

# Adult Learning Class Programme

2018 – 2019



# Adult Learning: Who we are and what we do

Adult Learning is part of the Council's Community Planning and Development Service. We work with adults and families to help make positive changes in their lives by helping to develop skills for learning, life and work. Our main areas of work are:

Community based adult learning including classes, workshops, taster sessions

The core skills of numeracy, computing, communication, problem solving and English for speakers of other languages

Family learning and intergenerational learning

## Join our team!

Do you have a skill you would like to share? We would love to hear from you! Come along to one of our information sessions in your local area (see page 29 for details), phone us on 01595 743888 or email [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)

# Welcome to our new class programme

Adult Learning offers a range of daytime, evening and weekend classes to choose from. Whether you want to develop new skills or refresh existing ones, change your lifestyle, get ready for employment or simply enjoy new opportunities to learn, we hope there's something in this issue which is of interest to you.

## Contents

<b>Useful Class Information</b>	<b>4</b>
<b>Classes</b>	<b>6-31</b>
Art, Crafts, Music and Photography	6-16
Health, Wellbeing and Cookery	17-20
General Interest	21-22
IT Skills	23-28
Developing Skills for Communities	29-30
English for Speakers of Other Languages (ESOL)	31
Reading, Writing and Number Skills	32
Employability	33-34
<b>Postal Booking Form</b>	<b>35</b>
<b>Contact Us</b>	<b>36</b>

# Useful Class Information

## How do I book a class?

You can book a place online at [www.learnshetland.com](http://www.learnshetland.com), email [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk) or telephone us on 01595 743888. Alternatively you can return the booking form at the end of this booklet to Solarhus, 3 North Ness, Lerwick, ZE1 0LZ.

## What will the class cost?

Prices are shown with each class description. Fees are based on a flat rate of £4 per hour per learner plus any additional costs e.g. photocopying and venue hire. In exceptional circumstances class costs may be more, for example where minimum numbers need to be low for health and safety reasons or equipment restrictions.

If you need to buy any materials for your class, your tutor will either supply a list beforehand so you can buy the materials in advance, or supply the items at cost price, and collect the money at your class.

## Am I entitled to a concession?

If you are over 60, under 18 or if you or your family are in receipt of certain benefits 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	• Working Tax Credits
• Contributory Employment and Support Allowance	• Net income is equivalent to, or lower than, the threshold for Income Support
• Personal Independence Payment	• Income related Employment and Support Allowance
	• Universal Credit
	• Council Tax Reduction due to low income

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.

## What happens next?

Once you've made your booking, Adult Learning will let you know if you have a place on your chosen class. If you book a class which starts after mid January, we will keep in touch to let you know how class recruitment is going. When your booking is confirmed, you will receive an enrolment form, which should be completed and returned along with your payment before the class begins.

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

We hope you enjoy your learning experience. We are always happy to hear your views on how classes can be improved. You can phone us on 01595 743888 or email [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)

# Gie it a go!

**We add more Adult Learning opportunities to the programme as new tutors are recruited and courses are developed. There are several ways to keep up to date:**

Follow us on Facebook. We advertise all new classes on the Shetland Community Hub Facebook page.



[www.facebook.com/shetland.community.hub](https://www.facebook.com/shetland.community.hub)

Check the Learn Shetland website for new opportunities as they arise: [www.learnshetland.com](http://www.learnshetland.com)

We also notify everyone on our mailing list when new classes become available. To join the mailing list, please send your details to [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)

# Art, Crafts, Music and Photography

<b>Know Your Own Camera with Richard Ashbee</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0001</b>	Monday 9.30am - 12.30pm	6 weeks starting 10 September 2018	£72.00	£36.00c
<b>Ref 0006</b>	Monday 9.30am - 12.30pm	6 weeks starting 8 April 2019	£72.00	£36.00c

Suitable for beginners; no prior knowledge required. Stuck on auto? This course will help you gain the knowledge, understanding and confidence to start using your own camera to produce quality photographs. It is a mixture of PowerPoint presentations, practical exercises and discussion, and includes using your camera functions, composition, using your photos and considering what other equipment may be beneficial. Bring your digital camera, camera handbook (important), a notebook, pen and a drink for the break.

<b>Night Sky Photography with Richard Ashbee</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0002</b>	Monday 9.30am - 12.30pm	6 weeks starting 5 November 2018	£72.00	£36.00c

You will gain an understanding of how to take night sky photos without a telescope. The class will cover: choosing your equipment, preparation, how to focus in the dark and select the correct settings to photograph the moon, sun, stars and auroras using your own equipment. Bring your digital camera and any other equipment you may have for night sky photography, camera handbook (important), a notebook, pen and a drink for the break. Note: your camera must be able to be focused manually.

<b>Digital Photography 1 (Children/Senior Portraits, Wildlife, Close Ups, Urban, Creative) with Richard Ashbee</b>			<b>Islesburgh Community Centre</b>	
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<b>Ref 0003</b>	Monday 9.30am - 12.30pm	6 weeks starting 14 January 2019	£72.00	£36.00c
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You should be able to change the ISO, aperture, speed and select one focus point before starting this class. We will cover the topics named above and there will be a mixture of PowerPoint presentations, practical work (using your own equipment) and discussion. You will increase your knowledge, understanding, skills and confidence, including using the correct settings and improving photo composition. Bring your digital camera, camera handbook (important), a notebook, pen and a drink for the break.

<b>Digital Photography 2 (Seascapes, Outdoor Portraits, Still Life, Low Light, Birds in Flight, Abstract/Texture) with Richard Ashbee</b>			<b>Islesburgh Community Centre</b>	
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<b>Ref 0005</b>	Monday 9.30am - 12.30pm	6 weeks starting 25 February 2019	£72.00	£36.00c
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You should be able to change the ISO, aperture, speed and select one focus point before starting this class. We will cover the topics named above and there will be a mixture of PowerPoint presentations, practical work (using your own equipment) and discussion. You will increase your knowledge, understanding, skills and confidence, including using the correct settings and improving photo composition. Bring your digital camera, camera handbook (important), a notebook, pen and a drink for the break.

<b>Introduction to Seascape Photography with Richard Ashbee</b>			<b>Islesburgh Community Centre</b>	
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<b>Ref 0007</b>	Tuesday 6.15pm - 9.15pm	1 day: Tuesday 9 April 2019	£12.00	£6.00c
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Suitable for improvers. Ideal for those who have some understanding of how to use their own camera, although we will cover basic settings. This is classroom based and will be a mixture of PowerPoint presentation, practical - setting up your own camera and discussion. You will increase your knowledge, understanding, skills, confidence and improve photo composition. You will be required to submit one seascape photo before the course starts. Bring your digital camera, camera handbook (important), a notebook, pen and a drink for the break.

