

Adult Learning Class Programme

2019 – 2020



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 23 for details), phone us on 01595 743888 or email 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.

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Useful Class Information

How do I book a class?

You can book a place online at www.learnshetland.com, email 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 £4.12 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.

Full and concession prices are shown in the booklet (concessions are marked c).

YOU	YOUR FAMILY
• Carer's Allowance	• Income Support
• Disability Living Allowance	• Pension Credit
• Severe Disablement Allowance	• Housing Benefit
• Employment and Support Allowance	• 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
• Council Tax Reduction due to low income	• Income related Employment and Support Allowance
• Personal Independence Payment	• Universal Credit

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

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

Check the Learn Shetland website for new opportunities as they arise: 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

Art, Crafts, Creative Writing, Music and Photography

Working Sketchbooks Workshops with Gillian Bridle			Adult Learning Huts, Lovers Loan, Lerwick	
Ref 2404	Saturday 9.30am - 4pm	1 day: 21 September 2019	£26.78	£13.39c
Ref 2405	Saturday 9.30am - 4pm	1 day: 28 September 2019	£26.78	£13.39c
Ref 2406	Saturday 9.30am - 4pm	1 day: 5 October 2019	£26.78	£13.39c

Whatever your reason for keeping a sketchbook might be, sometimes making a start can be the biggest challenge, especially if you are going to be out in public. We'll begin in the classroom looking at examples from artists who work in an outside environment. We'll explore some of the techniques we can use when sketching outside, using various materials and considering tone, scale and colour, and will then head out to a nearby location to sketch from life. If the weather is too bad for outside work, we'll head to the museum or another public venue to work instead. The content will be slightly different in each session. Suitable for all levels. Some walking is necessary as the intention is to go out sketching. Bring warm, waterproof clothing (you do get cold outside when you are sitting still), something to sit on for working outside, and a packed lunch. You may bring a drawing board, if you have one, although these will be provided; and any drawing materials you already have and would like to use. There is a charge of £5 for additional materials, payable to the tutor.

Introduction to Drawing with Aimee Labourne			Islesburgh Community Centre	
Ref 2416	Monday 6.30pm - 8.30pm	5 weeks starting 4 November 2019	£43.20	£22.60
Ref 2417	Monday 6.30pm - 8.30pm	5 weeks starting 17 February 2020	£43.20	£22.60

Join artist Aimee Labourne for a series of workshops taking you through some of the fundamentals of drawing. Over 5 weeks, you'll try a range of practices, materials and methods, as well as explore a short history of drawing. Topics will include shape and line, introducing proportion, spatial illusion, nature and landscape and contemporary practices. Suitable for various abilities, including beginners. Bring an A3 sketchbook and HB and 5B pencils.

Beginners' Watercolour (Northern Lights) with Heather Wilson			Adult Learning Huts, Lovers Loan, Lerwick	
Ref 2407	Tuesday 7pm - 9pm	6 weeks starting 3 September 2019	£51.44	£26.72c
<p>This is a beginners' class that will teach you to capture the magic of the Northern Lights through the medium of watercolour. Any level of skill is welcome. You'll gain confidence in the medium of watercolour, learn to use different techniques and mix colour effectively. Bring a comprehensive set of watercolour paints (between 5 to 10 colours, pan or tube) eg Windsor & Newton or Daler-Rowney, brushes of various sizes, A3 watercolour pad/paper and board, water container, palette, mixing tray, 4B & 2B pencils and a putty rubber.</p>				

Pets in Pastel with Heather Wilson			Islesburgh Community Centre	
Ref 2408	Tuesday 7pm - 9pm	6 weeks starting 18 February 2020	£51.44	£26.72
<p>This course gives an introduction to using pastel whilst tackling pet portraiture. If you want to immortalise your pet, this is your chance! You will gain confidence in using pastel and in pet portraiture. Suitable for any level of ability. Bring a comprehensive set of soft pastels with more than ten colours if possible, and an A3 or larger pastel sketchpad. There is an additional fee of £10 payable to the tutor for other materials.</p>				

Art School with Heather Wilson			Islesburgh Community Centre	
Ref 2409	Tuesday 7pm - 9pm	6 weeks starting 21 April 2020	£51.44	£26.72c
<p>This class will provide you with support to work on your own project. If you have always intended to paint a landscape scheme, make a portrait of a person or pet, or create something from your imagination - this is your chance to make it happen! Any level of skill will be supported. Bring a 2B and 4B pencil and a putty rubber. Paper will be supplied on the first night. Thereafter, you'll decide which medium you'd like to use and bring appropriate materials.</p>				

Make Your Own Lantern with Julie Williamson			Islesburgh Community Centre	
Ref 2426	Monday 6pm - 9pm	1 day: 2 December 2019	£12.36	£6.18c
<p>Learn a new skill creating your own mini drum lantern, for use with LED tea lights, or as a pencil pot or plant holder. Bring scissors. Fabric will be provided, or you may also bring any fabric you'd like to use. There is an additional charge of £8.13 for materials, payable to the tutor.</p>				

