uk

Payment: You must pay for your class **after** you get a place and **before** it starts. DO NOT send payment with this form.