<b>Better Photography for You 1 with Austin Taylor</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1161</b>	Thursday 7pm - 9pm	4 weeks: 4, 11 October, 1, 8 November 2018	£34.00	£18.00c
<p>Always wondered what half the buttons on your camera actually do? Discover how to use them properly and produce impressive photographs, even as a complete beginner. Gain useful technical knowledge and get expert creative guidance in easy to understand language. An ideal first step before taking your photography further. You will learn about your camera's settings, shutter speeds, aperture and depth of field, as well as exposure, ISO, your light meter and how to get your subject properly in focus. We will also touch on using different lenses, filters, tripods and other accessories, then we'll bring all these things together so you can make more flattering portraits, freeze action in your photographs and understand how to improve your landscapes. All types of Digital SLRs, Bridge and Mirrorless cameras are suitable for this course. Bring your camera to refer to and your camera user guide. Optional – notepad and pen, tablet or smartphone for looking at photography apps.</p>				

<b>Better Photography for You 2 with Austin Taylor</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1162</b>	Thursday 7pm - 9pm	4 weeks starting 7 February 2019	£34.00	£18.00c
<p>Better Photography for You 2 is suitable for both beginners and improvers. You don't have to attend Better Photography 1 to attend Better Photography for You 2. Bring your camera to refer to and your user guide. Optional - notepad and pen, tablet or smartphone for looking at photography apps.</p>				

<b>Watercolour Painting Taster Session with Matthew Ronalds</b>			<b>Baltasound Junior High School</b>	
<b>Ref 1189</b>	Wednesday 4.45pm - 6.45pm	2 weeks: 12, 19 September 2018	£17.83	£9.83c
<p>Introduction to watercolour paints. You will be provided with a list of materials to bring (approximate cost £25) therefore please sign up by 31 August to ensure you have time to purchase them before the class starts.</p>				

<b>Painting and Drawing with Matthew Ronalds</b>			<b>Mid Yell Junior High School</b>	
<b>Ref 1190</b>	Thursday 5.45pm - 7.45pm	6 weeks starting 1 November 2018	£48.00	£24.00c
<p>Suitable for learners with some experience. We will focus on landscapes and still life. Watercolour, mixed media, gouache and acrylic painting. You will receive a list of materials to bring to class, therefore please sign up by no later than 19 October to ensure you have enough time to purchase them before the class starts.</p>				

<b>Drawing and Painting with Sven McAlpine</b>			<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1183</b>	Saturday 2pm - 5pm	4 weeks starting 15 September 2018	£50.00	£26.00c
<p>Suitable for beginners/intermediate. You will gain first-hand knowledge of life drawing skills and techniques required in fine art. You should bring pens, pencils, A3 drawing paper and a sketchbook to your first class. The tutor will then provide you with a list of materials to bring to subsequent classes.</p>				

<b>Drawing and Painting with Sven McAlpine</b>			<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1184</b>	Saturday 2pm - 5pm	6 weeks starting 3 November 2018	£74.00	£38.00c
<p>Suitable for beginners/intermediate. You will gain first-hand knowledge of life drawing skills and techniques required in fine art. You should bring pens, pencils, A3 drawing paper and a sketchbook to your first class. The tutor will then provide you with a list of materials to bring to subsequent classes.</p>				

<b>Art Surgery with Heather Wilson</b>			<b>Jubilee Flower Park Pavilion, Lerwick</b>	
<b>Ref 1155</b>	Tuesday 7pm - 9pm	8 weeks starting 22 January 2019	£66.00	£34.00c
<p>In this class, Heather will help you to find solutions to finish your uncompleted work (such as drawing, painting or mixed media), to a high standard. Any level of skill is welcome, but you must have work to complete (this does not have to be work from any of Heather's previous classes). You should bring your unfinished work and the materials used, plus paper and pencils.</p>				

<b>Improvers' Woodwork and Woodturning with James Ward</b>			<b>Anderson High School, Lerwick</b>	
<b>Ref 1134</b>	Tuesday 5.45pm - 7.45pm	6 weeks starting 2 October 2018	£61.95	£37.95c
<b>Ref 1135</b>	Thursday 5.45pm - 7.45pm	6 weeks starting 4 October 2018	£61.95	£37.95c
<p>Suitable for learners with some previous experience, who can work without constant supervision. The class will cover 1) Use of woodworking hand and machine tools. 2) Safe working practices. 3) Advice on best methods. Materials will be determined on the first evening and learners will supply them at their own cost.</p>				

<b>Session Tunes with Jim Leask</b>			<b>Whitiness Primary School</b>	
<b>Ref 1156</b>	Monday 7.15pm - 9.15pm	4 weeks starting 17 September 2018	£34.00	£18.00c
<b>Ref 1185</b>	Monday 7.15pm - 9.15pm	4 weeks starting 5 November 2018	£34.00	£18.00c
<b>Ref 1158</b>	Monday 7.15pm - 9.15pm	6 weeks starting 4 February 2019	£50.00	£26.00c
<p>Suitable for improvers and players wishing to broaden their repertoire, experiment with harmonies, listen to other music with the ability to understand different styles/rhythms and be able to play 'sets' of tunes confidently. Aimed at fiddle players but other instruments are welcome. On completion of the class, you should be able to go to a session and join in with other people out with the class. Bring your instrument and a music stand, if you have one.</p>				

<b>Singing for All—Simple Rounds and Harmonies with Andy Ross</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1145</b>	Sunday 10.30am - 2.30pm	1 day: 11 November 2018	£16.00	£8.00c
<p>Learn some new songs, rounds and learn to create harmonies with simple and easy techniques. Andy will take you through some warmups, easy and gentle exercise and then begin to work with folk songs and songs from around the world which anybody of any ability can join in with. Ages from ten upwards. Families, couples and individuals welcome. Dress in loose clothing and wear comfortable shoes. Bring bottled water if you would like to.</p>				

<b>Absolute Beginners Weaving with Andy Ross</b>			<b>Global Yell Studios, Sellafrith, Yell</b>	
<b>Ref 1143</b>	Saturday/Sunday 10am - 4pm	2 days: 24 and 25 November 2018	£99.50	£75.50c
<p>Come along for an easy workshop, learning some of the basics of weave. This course is a taster for anyone who thinks they may be interested in making their own cloth. It is a stand-alone session and therefore suitable for absolute beginners and those with a little experience. There are only five places on this session so please book early. There is an additional charge of £5 for materials, payable to the tutor.</p>				

<b>Weaving with Colour with Andy Ross</b>			<b>Global Yell Studios, Sellafrith, Yell</b>	
<b>Ref 1144</b>	Saturday/Sunday 10am - 4pm	2 days: 13 and 14 April 2019	£99.50	£75.50c
<p>This workshop is for beginner weavers and those who want to explore colour in weaving. It is suitable for anyone with a basic knowledge because we will be looking at how colours interact on the loom and how to blend colours together. We will also look at some techniques for using inspiration material for colouring in cloth projects. We will be in the studio in Yell where there is plenty of inspiration and lots to see. You are welcome to stay after the workshop to read books or look at the textiles collection. There are only five places on this session so please book early. There is an additional charge of £5 for materials, payable to the tutor.</p>				

<b>Hand Print Your Own Fabric with Julie Williamson</b>			<b>Brae Youth Centre</b>	
<b>Ref 1146</b>	Sunday 2pm - 6pm	1 day: 25 November 2018	£22.67	£14.67c
<p>Suitable for beginners, including over 12s; great family learning class. Print your own fabric using various hand making methods such as tattie print, foam print, rolling pin repeats, lino/block print, stencilling and hand painting. There is an additional charge of £26.60 for materials, including fabric and paints, payable to the tutor. Bring any other items you'd like to print onto, eg bags, purses, tea towels; and any of the following items, if you happen to have them: old wooden rolling pin, large potatoes, elastic bands, newspaper, toilet roll tubes, foam. Note – finished fabric can be used for the Make Your Own Lampshade class.</p>				

<b>Make Your Own Lampshade with Julie Williamson</b>			<b>Brae Youth Centre</b>	
<b>Ref 1147</b>	Sunday 2pm - 5.30pm	1 day: 2 December 2018	£20.67	£13.67
<p>This course will cover the basics on how to use lampshade making kits for drum, oval or square style shades. You will gain confidence in measuring, cutting and design placement using fabric/wallpaper for covering light shades, while gaining the experience and confidence to create your own shades at home. You can use your own material or paper if you wish, which must measure as follows: drum shade - 645mm wide x 220 mm, square shade - 850mm wide x 230 mm, oval shade - 566mm wide x 196 mm. There is additional cost of £16.90 for materials, including the lampshade-making kit, payable to the tutor.</p>				