Make Your Own Lampshade with Julie Williamson			Islesburgh Community Centre	
Ref 2427	Sunday 2.30pm - 5.30pm	1 day: 9 February 2020	£12.36	£6.18c
<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 220mm, square shade - 850mm wide x 230mm, 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>				

Paint Your Own Drum Lampshade with Julie Williamson			Islesburgh Community Centre	
Ref 2428	Sunday 2pm - 5.30pm	1 day: 8 March 2020	£14.42	£7.21c
<p>Learn a new skill making your own drum shade while experimenting with your own design through painting, stenciling and printing techniques for your finished shade. Bring pencils, brushes and textile/fabric suitable paints (can be acrylic paints). There is an additional charge of £13 payable to the tutor for the lampshade kit.</p>				

Machine Embroidery with Julie Williamson			Islesburgh Community Centre	
Ref 2429	Monday 6pm - 9pm	1 day: 16 March 2020	£12.36	£6.18c
<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 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>				

Basic Dressmaking with June Ward			Baltasound Junior High School	
Ref 2367	Wednesday 7pm - 9pm	6 weeks starting 4 September 2019	£49.44	£24.72c
<p>With advice and support from the tutor, you'll produce a garment or item of your choice. Suitable for beginners and improvers. Bring your sewing machine, basic sewing kit (scissors, thread, tape measure, pins), pattern and fabric. If you're unsure, the tutor can provide advice with choosing a pattern that is suitable for your skills before the class starts - please let us know when booking.</p>				

Basic Dressmaking with June Ward			Mid Yell Junior High School	
Ref 2368	Thursday 7pm - 9pm	6 weeks starting 31 October 2019	£49.44	£24.72c
<p>With advice and support from the tutor, you'll produce a garment or item of your choice. Suitable for beginners and improvers. Bring your sewing machine, basic sewing kit (scissors, thread, tape measure, pins), pattern and fabric. If you're unsure, the tutor can provide advice with choosing a pattern that is suitable for your skills before the class starts - please let us know when booking.</p>				

Absolute Beginners Weaving with Andy Ross			Global Yell Studios, Sellafirth, Yell	
Ref 2436	Saturday/Sunday 10am - 4pm	2 days: 9 and 10 November 2019	£102.94	£78.22c
<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. You will learn to make a warp, put it onto the loom and begin to weave. You will be using table looms, and by the end of the class will have a short length of narrow cloth of your own to wash at home and use in a project. This is a stand-alone session and therefore suitable for absolute beginners and those with a little experience. We will be in the studio in Yell where there is lots to see and plenty of material to inspire you. You are welcome to stay after the workshop to read books or look at the textiles collection. There are only five places available, so please book early. Tea, coffee and biscuits will be provided. Please bring lunch with you. A microwave, kettle and hotplate with saucepans is available to use. There is an additional charge of £5 for materials, payable to the tutor.</p>				

Weaving with Colour with Andy Ross			Global Yell Studios, Sellafirth, Yell	
Ref 2347	Saturday/Sunday 10am - 4pm	2 days: 16 and 17 November 2019	£102.94	£78.22c
<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 of weaving. 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 lots to see and plenty of material to inspire you. 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. Tea, coffee and biscuits will be provided. Please bring lunch with you. A microwave, kettle and hotplate with saucepans is available to use. There is an additional charge of £5 for materials, payable to the tutor.</p>				

Lace Shell Knitting with Helen Robertson			Children's Services Resource Base, Brae	
Ref 2402	Monday 7pm - 9pm	7 weeks starting 28 October 2019	£59.68	£30.84c
<p>Spend 7 weeks exploring the 3 traditional shell type patterns in Shetland Lace knitting using different thicknesses and colours of yarn. You'll receive a written, charted pattern for each shell design and will be encouraged to explore your own designs. 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.</p>				

Knit a Fair Isle Baby's Bonnet with Linda Shearer			Whalsay School	
Ref 2388	Wednesday 7pm - 9.30pm	3 weeks starting 30 October 2019	£30.90	£15.45c
<p>This course is an introduction to knitting a Fair Isle baby's bonnet (frilly pixie). For the first week we will discuss tension, yarn etc. and there will be samples of each stage of the construction to look at. You will then begin to knit your bonnet, and will work to complete it over the 3 weeks. By the end of the class, you will have improved your knitting skills, and be more confident in choosing and placing colours in your designs. The tutor will supply you with a list of materials to bring to class.</p>				

Knit a Fair Isle Baby's Bonnet with Linda Shearer			Islesburgh Community Centre	
Ref 2390	Saturday 11am - 3pm	2 weeks starting 21 March 2020	£32.96	£16.48c
<p>This course is an introduction to knitting a Fair Isle baby's bonnet (frilly pixie). For the first week we will discuss tension, yarn etc. and there will be samples of each stage of the construction to look at. You will then begin to knit your bonnet, and will work to complete it over the 2 weeks. By the end of the class, you will have improved your knitting skills, and be more confident in choosing and placing colours in your designs. The tutor will supply you with a list of materials to bring to class. Bring a packed lunch.</p>				