<b>Machine Embroidery with Julie Williamson</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1148</b>	Sunday 10.30am - 5.30pm	1 day: 3 February 2019	£28.00	£14.00c
<p>Suitable for all levels. You will learn how to use freehand machine embroidery and various other techniques to create a textile art piece. You can choose your own subject or theme for creating work pieces, allowing your imagination to go free. Previous learners can come and have a refresher or further expand on their machine embroidery knowledge. You should bring fabric, thread, pencils, paper and a sewing machine with an embroidery/darning foot and a dog feeder that can be disabled. There is an additional charge of £10.14 for materials, payable to the tutor.</p>				

<b>Make Your Own Lampshade with Julie Williamson</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1212</b>	Sunday 2pm - 5.30pm	1 day: 10 February 2019	£14.00	£7.00c
<p>This course will cover the basics on how to use lampshade making kits for drum, oval or square style shades. You will gain confidence in measuring, cutting and design placement using fabric/wallpaper for covering light shades, while gaining the experience and confidence to create your own shades at home. You can use your own material or paper if you wish, which must measure as follows: drum shade - 645mm wide x 220 mm, square shade - 850mm wide x 230 mm, oval shade - 566mm wide x 196 mm. There is additional cost of £16.90 for materials, including the lampshade-making kit, payable to the tutor.</p>				

<b>Crochet for Beginners with Susan Thompson</b>			<b>Ollaberry Primary School</b>	
<b>Ref 1150</b>	Monday 6.30pm - 9pm	4 weeks starting 10 September 2018	£40.00	£20.00c
<p>Suitable for beginners. You will learn basic chain stitch and have the opportunity to develop this into a project. Wool books, patterns and samples will be available for inspiration. A selection of wool and hooks of various sizes will be available to try out on the first night, and then you will be advised what to bring for subsequent weeks. You can also bring your own project to work on if you wish.</p>				

<b>Crochet for Beginners with Susan Thompson</b>			<b>Urafirth Primary School</b>	
<b>Ref 1151</b>	Monday 6.30pm - 9pm	4 weeks starting 5 November 2018	£40.00	£20.00c
<p>Suitable for beginners. You will learn basic chain stitch and have the opportunity to develop this into a project. Wool books, patterns and samples will be available for inspiration. A selection of wool and hooks of various sizes will be available to try out on the first night, and then you will be advised what to bring for subsequent weeks. You can also bring your own project to work on if you wish.</p>				

<b>Crochet for Beginners with Hazel Tindall</b>			<b>Aith Junior High School</b>	
<b>Ref 1165</b>	Saturday 11am - 4pm	1 day: Saturday 24 November 2018	£22.00	£12.00c
<p>Suitable for beginners. Learn basic crochet stitches, and find out how to read crochet patterns. Bring: a 3.5mm or 4mm crochet hook, double knitting wool in two colours, scissors, blunt needle, camera, notebook and pen, and a packed lunch.</p>				

<b>Wool Crafts with Susan Thompson</b>			<b>North Roe Primary School</b>	
<b>Ref 1153</b>	Monday 6.30pm - 9pm	4 weeks starting 4 March 2019	£40.00	£20.00c
<p>Suitable for families. Any children must be at least primary age and accompanied by an adult. Crochet, pompoms and other wool crafts. Wool books, patterns and samples will be available for inspiration. A selection of wool and hooks of various sizes will be available to try out on the first night, and then you will be advised what to bring for subsequent weeks.</p>				

<b>Introduction to Fair Isle Knitting with Donna Smith</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0012</b>	Saturday 10am - 12 noon	6 weeks starting 3 November 2018	£50.00	£26.00c
<p>Suitable for beginners, but you must be able to knit plain stocking stitch. Learn how to knit in the round, how to choose colours, read charts and knit with more than one colour at a time to complete several Fair Isle samples. Bring a set of three long double pointed needles, (or circular needle) size 3mm or 3.25mm, a ball of Shetland jumper weight yarn in either a light or dark colour and a knitting belt if desired.</p>				

<b>Fair Isle Knitting Surgery with Donna Smith</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0013</b>	Monday 7pm - 9pm	1 day: 15 April 2019	£10.00	£6.00c
<p>Do you have an incomplete Fair Isle project you need help with? Are you stuck at the planning stage? Do you need a bit of expert help and advice? Sign up to Donna's Knitting Surgery! Bring your unfinished or problem items with you and Donna will help.</p>				

<b>Knit a Fair Isle Gansey with Linda Shearer</b>			<b>Whalsay School</b>	
<b>Ref 0014</b>	Thursday 7pm - 9pm	8 weeks starting 6 September 2018	£66.00	£34.00c
<p>Suitable for learners who have some experience of knitting Fair Isle. We will begin with planning your design - size, colours, stitches, etc. Books and samples will be available for ideas. We will look at different yarns and knit a swatch to test tension. For the following weeks we will have a knit along, working to complete your project and discussing the different stages from week to week. Bring a set of three knitting needles size 3.25mm or 3.5mm, two balls of Shetland jumper weight wool or 4ply in contrasting colours, and a knitting belt if desired.</p>				

<b>Lace Knitting for Beginners with Linda Shearer</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0015</b>	Saturday 11am - 4pm	1 day: 6 October 2018	£20.00	£10.00c
<p>Suitable for beginners who can already knit stocking stitch. You will learn the two basic Shetland lace designs, 'Auld Shell' and 'New Shell' and begin to knit either a scarf or cowl. You will explore using different colours. Bring two knitting needs, size 3.25mm or 3.5mm, a knitting belt if desired, scissors, tapestry needle and a packed lunch. There is an additional charge of approximately £10 for materials, payable to the tutor.</p>				

<b>Introduction to Lace Knitting with Linda Shearer</b>			<b>Whalsay School</b>	
<b>Ref 0016</b>	Thursday 7pm - 9pm	6 weeks starting 17 January 2019	£50.00	£26.00c
<p>Learn the basics of lace knitting and look at using different colours. Knit a lace scarf or cowl, or go on to produce your own simple design to make into a garment of your choice. Bring a set of two knitting needles, size 3.25mm or 3.5mm, a ball of either Shetland Lace yarn, jumper weight yarn or any 4ply yarn and a knitting belt if desired.</p>				

<b>Knitting for Absolute Beginners with Emily Poleson</b>			<b>Urafirth Primary School</b>	
<b>Ref 0017</b>	Wednesday 7pm - 9pm	2 weeks: 12 and 26 September 2018	£16.00	£8.00c
<p>Learn to cast on, knit plain and purl, cast off and weave in ends. Bring either: a set of three long double-pointed needles or a circular needle 40cm length, size 3.25mm, and three balls of contrasting Shetland jumper-weight yarn; or three long double-pointed needles size 4.00mm and three balls of contrasting Shetland double-knitting yarn (ideally one light coloured and two darker shaded colours).</p>				

<b>Fair Isle Knitting for Beginners with Emily Poleson</b>			<b>Urafirth Primary School</b>	
<b>Ref 0018</b>	Wednesday 7pm - 9pm	4 weeks: 10, 31 October, 14, 28 November 2018	£32.00	£16.00c
<p>Learn to knit in the round with either three needles or a circular needle, using at least three colours. You will choose your pattern from a selection provided, learn about tension and the size of needle to use, how to read a Fair Isle chart and choose a style of ribbing. Bring either a set of three long double-pointed needles size 3.25mm or one 3.25mm circular needle 40cm long, and three balls of contrasting Shetland jumper weight wool.</p>				