Refresh Your Knitting Skills with Linda Shearer			Whalsay School	
Ref 2389	Wednesday 7pm - 9.30pm	3 weeks starting 5 February 2020	£30.90	£15.45c
<p>The course is suitable for anyone who would like to refresh or renew their knitting skills, beginners or improvers. The first thing we will do is discuss what you hope to achieve in the course. We can go right back to basics and learn how to cast on, knit and purl if necessary. If you can already do this, you can go on to knit a simple garment or item. By the end of the class, you should have improved your knitting skills and be confident enough to try other, more challenging projects. The tutor will provide you with a list of materials to bring to the class.</p>				

Refresh Your Knitting Skills with Linda Shearer			Islesburgh Community Centre	
Ref 2391	Saturday 11am - 3pm	2 weeks starting 18 April 2020	£32.96	£16.48c
<p>The course is suitable for anyone who would like to refresh or renew their knitting skills, beginners or improvers. The first thing we will do is discuss what you hope to achieve in the course. We can go right back to basics and learn how to cast on, knit and purl if necessary. If you can already do this, you can go on to knit a simple garment or item. By the end of the class, you should have improved your knitting skills and be confident enough to try other, more challenging projects. The tutor will provide you with a list of materials to bring to the class. Bring a packed lunch.</p>				

Fair Isle Yokes: an Introduction with Hazel Tindall			Aith Junior High School	
Ref 2410	Wednesday 6.30pm - 9pm	3 weeks (fortnightly): 11, 25 September and 9 October 2019	£30.90	£15.45c
<p>Suitable for anyone with basic knitting skills. The ability to knit with 2 colours in the round would be an advantage. You will learn about knitting Fair Isle yokes by studying examples and practice knitting a section of yoke to learn about shaping. 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.</p>				

Swatching with a Purpose with Hazel Tindall			Islesburgh Community Centre	
Ref 2412	Saturday 11.30am - 3.30pm	1 day: 16 November 2019	£16.48	£8.24c
<p>Suitable for anyone with basic knitting skills. The ability to knit with 2 colours in the round would be an advantage. You will practice knitting in the round, choosing colours and decreasing. You will produce a sample that could be used as a brooch or a coaster. Bring 4 x 3mm double pointed needles, small amounts of jumper weight yarn in assorted colours, and a packed lunch. Cast on 108 loops before you come.</p>				

Session Tunes with Jim Leask			Whiteness Primary School	
Ref 2392	Monday 7.15pm - 9.15pm	4 weeks starting 9 September 2019	£34.96	£18.48c
Ref 2393	Monday 7.15pm - 9.15pm	4 weeks starting 4 November 2019	£34.96	£18.48c
<p>Suitable for improvers. You will expand your repertoire of tunes by exploring different styles and tunes from outwith Scotland and Ireland, and gain confidence in playing tunes from music or learning by ear. Find out how multiple instruments sound when played together, and experience playing on a 'live stage' to an audience (this is not as daunting as it sounds). You will learn how to have fun and enjoy playing in a group and should gain confidence to go and explore other groups and listen to other music with the ability to understand different styles and rhythms. Although class is not suitable for beginners, less experienced or less confident players need not worry, as we will take account of different abilities and everyone will be included. Bring your instrument, and a music stand if you have one.</p>				

Writing Fictional Characters with Claire Davenport			Islesburgh Community Centre	
Ref 2413	Tuesday 6.30pm - 8.30pm	6 weeks starting 29 October 2019	£51.44	£26.72c
<p>This 6 week course will help budding writers to create compelling characters. You will gain a better understanding of why preparing and researching characters matters, and how you can use your own feelings and experiences in your writing. Suitable for beginners. Bring paper and a pen.</p>				

Screenwriting with Claire Davenport			Islesburgh Community Centre	
Ref 2414	Tuesday 6.30pm - 8.30pm	6 weeks starting 4 February 2020	£51.44	£26.72c
<p>This 6 week course will take you through the fundamentals of screenwriting from the dramatic structure to character development all the way to a draft screenplay. You will gain a better understanding of the elements of a successful screenplay, the dramatic structure and the key elements to make a viable pitch. Suitable for beginners. Bring paper and a pen.</p>				

Creative Writing: Dramatic Monologues and Speeches with Mareike Luedecke			Islesburgh Community Centre	
Ref 2379	Thursday 7pm - 9pm	6 weeks starting 6 February 2020	£51.44	£26.72c
<p>This course is for anyone who would like to explore the art of writing speeches and character monologues in literature, drama and film. We will look at varied examples and then you will write your own, step by step, in a friendly and supported atmosphere. Whether you are a beginner or regular writer, all exercises will have different prompts and options to choose from. By the end of the course, you will have explored different genres as well as rhetorical methods, and you will be able to hold your audience enthralled in the palm of your hand. Bring a notepad and pen.</p>				

Know Your Own Camera with Richard Ashbee			Islesburgh Community Centre	
Ref 2361	Monday 9.30am -12.30pm	6 weeks starting 16 September 2019	£74.16	£37.08c
Ref 2366	Monday 9.30am -12.30pm	6 weeks starting 20 April 2020	£74.16	£37.08c
<p>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.</p>				

Night Sky Photography (without a telescope) with Richard Ashbee			Islesburgh Community Centre	
Ref 2362	Monday 9.30am -12.30pm	6 weeks starting 4 November 2019	£74.16	£37.08c
<p>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.</p>				

Digital Photography 3 (Black & White, Colour & Light, Food, History, Animals & Pets, HDR basics & Lightroom basics) with Richard Ashbee			Islesburgh Community Centre	
Ref 2363	Monday 9.30am -12.30pm	6 weeks starting 20 January 2020	£74.16	£37.08c
<p>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.</p>				

Digital Photography 1 (Indoor Portraits, Urban, Close Up, Creative, Wildlife) with Richard Ashbee			Islesburgh Community Centre	
Ref 2364	Monday 9.30am -12.30pm	6 weeks starting 2 March 2020	£74.16	£37.08c
<p>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.</p>				

Bird Photography with Richard Ashbee			Islesburgh Community Centre	
Ref 2365	Tuesday 6.15pm - 9.15pm	1 day: Tuesday 14 April 2020	£12.36	£6.18c
<p>Ideal for those who already have some understanding of how to use their own camera, although we will cover basic settings. This is a classroom based session, 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, including how to achieve sharp focus and photographing birds in flight. You will be required to submit one bird photo before the course starts. Bring your digital camera, telephoto lens if you have one, camera handbook (important), a notebook, pen and a drink for the break.</p>				

Better Photography for You with Austin Taylor			Adult Learning Huts, Lovers Loan, Lerwick	
Ref 2418	Thursday 7pm - 9pm	4 weeks starting 31 October 2019	£34.96	£18.48c
<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>				

Health, Wellbeing and Cookery

Basic Introduction to Counselling with Gwen Williamson		Adult Learning Huts, Lovers Loan, Lerwick		
Ref 2403	Sunday 10 November, 9.30am - 1.30pm Thursday 14, 21, 28 November, 6pm - 9pm Sunday 1 December, 9.30am - 1.30pm		£72.04	£37.02c
<p>Suitable for beginners and professionals. This course will give you a broad introduction to counselling, with a basic overview of the 3 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 them. You will practice these skills, reflect on your own process and share this with group members and the tutor. 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. Please note that you must attend the first session.</p>				

Mindfulness Toolkit - Back to Basics with Hannah Eynon		Mid Yell Junior High School		
Ref 2385	Wednesday 6.30pm - 8.30pm	4 weeks starting 4 September 2019	£41.16	£24.68c
<p>This course will give you the tools to feel more relaxed, calm and confident. It will involve looking at: your breath, your daily routine, how you spend your time, and learning ways to take better care of yourself. Bring a blanket, a yoga mat (if you have one) and pillow, notebook and pens.</p>				

Mindfulness Toolkit - Back to Basics with Hannah Eynon		Baltasound Junior High School		
Ref 2387	Wednesday 6.15pm - 8.15pm	4 weeks starting 30 October 2019	£34.96	£18.48c
<p>This course will give you the tools to feel more relaxed, calm and confident. It will involve looking at: your breath, your daily routine, how you spend your time, and learning ways to take better care of yourself. Bring a blanket, a yoga mat (if you have one) and pillow, notebook and pens.</p>				

Introduction to Mindfulness with Judd Brindley			Happyhansel School	
Ref 2372	Sunday 10am - 3pm	1 day: 3 November 2019	£22.60	£12.30c
Suitable for beginners. An introduction to Mindfulness theory and meditation practice, including gentle mindful movements. 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.				

Introduction to Mindfulness with Judd Brindley			Islesburgh Community Centre	
Ref 2373	Sunday 10am - 3pm	1 day: 17 November 2019	£22.60	£12.30c
Ref 2375	Sunday 10am - 3pm	1 day: 19 April 2020	£22.60	£12.30c
Suitable for beginners. An introduction to Mindfulness theory and meditation practice, including gentle mindful movements. 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.				

Mindfulness for Health with Judd Brindley			Islesburgh Community Centre	
Ref 2474	Sunday 10am - 12.30pm/1pm	8 weeks starting 2 February 2020	£88.52	£45.26c
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 downloads or CDs will cost an additional £30/£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.				

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)

Yoga with Sandra Pottinger			Scalloway Youth Centre	
Ref 2370	Thursday 9.45am - 11.15am	5 weeks starting 9 January 2020	£54.90	£39.45c
Ref 2371	Thursday 9.45am - 11.15am	5 weeks starting 13 February 2020	£54.90	£39.45c

Suitable for beginners and improvers, and all levels of flexibility and fitness. You will learn correct alignment in the postures, how to work and control your breathing while holding postures, and how to relax and release tension from the body. 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.

Yoga with Sandra Pottinger			Hamnavoe Primary School	
Ref 2369	Monday 7pm - 8.30pm	10 weeks starting 13 January 2020	£61.80	£30.90c

Suitable for beginners and improvers, and all levels of flexibility and fitness. You will learn correct alignment in the postures, how to work and control your breathing while holding postures, and how to relax and release tension from the body. 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.