<b>Fair Isle Knitting for Improvers with Emily Poleson</b>			<b>Urafirth Primary School</b>	
<b>Ref 0019</b>	Wednesday 7pm - 9pm	6 weeks: 23 January, 13, 27 February, 13, 27 March, 17 April 2019	£48.00	£24.00c
<p>Knitting in the round with either three needles or a circular needle, using at least three colours. Learn how to design your own garment. Techniques include charting your pattern, steeks, joining shoulders with a three needle bind off and dressing knitwear. Bring either a set of three long (30cm) double-pointed needles size 2.75mm and 3.25mm, or circular needles 2.75mm and 3.25mm at 60cm in length, and three balls of contrasting Shetland jumper weight wool.</p>				

<b>Lace Shell Knitting with Helen Robertson</b>			<b>Brae Youth Centre tbc</b>	
<b>Ref 1186</b>	Tuesday 7pm - 9.30pm	6 weeks starting 5 February 2019	£82.00	£52.00c
Spend 6 weeks exploring the 3 traditional shell type patterns in Shetland Lace knitting using different thicknesses and colours of yarn. By the end of the course, you will have increased your knowledge and confidence in knitting, and completed at least one scarf or cowl. Bring a knitting belt if you use one. The tutor will inform you of any other materials to bring, such as knitting needles in different sizes.				

<b>Fair Isle Yokes: an Introduction with Hazel Tindall</b>			<b>Aith Junior High School</b>	
<b>Ref 1163</b>	Saturday 11am - 4pm	1 day: Saturday 3 November 2018	£22.00	£12.00c
Suitable for anyone with basic knitting skills. The ability to knit with two colours in the round would be advantageous. Bring one single colour piece of knitting (50 stitches x 6 rows of K1, P1 rib in jumper weight yarn on 3mm needles – do not cast off the stitches), 3 or 4 double pointed needles or 1 circular needle, small amounts of jumper weight yarn in 4 or 5 colours, scissors, blunt needle, camera, notebook and pen, and a packed lunch.				

<b>Plan to Knit a Fair Isle Jumper or Slipover with Hazel Tindall</b>			<b>Aith Junior High School</b>	
<b>Ref 1164</b>	Saturday 11am - 4pm	1 day: Saturday 17 November 2018	£22.00	£12.00c
Suitable for anyone with basic knitting skills. The ability to knit with two colours in the round would be advantageous. Plan and start to knit a mini jumper. Choosing colours will also be discussed. Bring: one single colour piece of knitting (84 stitches x 8 rows of K1, P1 rib in jumper weight yarn, worked in the round on 2.5mm needles. Knit 1 round. Do not cast off the stitches), 3 or 4 double pointed needles or a circular needle (3mm), jumper weight yarn in at least 2 colours, scissors, blunt needle, camera, pencil, eraser, squared paper, and a packed lunch.				

# Health, Wellbeing and Cookery

Yoga Taster with Sandra Pottinger			Hamnavoe Primary School	
<b>Ref 1136</b>	Monday 7pm - 8.30pm	2 weeks starting 10 September 2018	£12.00	£6.00c
<p>Suitable for all levels of flexibility and fitness, beginners and improvers. You will learn correct alignment in the postures, and how to work and control your breathing while holding postures. Bring a non-slip mat, blanket or large towel and a cushion. Wear loose comfortable clothing. Please note that yoga is not recommended for pregnant women in their first trimester.</p>				

Yoga with Sandra Pottinger			Hamnavoe Primary School	
<b>Ref 1137</b>	Monday 7pm - 8.30pm	5 weeks starting 5 November 2018	£30.00	£15.00c
<b>Ref 1138</b>	Monday 7pm - 8.30pm	10 weeks starting 14 January 2019	£60.00	£30.00c
<p>Suitable for all levels of flexibility and fitness, beginners and improvers. You will learn correct alignment in the postures, and how to work and control your breathing while holding postures. Bring a non-slip mat, blanket or large towel and a cushion. Wear loose comfortable clothing. Please note that yoga is not recommended for pregnant women in their first trimester.</p>				

Yoga Taster with Sandra Pottinger			Scalloway Youth Centre	
<b>Ref 1139</b>	Thursday 10.15am - 11.45am	3 weeks starting 6 September 2018	£32.40	£23.40c
<b>Ref 1160</b>	Thursday 10.15am - 11.45am	3 weeks starting 18 April 2019	£32.40	£23.40c
<p>Suitable for all levels of flexibility and fitness, beginners and improvers. You will learn correct alignment in the postures, and how to work and control your breathing while holding postures. Bring a non-slip mat, blanket or large towel and a cushion. Wear loose comfortable clothing. Please note that yoga is not recommended for pregnant women in their first trimester.</p>				

<b>Yoga with Sandra Pottinger</b>			<b>Scalloway Youth Centre</b>	
<b>Ref 1140</b>	Thursday 10.15am - 11.45am	6 weeks starting 1 November 2018	£64.80	£46.80c
<b>Ref 1141</b>	Thursday 10.15am - 11.45am	5 weeks starting 24 January 2019	£54.00	£39.00c
<b>Ref 1142</b>	Thursday 10.15am - 11.45am	5 weeks starting 28 February 2019	£54.00	£39.00c
<p>Suitable for all levels of flexibility and fitness, beginners and improvers. You will learn correct alignment in the postures, and how to work and control your breathing while holding postures. Bring a non-slip mat, blanket or large towel and a cushion. Wear loose comfortable clothing. Please note that yoga is not recommended for pregnant women in their first trimester.</p>				

<b>Basic Introduction to Counselling with Gwen Williamson</b>			<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1159</b>	Saturday 9.30am - 1.30pm	4 weeks: 22, 29 September & 13, 27 October 2018	£66.00	£34.00c
<p>Suitable for beginners and professionals. This course will give you a broad introduction to counselling, with a basic overview of three main approaches used in this country. You will have the opportunity to learn about basic listening, communication and counselling skills and the personal qualities, which underpin these skills. You will practice these skills and qualities, share this knowledge with group members and trainers, reflect on your own process and share this with group members. If you are thinking about working in Counselling, Care or in a support role then this course will provide an opportunity to develop personal qualities which could help you. Bring a notepad and pen.</p>				

<b>Mindfulness Meditation Taster Session with Judd Brindley</b>			<b>Bressay Old School</b>	
<b>Ref 1166</b>	Sunday 9.30am - 2.30pm	1 day: 23 September 2018	£27.92	£17.92c
<p>Suitable for beginners. You will learn what Mindfulness is, and how to apply it to all aspects of your daily life. The course will contain a mixture of theory and practical experience, including several Mindfulness Meditations. Bring a yoga mat or camping mat, 1 or 2 light blankets, 1 or 2 cushions, yoga blocks if you have them and a packed lunch.</p>				

<b>Mindfulness Meditation Taster Session with Judd Brindley</b>			<b>Happyhansel Primary School, Walls</b>	
<b>Ref 1167</b>	Sunday 10am - 3pm	1 day: 20 January 2019	£22.00	£12.00c
<p>Suitable for beginners. You will learn what Mindfulness is, and how to apply it to all aspects of your daily life. The course will contain a mixture of theory and practical experience, including several Mindfulness Meditations. Bring a yoga mat or camping mat, 1 or 2 light blankets, 1 or 2 cushions, yoga blocks if you have them and a packed lunch.</p>				