Cookery Taster Sessions with Michael Taylor			Mid Yell Junior High School	
Ref 2394	Cookery Taster - Mexico	Wednesday 4 September 2019, 6.30pm - 9pm	£12.30	£7.15c
Ref 2395	Cookery Taster - Italy	Wednesday 11 September 2019, 6.30pm - 9pm	£12.30	£7.15c
Ref 2396	Cookery Taster - France	Wednesday 18 September 2019, 6.30pm - 9pm	£12.30	£7.15c
Ref 2397	Cookery Taster - Texas	Wednesday 25 September 2019, 6.30pm - 9pm	£12.30	£7.15c
Ref 2398	Cookery Taster - Curry	Wednesday 2 October 2019, 6.30pm - 9pm	£12.30	£7.15c

Suitable for any ability. The tutor will prepare and cook the dishes and you will cook along with him. You will increase your cooking skills and confidence. Bring containers for taking home your cooked dishes, and £2 payable to the tutor for specialist and staple ingredients. The tutor will provide a list of the rest of the ingredients you need to bring to the class. Please let us know in advance if you have any food allergies or if you would like a vegetarian alternative to be demonstrated.

Festive Food from Around the Globe with Michael Taylor			Mid Yell Junior High School	
Ref 2399	Wednesday 6.30pm - 9pm	4 weeks starting 6 November 2019	£43.20	£22.60c
<p>Suitable for any ability. Do you need some ideas for something different to cook during the festive season? In this class, you'll prepare and cook a range of festive dishes from around the world, such as Christmas fried chicken from Japan and Melomakarona from Greece. The tutor will choose the dishes for the first night, then the class will discuss and agree dishes for the rest of the course. Bring containers for taking home your cooked dishes, and £2 payable to the tutor for staple and specialist ingredients. The tutor will provide a list of the rest of the ingredients you need to take to the class. Please let us know in advance if you have any food allergies or if you would like a vegetarian alternative to be demonstrated.</p>				

Easy Breadmaking with Gus Dow			Sandwick Junior High School (tbc)	
Ref 2415	Tuesday 7pm - 9pm	3 weeks starting 3 September 2019	£26.72	£14.36c
<p>Suitable for beginners. Learn how to make pitta bread (one of the world's oldest breads), a simple white loaf, and use wild yeast to make sourdough bread. Bring £1 for materials on the first night, and a container to take your pitta bread home in. The tutor will let you know what to bring for subsequent nights.</p>				



Languages

Spanish for Beginners with Maria Shlyannikova			Adult Learning Huts, Lovers Loan, Lerwick	
Ref 2424	Wednesday 7pm - 9pm	6 weeks starting 4 September 2019	£51.44	£26.72c
<p>This course will focus on conversational skills covering a wide variety of topics including introducing yourself, days of the week and months, telling the time, visiting a doctor, asking the way, ordering food, sightseeing, travelling etc. You will gain a knowledge of basic grammar and a better understanding of Spanish culture. Bring a notebook and pen.</p>				

Spanish for Beginners Plus with Maria Shlyannikova			Adult Learning Huts, Lovers Loan, Lerwick	
Ref 2425	Wednesday 7pm - 9pm	6 weeks starting 30 October 2019	£51.44	£26.72c
<p>This class will further develop your knowledge of Spanish vocabulary, grammar and culture. Suitable for beginners/improvers with some prior knowledge of Spanish (including anyone who has done the previous Spanish for Beginners class). Bring a notebook and pen.</p>				

Conversational German for Beginners with Mareike Luedecke			Adult Learning Huts, Lovers Loan, Lerwick	
Ref 2377	Thursday 7pm - 9pm	6 weeks starting 5 September 2019	£51.44	£26.72c
<p>This course is for anyone who would like an introduction to the German Language at an absolute beginner's level. Get to know basic phrases and common conversation makers and breakers, while exploring German culture in a friendly and relaxed atmosphere. Learn the secret behind long German words and discover the actual, existing German sense of humour. By the end of the course, you will be able to handle simple communication in German in a variety of everyday situations. Bring a notebook and pen.</p>				

Latin for Beginners with Mareike Luedecke			Islesburgh Community Centre	
Ref 2378	Thursday 7pm - 9pm	6 weeks starting 31 October 2019	£51.44	£26.74c
<p>This course is for anyone who would like an introduction to Latin at an absolute beginner's level. For a supposedly dead language, Latin seems to be very much alive – not just in the English language itself, but remains of Roman culture can still be found in art and literature, science and politics. Get to know basic grammar and vocabulary, take proper first translation steps and learn with others in a friendly and relaxed atmosphere. By the end of the course, you will be familiar with the Latin basics. Bring a notebook and pen.</p>				

Norwegian for Beginners with Nina Høgmo			Islesburgh Community Centre	
Ref 2400	Monday 6.30pm - 8.30pm	6 weeks starting 28 October 2019	£51.44	£26.74c
<p>This course will introduce you to the Norwegian language, its basic grammatical structures and frequently used vocabulary. It will give you the confidence to make yourself understood in basic conversations and to read and write basic Norwegian. We will use a communicative approach, with fun, relevant methods, and you will also gain an understanding of how the language is linked to Norwegian humour, history and culture. By the end of the class, you will understand and be able to use basic vocabulary and common phrases, and express yourself orally in basic everyday situations. You will be able to write simple sentences and compose short texts such as greetings, messages and simple emails. Suitable for beginners - no previous knowledge of Norwegian required. Bring a notebook and pen.</p>				

Norwegian for Improvers with Nina Høgmo			Islesburgh Community Centre	
Ref 2401	Monday 6.30pm - 8.30pm	6 weeks starting 3 February 2020	£51.44	£26.74c
<p>This course will build on your existing knowledge of Norwegian, and improve your oral and written communication skills as well as your knowledge of the Norwegian language. We will use a variety of methods to build your confidence in expressing yourself. A selection of resources in Norwegian will be used, such as literature, music, tv programmes and digital media. By the end of the course, you will be able to speak about chosen topics of interest, navigate and find information on simple Norwegian websites and write short pieces of text such as letters and summaries. Suitable for anyone with a basic understanding of the Norwegian language, such as pronunciation, sentence structure, and basic conversation. Bring a notebook and pen.</p>				

General Interest

Communicating with Confidence with Stephenie Pagulayan			Islesburgh Community Centre	
Ref 2420	Thursday 7pm - 9pm	2 weeks starting 6 February 2020	£18.48	£10.24c
Ref 2421	Thursday 7pm - 9pm	2 weeks starting 4 June 2020	£18.48	£10.24c

Have you ever had that feeling of being on the spot and not knowing what to say? Do you dread workplace meetings where you have to speak in front of a group of people? Do you ever feel you lack confidence to enjoy social situations? Do you wonder how some people seem to make it all look so easy?!? Then this is the course for you! In these sessions we will explore how to be an effective communicator in any situation. Using theatre games as the tool, we will explore verbal, vocal and non-verbal communication in a fun light hearted way. By the end of the course you will feel more confident, relaxed and equipped to deal with social situations. Wear comfortable clothing and bring a notebook and pen.

Practical Storytelling Techniques 1 with Stephenie Pagulayan			Islesburgh Community Centre	
Ref 2422	Thursday 7pm - 9pm	2 weeks starting 12 March 2020	£16.48	£8.24c

Explore how to create and tell interesting stories using a variety of theatre devising games. Session 1 – Exploring objects and music, Session 2 – Exploring character and images. Wear comfortable clothing and bring water to drink.

Practical Storytelling Techniques 2 with Stephenie Pagulayan			Islesburgh Community Centre	
Ref 2423	Thursday 7pm - 9pm	2 weeks starting 7 May 2020	£16.48	£8.24c

Explore how to create and tell interesting stories using a variety of theatre devising games. Session 1 – Exploring objects and music, Session 2 – Exploring character and images. Wear comfortable clothing and bring water to drink. You don't have to have done Practical Storytelling Techniques 1 to take this class - you can do either or both, as different themes will be used.

- 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?			
Ref 2441	Wednesday 4 September 2019 7pm - 8pm	Children's Services Resource Base, Brae (tbc)	Free of charge
Ref 2442	Wednesday 11 September 2019 6.45pm - 7.45pm	Sandwick Junior High School (tbc)	Free of charge
Ref 2443	Tuesday 17 September 2019 6.30pm - 7.30pm	Mid Yell Junior High School (tbc)	Free of charge
Ref 2444	Wednesday 2 October 2019 6pm - 7pm	Adult Learning Huts, Lovers Loan, Lerwick	Free of charge
Ref 2445	Wednesday 9 October 2019 6.30pm - 7.30pm	Aith Junior High School (tbc)	Free of charge

We hope to offer further sessions in other areas during 2020.

To book a place, go to www.learnshetland.com/courses phone Adult Learning on 01595 743888 or email classes@shetland.gov.uk

Learning could make a difference to your life!

Over 700 people took part in Adult Learning Evening Classes last year. Join them and you could: **Learn a new skill** or develop a skill you already have.

Learn for enjoyment. Many learners report increased confidence and wellbeing as a result of taking part. Have fun learning with other like-minded people.

Become more knowledgeable by finding out more about things that interest you, whether that is counselling, breadmaking or learning a new language.

Improve your health and wellbeing by getting active at a yoga class. Maybe you would rather chill out at a meditation class? Taking part in learning can make you feel better about yourself.

Get creative by doing some photography, art or knitting. The opportunities are out there!

Gie it a Go!

IT Skills, Reading, Writing & Numbers

Internet Safety with Marc Coyne			Adult Learning Huts, Lovers Loan, Lerwick
Ref 2430	Friday 9.30am - 12.30pm	1 day: 20 September 2019	Free of charge
Ref 2431	Friday 9.30am - 12.30pm	1 day: 27 September 2019	Free of charge

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.

Introduction to Windows 10 with Marc Coyne			Adult Learning Huts, Lovers Loan, Lerwick
Ref 2432	Friday 9.30am - 12.30pm	1 day: 1 November 2019	Free of charge
Ref 2433	Friday 9.30am - 12.30pm	1 day: 15 November 2019	Free of charge

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.

Accessibility for IT with Marc Coyne			Adult Learning Huts, Lovers Loan, Lerwick
Ref 2434	Friday 9.30am - 12.30pm	1 day: 6 December 2019	Free of charge
Ref 2435	Friday 9.30am - 12.30pm	1 day: 13 September 2019	Free of charge

All computers, phones, tablets and IT kit have accessibility settings to help those of us with vision, hearing and other physical problems to use them more effectively. This course will take you through these settings, demonstrate other helpful hardware and discuss other ways of setting up your digital devices to help you use them. The class is suitable for anyone with vision, hearing or physical problems, but also if you'd just like more knowledge to help a relative or someone you know.