<b>Mindfulness for Health with Judd Brindley</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1168</b>	Sunday 10am - 12.30pm/1pm	8 weeks starting 3 February 2019	£86.00	£44.00c
<p>For anyone with chronic or long term pain, stress or illness. The only prerequisite is willingness and commitment to engage fully with the programme. Content includes three 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. The handbook and accompanying CDs will cost an additional £35, payable to the tutor. Bring a yoga mat or camping mat, 1 or 2 light blankets, 1 or 2 cushions and yoga blocks if you have them.</p>				

<b>Introduction to Mindfulness Meditation with Judd Brindley</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1169</b>	Sunday 10am - 3pm	1 day: 21 April 2019	£22.00	£12.00c
<p>Suitable for beginners. An introduction to Mindfulness Meditation theory and practice, including gentle mindful movements and a number of meditation practices. Bring a yoga mat or camping mat, 1 or 2 light blankets, 1 or 2 cushions, yoga blocks if you have them and a packed lunch.</p>				

## What is Mindfulness?

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life. ([www.nhs.uk](http://www.nhs.uk))

<b>Meditation and Mindfulness with Hannah Eynon</b>			<b>Baltasound Junior High School tbc</b>	
<b>Ref 1187</b>	Wednesday 7pm - 8.30pm	8 weeks: 3, 10, 31 October, 7, 14, 21, 28 November, 5 December 2018	£50.00	£26.00c
<p>Suitable for beginners. This course will give you the tools to feel more relaxed, calm and confident. You should gain a greater understanding of yourself and how you can lead a more contented life. Bring a blanket, yoga mat and pillow, and a notebook and pen.</p>				

<b>Meditation and Mindfulness with Hannah Eynon</b>			<b>Mid Yell Junior High School tbc</b>	
<b>Ref 1188</b>	Tuesday 7pm - 8.30pm	8 weeks starting 22 January 2019	£53.78	£29.78c
<p>Suitable for beginners. This course will give you the tools to feel more relaxed, calm and confident. You should gain a greater understanding of yourself and how you can lead a more contented life. Bring a blanket, yoga mat and pillow, and a notebook and pen.</p>				

<b>Basic Cake Decorating with Susan Thompson</b>			<b>Ollaberry Hall</b>	
<b>Ref 1152</b>	Monday 7pm - 9pm	2 weeks : 18 and 25 February 2019	£19.33	£11.33c
<p>Suitable for beginners, including children. Any children must be at least primary age and accompanied by an adult. On the first night, the tutor will bring in a sample sponge, and will demonstrate how to prepare it following step by step instructions. You will take the recipe home to make the sponge for the next week. You also will learn how to make a fresh flower topping to go on a cake, and the tutor will supply all necessary materials for the first night. For the second night you will bring in your cake using the recipe provided. You should also bring a rolling pin, pallet knife, rolling icing and icing sugar. The tutor will suggest different options for you to choose from for filling the cake, and you will also decorate it.</p>				

<b>Bannock Making with Susan Thompson</b>			<b>North Roe Primary School</b>	
<b>Ref 1154</b>	Monday 7pm - 9pm	1 day: 15 April 2019	£8.00	£4.00c
<p>Suitable for beginners, including families. Any children must be at least primary age and accompanied by an adult. You will watch a demonstration and then you will learn how to make two different types of bannocks. Bring self-raising flour, 2 eggs and buttermilk.</p>				

# General Interest

<b>Spanish for Beginners with Karen Saunders</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0008</b>	Wednesday 7pm - 9pm	5 weeks starting 12 September 2018	£40.00	£20.00c
<p>Aimed at beginners, this course offers an introduction to the Spanish language, including useful phrases, basic grammar and simple conversational skills. By the end of this course you will have increased your confidence in speaking the language and broadened your vocabulary. Bring a notepad and pen, and a Spanish dictionary if you have one, although this is not a requirement.</p>				
<b>Gaelic for Beginners and Improvers with Karen Saunders</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0009</b>	Wednesday 7pm - 9pm	6 weeks starting 31 October 2018	£48.00	£24.00c
<p>This course offers an introduction to the basics of Scottish Gaelic, including useful phrases, basic grammar and pronunciation. By the end of this course you will have increased your confidence and improved your knowledge of the language. Bring a notebook and pen or pencil.</p>				
<b>Conversational French for Beginners and Improvers with Karen Saunders</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0010</b>	Wednesday 7pm - 9pm	8 weeks starting 6 February 2019	£64.00	£32.00c
<p>Aimed at beginners and improvers, this course offers an introduction to the French language, including useful phrases, basic grammar and simple conversational skills. By the end of this course you will have increased your confidence in speaking the language and broadened your vocabulary. Bring a notepad and pen, and a French dictionary if you have one, although this is not a requirement.</p>				

<b>Conversational Spanish for Beginners and Improvers with Karen Saunders</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 0011</b>	Wednesday 7pm - 9pm	8 weeks starting 17 April 2019	£64.00	£32.00c
<p>Aimed at beginners and improvers, this course offers an introduction to the Spanish language, including useful phrases, basic grammar and simple conversational skills. By the end of this course you will have increased your confidence in speaking the language and broadened your vocabulary. Bring a notepad and pen, and a Spanish dictionary if you have one, although this is not a requirement.</p>				

<b>An Introduction to Prehistoric Shetland with Dr Esther Renwick</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1170</b>	Saturday 1pm - 3pm	2 weeks: 3 and 10 November 2018	£18.00	£10.00c
<p>Have you ever wondered what life was like in Shetland over 2000 years ago? For the Broch builders or going even further back, what were we doing while Orkney was building stone circles? Come along and find out the current thinking around life in Shetland from the Mesolithic to the Iron Age, learn more about the sites and how to identify traces of these ancient lives in the landscape. No previous experience necessary.</p>				

<b>Archaeology Field Trip (Staneyhill) with Dr Esther Renwick</b>			<b>Meet at Cunningham Way, Hoofields</b>	
<b>Ref 1171</b>	Sunday 11am - 1pm	1 day: 21 April 2019	£10.35	£6.35c
<p>A walk from North Staneyhill to Uppersound looking at the remains of the WW2 defences of Lerwick – recently identified as one of the best preserved examples of a WW2 defended town in the UK. No experience necessary. Suitable for anyone capable of walking for over an hour over uneven ground. Please bring warm, waterproof clothing and wellies/waterproof footwear.</p>				

**We will be offering more  
Archaeology Field trips during 2019.  
Details will be available soon!**

# IT Skills: Bite size classes

<b>Tablets for Absolute Beginners with Marc Coyne</b>		<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1175</b>	Friday 10am - 1pm	1 day: 2 November 2018	Free of charge
<p>Want to start using a tablet computer, iPad or Android? This is an introductory course for beginners to help get up and running with your new device, or you can try out one of ours to see if you think it will suit you. If you would prefer individual support, please get in touch.</p>			

<b>Tablets for Absolute Beginners with Marc Coyne</b>		<b>Islesburgh Community Centre</b>	
<b>Ref 1176</b>	Friday 10am - 1pm	1 day: 25 January 2019	Free of charge
<p>Want to start using a tablet computer, iPad or Android? This is an introductory course for beginners to help get up and running with your new device, or you can try out one of ours to see if you think it will suit you. If you would prefer individual support, please get in touch.</p>			

<b>Windows 10 for Absolute Beginners with Marc Coyne</b>		<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1177</b>	Friday 10am - 1pm	1 day: 16 November 2018	Free of charge
<p>Have you got Windows 10 and are feeling lost, confused, frustrated? This is for you, Windows 10 for the absolute beginner; we will look at what is different, how to get around within it and stop feeling lost. A practical hands on, half day to help clear the fog, reduce the agony and help you on your way to calm, happy computing. If you would prefer individual support, please get in touch.</p>			

<b>Windows 10 for Absolute Beginners with Marc Coyne</b>		<b>Islesburgh Community Centre</b>	
<b>Ref 1178</b>	Friday 10am - 1pm	1 day: 15 February 2019	Free of charge
<p>Have you got Windows 10 and are feeling lost, confused, frustrated? This is for you, Windows 10 for the absolute beginner; we will look at what is different, how to get around within it and stop feeling lost. A practical hands on, half day to help clear the fog, reduce the agony and help you on your way to calm, happy computing. If you would prefer individual support, please get in touch.</p>			

<b>Facebook for Absolute Beginners with Marc Coyne</b>		<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1179</b>	Friday 10am - 1pm	1 day: 23 November 2018	Free of charge
<p>What is this thing called Facebook? How to set up your own page or a page for your club, work, charity or society. This course will include step by step instructions on how to do it, the legal bits, the pitfalls and how to avoid them, plus some tips on how to make your page do what you want it to do. This half day course is aimed at newcomers to Facebook. If you would prefer individual support, please get in touch.</p>			

<b>Facebook for Absolute Beginners with Marc Coyne</b>		<b>Islesburgh Community Centre</b>	
<b>Ref 1180</b>	Friday 10am - 1pm	1 day: 8 February 2019	Free of charge
<p>What is this thing called Facebook? How to set up your own page or a page for your club, work, charity or society. This course will include step by step instructions on how to do it, the legal bits, the pitfalls and how to avoid them, plus some tips on how to make your page do what you want it to do. This half day course is aimed at newcomers to Facebook. If you would prefer individual support, please get in touch.</p>			

<b>Internet Safety for Absolute Beginners with Marc Coyne</b>		<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1181</b>	Friday 10am - 1pm	1 day: 7 December 2018	Free of charge
<p>Not sure you are set up safely online, unsure how to keep the kids safe or just want to get up to date information, resources and advice on keeping your pc and internet use safe? This half day course will help with all of that. If you would prefer individual support, please get in touch.</p>			

<b>Internet Safety for Absolute Beginners with Marc Coyne</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1182</b>	Friday 10am - 1pm	1 day: 1 March 2019	Free of charge	
<p>Not sure you are set up safely online, unsure how to keep the kids safe or just want to get up to date information, resources and advice on keeping your pc and internet use safe? This half day course will help with all of that. If you would prefer individual support, please get in touch.</p>				

<b>IT Support Session with Tracey Hawkins</b>			<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1191</b>	Friday 9.30am-12.30pm	1 day: 12 October 2018	£9.00	£5.00c
<p>Suitable for beginners, however, the course will be more beneficial if you have already learned the basics. Technology explained with no jargon and a nice cup of tea...how refreshing! Join us for a cuppa and the chance to ask questions about any problems you are having with your own laptops, tablets or Smartphones. Tracey will be on hand to help you get the most out of your electronic devices – remember to bring them with you!</p>				

<b>Introduction to your Smartphone (non - iPhone) with Tracey Hawkins</b>			<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1192</b>	Thursday 9.30am -12.30pm	1 day: 27 September 2019	£12.00	£6.00c
<p>Aimed at beginners who are new to their Android smartphone, or as a refresher for those who need to reacquaint themselves with their device. The course will cover all the basics required to feel confident using a smartphone, including adding new contacts, connecting to the internet and using email. Bring your smartphone.</p>				

<b>Introduction to your iPhone with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1193</b>	Thursday 9.30am -12.30pm	1 day: 4 October 2018	£12.00	£6.00c
<p>Aimed at beginners who are new to their iPhone, or as a refresher for those who need to reacquaint themselves with their device. The course will cover all the basics required to feel confident using an iPhone, including adding new contacts, connecting to the internet and using email. Bring your iPhone.</p>				

<b>Tablet Photography with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1194</b>	Friday 9.30am - 1.00pm	1 day: 29 March 2019	£14.00	£7.00c
<p>Suitable for beginners, however, the course will be more beneficial to those who have already learned the basics of using a tablet computer. We will explore taking digital images with your tablet as well as editing the photos, arranging images in 'albums' and sharing via social media. Bring your tablet or internet-enabled mobile phone (smartphone).</p>				

<b>Family Friendly Apps with Tracey Hawkins</b>			<b>Adult Learning Huts, Lovers Loan, Lerwick</b>	
<b>Ref 1195</b>	Thursday 6.00pm - 8.00pm	1 day: 1 November 2018	£8.00	£4.00c
<p>Join in with Adult Learning's first session of 'Appy Families, where we will be exploring the best family-friendly apps for fun, for learning and for making family life altogether 'appier! Or just come along to find out who in your family can create the funniest looking Emoji...bring along your laptop, tablet or internet enabled mobile phone (smartphone). Suitable for families. Children must be accompanied by an adult.</p>				

<b>Family Friendly Apps with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1196</b>	Thursday 6.00pm - 8.00pm	1 day: 9 May 2019	£8.00	£4.00c
<p>Join in with Adult Learning's first session of 'Appy Families, where we will be exploring the best family-friendly apps for fun, for learning and for making family life altogether 'appier! Or just come along to find out who in your family can create the funniest looking Emoji...bring along your laptop, tablet or internet enabled mobile phone (smartphone). Suitable for families. Children must be accompanied by an adult.</p>				

<b>Using your Tablet for Entertainment with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1197</b>	Friday 9.30am - 11.30am	1 day: 19 April 2019	£8.00	£4.00c
<p>Suitable for beginners, this course will explore various TV channel's media players such as BBC iPlayer and ITV Hub as well as catching up with radio programmes you have missed. Find out how to listen to the latest chart hit or a favourite tune which you haven't heard for years. We will also look at using videos on YouTube to learn skills such as a new language or how to change a car battery! Bring along your tablet.</p>				

<b>Using your Tablet or Smartphone for Social Media with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1198</b>	Friday 9.30am - 11.30am	1 day: 26 April 2019	£8.00	£4.00c
<p>Suitable for beginners, this course will help to explore the different types on Social Media you can access via the internet and your tablet. If you have never used Facebook, Twitter or Instagram but would like to know how to get started, we can help. Or if you already use social media but need a refresher on how to post an image or tag a friend, come along and expand your skills. Bring your tablet or internet-enabled mobile phone (smartphone).</p>				

<b>Introduction to Microsoft Word with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1199</b>	Friday 9.30am - 11.00am	1 day: 8 March 2019	£6.00	£3.00c
<p>Suitable for beginners who are new to Microsoft Word and those who want to become more confident using Word. We will explore how to create new documents, use the menus to change the document layout, save, print and email documents. Bring your own laptop.</p>				

<b>Introduction to Microsoft Excel with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1200</b>	Friday 9.30am - 11.30am	1 day: 15 March 2019	£8.00	£4.00c
<p>Suitable for beginners who are new to Microsoft Excel and for those who want to become more confident using Excel. We will explore how to create new spreadsheets, use the menus to change the document layout, add in formulae and use templates. Bring your own laptop.</p>				

<b>Introduction to Microsoft Powerpoint with Tracey Hawkins</b>			<b>Islesburgh Community Centre</b>	
<b>Ref 1201</b>	Friday 9.30am - 11.30am	1 day: 22 March 2019	£8.00	£4.00c
<p>Suitable for beginners who are new to Microsoft Powerpoint and for those who want to become more confident using Powerpoint. We will explore how to create new presentations, use the menus to change the document layout, use templates and add images. Bring your own laptop.</p>				