Shetland Library
Shetland Islands Council

Click Shetland

Confused by computers?

Worried about Word?

Inquisitive about iPads?

Or, eager to try eBooks?

We can help!

**Drop in to the library on Tuesday
mornings from 10am – 11am.**

No need to book, and it's FREE!

One to one appointments are also available

- up to six 1 hour sessions at a time to suit you

Telephone 01595 743868 or visit the Shetland Library
website for more information

www.shetland-library.gov.uk

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 classes@shetland.gov.uk	

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 classes@shetland.gov.uk	

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

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.



Employability Skills for All: Building a CV With Skills Development Scotland (SDS) Staff		Islesburgh Community Centre	
Ref 2438	Tuesday 6pm - 7.30pm	1 day: 4 February 2020	Free of charge
Looking to change your job or progress your career? Are you unsure of what to write in your CV? This session is designed to help you, whatever your age. Come along if you have any questions about CVs or are looking to start creating one!			

Employability Skills for All: Application Forms With Skills Development Scotland (SDS) Staff		Islesburgh Community Centre	
Ref 2439	Tuesday 6pm - 7.30pm	1 day: 11 February 2020	Free of charge
SDS is in constant contact with employers about what they are looking for in application forms. Our service is for anyone of any age, and we can share our knowledge with you, answer your questions and help you feel more confident about your applications.			

Employability Skills for All: Interview Skills With Skills Development Scotland (SDS) Staff		Islesburgh Community Centre	
Ref 2440	Tuesday 6pm - 7.30pm	1 day: 18 February 2020	Free of charge
Do you have an interview coming up? Do you know what to expect and how to prepare for it? Come along and access a range of tools, tips, advice and resources to help you, whatever your age.			

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' towards sustainable employment.

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 744490.

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 Anderson High School, North Loch Drive, 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

Beginners ESOL	Anderson High School, North Loch Drive, Lerwick
5.45pm - 7.45pm on Tuesdays	Free of charge
<p>This class is for learners with no English. Your confidence in English will be built, by improving 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, shopping and getting involved in the local community.</p>	
Elementary ESOL	Anderson High School, North Loch Drive, Lerwick
5.45pm - 7.45pm on Thursdays	Free of charge
<p>This class is for learners with basic English who want to improve. We will help you to build the basic language skills you need to communicate in spoken and written English. You will learn about English grammar, vocabulary and pronunciation. The aim of the class is enable you to feel more comfortable with English language in your daily life in Shetland, breaking down the language barrier.</p>	

Intermediate ESOL	Anderson High School, North Loch Drive, Lerwick
6pm - 8pm on Tuesdays	Free of charge
<p>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. Apart from these core skills, we also include language for employability, study and for living a fulfilling life here in Shetland.</p>	

Café Connect (All Levels)	Islesburgh Community Centre Café, Lerwick
11am - 12noon on Fridays, start date tbc	Free of charge.
<p>A cosy cup of coffee or tea on a Friday morning, whilst talking in English with the local ESOL teachers. ESOL students, teachers, members of the public, or anyone interested in ESOL is welcome. Perhaps you're new to Shetland and want to find out more about local events, groups or any aspect of life here. Perhaps you're a teacher who is interested in chatting about ESOL and sharing resources. Perhaps you know someone who could use your help with English and you want to find out how. Come along and speak with us! Keep an eye on www.facebook.com/esoladultlearning for the class start date.</p>	

ESOL Conversation (Intermediate/ Advanced)	Anderson High School, North Loch Drive, Lerwick
5.45pm - 7.45pm on Mondays, start date tbc	Free of charge
<p>Do you want to improve your fluency in English in a safe, comfortable environment? This class is for you. At ESOL Conversation we focus on fluency, building your confidence in speaking about a wide variety of topics that affect us all, both locally and globally. Speaking and communication are the priorities, be prepared to participate! This class is not just about language, it's about making connections and feeling freer to express yourself in your life here. Keep an eye on www.facebook.com/esoladultlearning for the class start date.</p>	

Developing Skills for Communities

Voluntary Action Shetland Training Timetable August - December 2019

To book a place or for more information please contact Ayesha Huda, vas.training@shetland.org or phone 01595 743905.

All courses are free of charge except the one-day introduction to fundraising course which is offered at a subsidised rate of £20.

Keeping Adults and Children Safe

Saturday 31 August 2019	10am – 12.30pm	Market House, Lerwick	Trainer: Mairi Jamieson
Wednesday 2 October 2019	6pm – 8pm	Venue tbc, Brae	Trainer: Una Murray
Tuesday 19 November 2019	6pm – 8.30pm	Hoswick Visitors Centre, Sandwick	Trainer: Mairi Jamieson

This course will provide an introduction to safeguarding vulnerable adults and children. It will cover the basics of safeguarding, legal responsibilities and good practice. By the end of this course you should be able to: explain what is meant by adult and child protection, have an understanding of what is meant by abuse, describe the possible alerting signs of abuse and harm, be aware of local adult and child protection procedures, and know what to do if you are concerned about an adult or child.