# IT Skills: Longer classes

Using your iPad Tablet with Tracey Hawkins			Adult Learning Huts, Lovers Loan, Lerwick	
<b>Ref 1202</b>	Thursday 6pm - 7.30pm	6 weeks starting 8 November 2018	£36.00	£18.00c
<p>This course will take you a bit further in the use of your iPad. We will look at using the internet for shopping and to save money, adding shortcuts to your homescreen, using all your 'apps' and generally improving your understanding of how your iPad can help you on a daily basis. Bring your iPad.</p>				

Using your Android (non-iPad) Tablet with Tracey Hawkins			Islesburgh Community Centre	
<b>Ref 1203</b>	Thursday 6pm - 7.30pm	6 weeks starting 17 January 2019	£36.00	£18.00c
<p>This course will take you a bit further in the use of your Android tablet. We will look at using the internet for shopping and to save money, adding shortcuts to your homescreen, using all your 'apps' and generally improving your understanding of how your tablet can help you on a daily basis. Bring your Android tablet.</p>				

## What is an Android Tablet?

An iPad is an iPad, but an Android tablet is a tablet that uses Google's Android as its operating system. Google makes only the software. Android tablets include Samsung Galaxy, Kindle Fire and Hudl.

# Developing Skills for Communities

- Are you interested in becoming a tutor for our Adult Learning class programme?
- Do you have a skill you would like to share with others?
- Maybe you would like to deliver classes or workshops, but don't have the confidence or experience?
- Or maybe you're not sure if there would be a market for your class?

Come along to one of our free information sessions! You won't be signing up or committing to anything, it's just a chance for you to find out more and ask questions. It will also help us to plan relevant training for tutors in future. Book your place now!

## Are you interested in becoming an Adult Learning class tutor?

<b>Ref 1204</b>	Monday 17 September 2018 7pm - 8pm	Hamnavoe Primary School (venue tbc)	Free of charge
<b>Ref 1205</b>	Tuesday 18 September 2018 6.30pm - 7.30pm	Dunrossness Primary School (venue tbc)	Free of charge
<b>Ref 1206</b>	Monday 24 September 2018 6.30pm - 7.30pm	Adult Learning Huts, Lovers Loan, Lerwick	Free of charge
<b>Ref 1207</b>	Tuesday 2 October 2018 7.45pm - 8.45pm	Baltasound Junior High School (venue tbc)	Free of charge
<b>Ref 1208</b>	Wednesday 3 October 2018 6.30pm – 7.30pm	Mossbank Primary School (venue tbc)	Free of charge
<b>Ref 1209</b>	Tuesday 9 October 2018 6.30pm - 7.30pm	Aith Junior High School (venue tbc)	Free of charge
<b>Ref 1210</b>	Wednesday 10 October 2018 7.45pm - 8.45pm	Mid Yell Junior High School (venue tbc)	Free of charge

We hope to offer further sessions in other areas during 2019.

To book a place, go to [www.learnshetland.com/courses](http://www.learnshetland.com/courses) phone Adult Learning on 01595 743888 or email [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)

## Simple Ideas for Children's Play and Learning

The Adult Learning Pre-school Survey 2017 highlighted an interest from parents in a range of workshops around simple ideas for children's play and learning. People asked for the opportunity to build up a bank of activities for rainy days and school holidays and they spoke about skills which would make their lives easier, for example, decorating cakes for birthday parties. They wanted to develop their skills and confidence to deliver activities in a pre-school group or prepare for becoming a childminder. Come along to this session and tell us what you would like included so a course can be developed that is relevant, useful and fun! No need to book - just come along at the start times shown below:

Tuesday 2 October 2018 6.30pm - 7.30pm	Baltasound Junior High School (venue tbc)	Free of charge
Wednesday 3 October 2018 7.45pm - 8.45pm	Mossbank Primary School (venue tbc)	Free of charge
Wednesday 10 October 2018 6.30pm - 7.30pm	Mid Yell Junior High School (venue tbc)	Free of charge

If you or your group would like a similar opportunity in your area, please register your interest with Denise at [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)

## Family Learning

If you have any suggestions for our new family learning programme please get in touch!



# English for Speakers of Other Languages

Adult Learning provides English for Speakers of Other Languages (ESOL) classes at a range of levels. Classes include all aspects of English language study – reading, writing, speaking, listening and grammar. Classes are free of charge, and take place at the Adult Learning Huts, Lovers Loan, Lerwick.

**If you would like to attend an ESOL class, please contact Adult Learning to arrange an assessment. Tel 01595 743888 Email [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)**

<b>Beginners ESOL</b>	<b>Adult Learning Huts, Lovers Loan, Lerwick</b>
6pm - 8pm on Wednesdays	Free of charge
This weekly class will build confidence and improve your speaking, listening, reading and writing skills. The classes will concentrate on developing language skills to help you with social interactions, and everyday conversations such as health, travel, school, shopping and getting involved in the local community.	
<b>Elementary ESOL</b>	<b>Adult Learning Huts, Lovers Loan, Lerwick</b>
6pm - 8pm on Thursdays	Free of charge
This weekly class helps to build the basic language skills you need to communicate in spoken and written English. You will learn about English grammar, vocabulary and pronunciation, employability skills, study skills, and skills for life in Shetland.	
<b>Pre Intermediate and Intermediate ESOL</b>	<b>Adult Learning Huts, Lovers Loan, Lerwick</b>
6pm - 8pm on Tuesdays	Free of charge
This weekly class helps to build on your existing skills and learn more about key language for communicating effectively in spoken and written English, English grammar, vocabulary and pronunciation, employability skills, study skills and skills for life in Shetland, including Shetland dialect.	

# Reading, Writing & Number Skills

## Literacies/Core Skills

Adult Learning works with individuals to improve and develop their core skills of reading, writing and working with numbers and computers. This work starts with understanding what it is an individual wants to learn or what issues they would like to overcome. Learning programmes can include everything from learning to read and write, learning to understand numbers and money through budgeting and cooking, to film making and gaining qualifications. We are happy to meet and discuss the particular needs of an organisation/learners.

Feeling Happier with Reading and Writing	Adult Learning Huts
No fixed dates. Please phone or email if interested.	Free of charge
Not happy with your level of reading or writing or maybe just want to brush up on your skills? We offer learner centred one to one support to help you. Call Adult Learning on 01595 743888 or email <a href="mailto:classes@shetland.gov.uk">classes@shetland.gov.uk</a>	

Feeling Happier with Numbers	Adult Learning Huts
No fixed dates. Please phone or email if interested.	Free of charge
Not happy or confident with numbers, feeling a touch lost helping the kids with their homework or maybe you just want to get better with your day to day understanding of numbers? We offer learner centred one to one support to help you. Call Adult Learning on 01595 743888 or email <a href="mailto:classes@shetland.gov.uk">classes@shetland.gov.uk</a>	

Do you work with or support adults who may have difficulty with reading, writing, numbers, ICT or money? If so, we can help you. Classes can be tailored to the needs of your organisation, at times to suit you.

**Contact Marc Coyne**  
01595 743888  
[marc.coyne@shetland.gov.uk](mailto:marc.coyne@shetland.gov.uk)

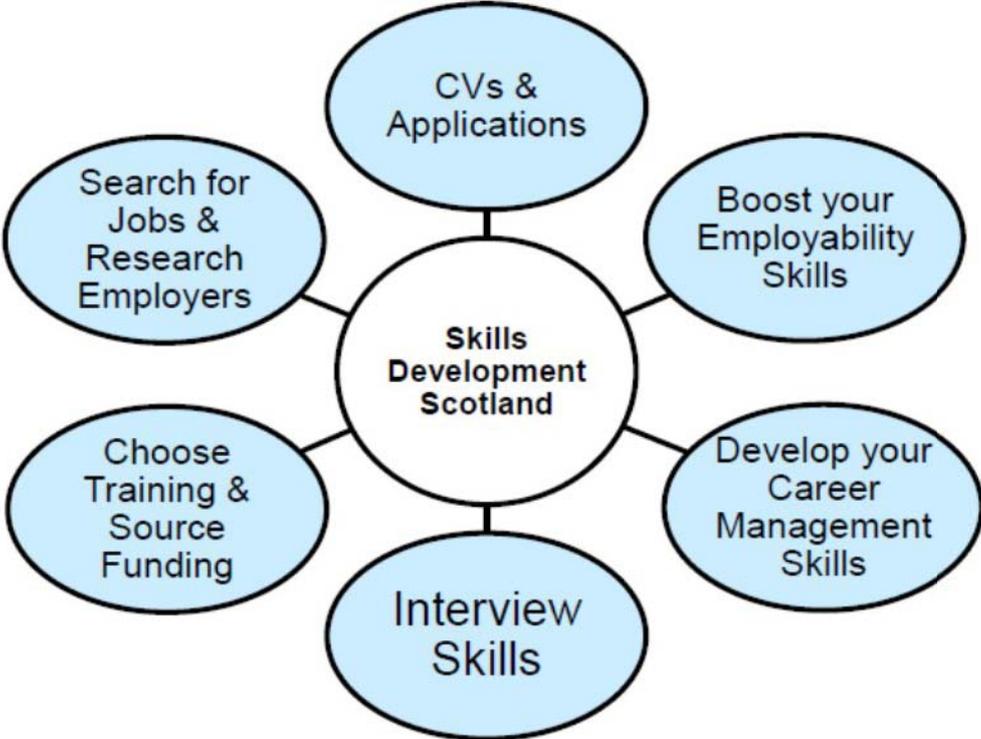
# Employability

**Skills Development Scotland** can help you develop your career management skills (such as writing a CV, filling in job applications or improving your interview skills), **whatever your age and at any point in your career.**

Get in touch now to make an appointment on 01595 695791 or call along the office at Charlotte House, Commercial Road, Lerwick, ZE1 0LQ.



**Helping you to develop your Career Management Skills**

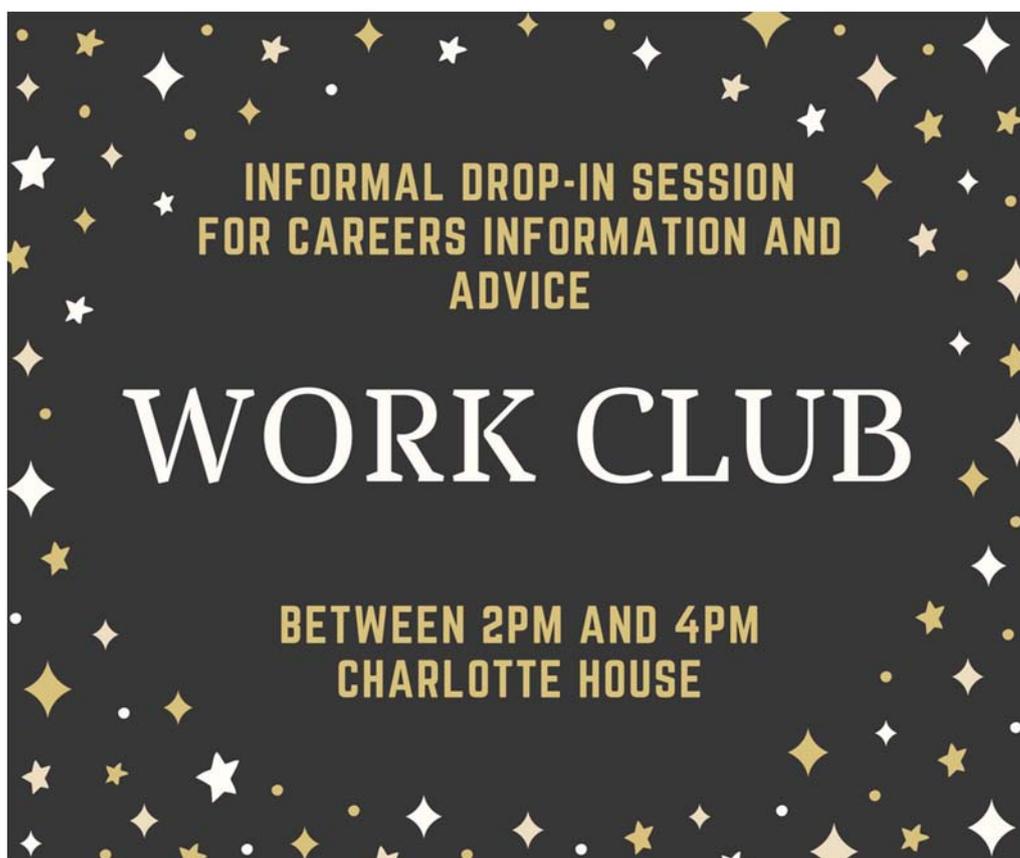


Check out our website [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

Or to make an appointment with an SDS Adviser you can contact us on: 01595 695791 or drop along our office at Charlotte House, Commercial Road, Lerwick, Shetland ZE1 0LQ

Do you need any careers advice, information or guidance?

Want to start job searching? Then drop in to Work Club, a careers advice service at Charlotte House, Commercial Road, Lerwick on Tuesdays, 2pm - 4pm. Everyone is welcome!



## Shetland's Employability Pathway

Services in Shetland are working together, to provide effective support to help people with two or more barriers to employment to move along an 'Employability Pathway'.

People eligible for support can be referred to the service by an agency, such as the DWP or a GP, or can self refer.



To find out if you are eligible for support through the Employment Pathway, please contact an Employability Officer for advice on tel 01595 743888.



# Adult Learning Class Booking Form

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 conditions 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.	Office Use	
				DB	CS
1. and/or					
2. and/or					
3. and/or					
4. and/or					
5. and/or					
6. and/or					

**Return completed form to:**

Adult Learning  
Solarhus  
3 North Ness  
Lerwick  
ZE1 0LZ  
**Tel: 01595 743888**

**You can also book:**

Online: [www.learnshetland.com](http://www.learnshetland.com)  
 Telephone: Adult Learning on 01595 743888  
 Email: [classes@shetland.gov.uk](mailto: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.

## Learn Shetland

[www.learnshetland.com](http://www.learnshetland.com)

**Learn Shetland** is the website for Shetland Islands Council's Adult Learning team. Visit us to find out about learning opportunities near you and make online bookings for courses.

## Shetland Community Hub

 [www.facebook.com/shetland.community.hub](http://www.facebook.com/shetland.community.hub)

**Shetland Community Hub** is the Facebook page for Shetland Islands Council's Community Planning and Development Service. Like us for the latest news and information from Adult Learning, Community Planning, Community Work and the Grants Unit team. We post funding news, training opportunities, learning opportunities and lots more!

## Contact Us

### Adult Learning

The Huts

Lovers Loan

Lerwick

Shetland

ZE1 0BA

### Community Planning & Development

Solarhus

3 North Ness

Lerwick

Shetland

ZE1 0LZ

**Tel: 01595 743888**

**Email: [classes@shetland.gov.uk](mailto:classes@shetland.gov.uk)**