Introduction to Fundraising

Tuesday 10 September 2019

5.30pm - 7.30pm

Market House,
Lerwick

Trainer:
Sue Robinson

This 2-hour introductory session by Sue Robinson, Institute of Fundraising, will enable you to maximise your fundraising efforts on behalf of the wonderful causes you support. Covering a range of income sources – grants, businesses, individuals and groups – this interactive session will build your knowledge and understanding. Good communication is key to fundraising success - this session will get you started on your fundraising path. The course is organised by the Institute of Fundraising, Scotland and Voluntary Action Shetland.

Introduction to Fundraising:

A practical introduction to the basic principles and best practices of fundraising

Wednesday 11 September 2019

9.30am - 4.30pm

Market House,
Lerwick

Trainer:
Sue Robinson

A 1-day course delivered by Sue Robinson, organised by the Institute of Fundraising, Scotland and Voluntary Action Shetland. By the end of the session participants will understand: the role of fundraising in your organisation and wider environment, the fundraising planning process and your role within it, how to compare and maximise different sources of funding for your organisation and how to ensure your fundraising is legal and ethical.

The subsidised rate (£20 instead of £75) is applicable for attendees from groups which have a turnover of less than 250k/annum.

To book a place please visit this link: <https://www.eventbrite.co.uk/e/introduction-to-fundraising-lerwick-tickets-61581017481>. For more information contact Ayesha Huda on 01595 743905, or email ayesha.huda@shetland.org

Roles and Responsibilities of a Management Committee / Trustees

Monday 23 September 2019	5.30pm – 8.30pm	Market House, Lerwick	Trainer: Ayesha Huda
Monday 4 November 2019	5.30pm – 8.30pm	Market House, Lerwick	Trainer: Ayesha Huda

This course aims to increase the knowledge of the roles and responsibilities of a management committee. By the end of the session participants will be able to: understand the key roles of committee members including Chair, Treasurer and Secretary, have an overview of the main legal obligations, and have a knowledge of duties as a 'charity trustee'.

Understanding Finances for Voluntary Organisations

Wednesday 16 October 2019	6pm – 8pm	Market House, Lerwick	Trainer: Ellen Hughson
Wednesday 13 November 2019	6.30pm - 8.30pm	Market House, Lerwick	Trainer: Ellen Hughson

Designed for management committees/trustees of voluntary groups, this workshop will help you to develop the knowledge and confidence to understand, monitor and question financial information and to use this to contribute to management decisions regarding financial planning and expenditure. At the end of the course participants will be able to: recognise the importance and implementation of financial controls, understand the organisation's activities with regard to the resources required to deliver them, identify budgetary areas and understand any variances, monitor the organisation's budgets and decision making, and examine the management accounts with an understanding of the components.

Organisational Structures for 3rd Sector and Voluntary Organisations

Thursday 3 October 2019	5.30pm - 8.30pm	Market House, Lerwick	Trainer: Ayesha Huda
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This course will help groups decide the correct legal structure and framework for their organisation and the liability of the people involved in managing the organisation.

Shetland Befriending Scheme Volunteer Training

Anyone interested in Shetland Befriending Scheme's initial training will need to go through a successful application process. You must also be willing to provide a minimum of 6 months commitment to support someone on a 1:1 basis on a weekly/ fortnightly basis for a few hours at a time.

For more information or to apply for a place please contact
Shetland Befriending Scheme on 01595 743907
or email befriending@shetland.org

Shetland Befriending Scheme - Volunteer Befriending Training To support a young person aged 7 to 18 Years on a 1:1 basis	Market House, Market Street, Lerwick
Dates to be confirmed: 5 training sessions	Free of charge
<p>Open to anyone over 17 years of age. Volunteers will be matched to a young person on a 1:1 basis on completion of the 5 sessions of training.</p> <p>Topics covered in the 5 sessions include:</p> <ul style="list-style-type: none"> • Introduction to Role of Scheme, Role of Befriender, Boundaries and Confidentiality • Coping with Challenging Behaviour, Additional Support Needs, and Personal Safety Awareness • Keeping Adults and Children Safe • Anti-Discriminative Practice • Endings 	

Shetland Befriending Scheme Volunteer Befriending Training To support an adult aged 16+ Years on a 1:1 basis	Market House, Market Street, Lerwick
Dates to be confirmed: 5 training sessions	Free of charge
<p>Open to anyone over 17 years of age. Volunteers will be matched to a 16+ adult on a 1:1 basis on completion of the 5 sessions of training.</p> <p>Topics covered in the 5 sessions include:</p> <ul style="list-style-type: none"> • Introduction to Role of Scheme, Boundaries Communication and Confidentiality • Informed Level Dementia • Keeping Adults and Children Safe • Learning Disabilities, Mental Health Issues, Non-compliant, Inconvenient Behaviour, Anti-Discriminative Practice and Personal Safety • Endings, Loss and Change, Bereavement 	



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
Do you have any support needs or medical conditions 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.	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
 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.

Learn Shetland

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

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