

Adult Learning Class Programme January - July 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! For more information, 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.

Contents

Useful Class Information	4-5
Classes	6-24
Art, Crafts, Creative Writing, Music and Photography	6-12
Health, Wellbeing and Cookery	13-14
Languages	15
Archaeology and Geology	16-17
General Interest	18
IT Skills, Reading, Writing and Numbers	19-20
Employability	21-22
English for Speakers of Other Languages (ESOL)	23-24
Postal booking form	25-27

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

African & Latin Drumming			Jubilee Flower Park Pavilion, Lerwick	
Ref 2454	Saturday 1.30pm - 3.30pm	6 weeks starting 1 February 2020	£49.44	£24.72c
<p>You will learn basic drumming techniques and we will achieve a drum ensemble piece that can be played from beginning to end. If you have a drum, please take it along. Otherwise, you can hire a drum for £1 per session, payable to the tutor.</p>				

Session Tunes with Jim Leask			Whiteness Primary School	
Ref 2457	Monday 7.15pm - 9.15pm	6 weeks starting 3 February 2020	£51.44	£26.72c
<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. Experience how multiple instruments sound when played together, and 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 gain the confidence to explore other groups and understand different styles and rhythms. Although this class is not suitable for beginners, 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>				

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>				

Paper Cutting with Gillian Bridle			Jubilee Flower Park Pavilion, Lerwick	
Ref 2464	Wednesday 7pm - 9.30pm	1 day: 12 February 2020	£10.30	£5.15c
<p>Try the art of paper cutting. Start from drawing out ideas to make a simple paper cut greetings card. Ideas are turned into designs and then cut into the card. The trick is not to cut out the bits that hold it all together. You will leave with a finished card and a good understanding of how to make paper cuts from your own ideas and designs. Suitable for beginners. Please note we will be using very sharp blades for cutting card. There is an additional £3 for materials, payable to the tutor.</p>				

Extreme Sketching with Gillian Bridle			Meet at Islesburgh Community Centre	
Ref 2465	Saturday 10am - 4pm	4 weeks starting 9 May 2020	£98.88	£49.44c
<p>Suitable for bold beginners and learners with more experience who want to be challenged to try new materials and conditions of sketching. Mobility will be needed as the intention is to go out sketching, walking to locations and being outside for some time. Each week we will focus on a different set of materials and how to use them to record our surroundings. The days will be about being brave and bold, whatever the weather. The focus is not about producing a beautiful piece of work, but about trying out materials whilst enjoying being outside, in the moment, with no distractions. Wear warm, waterproof clothing that you don't mind getting dirty, something to sit on, a warm drink and a packed lunch. The tutor will provide you with a list of materials to bring to the class.</p>				

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

Know Your Own Camera with Richard Ashbee			Islesburgh Community Centre	
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Ref 2366	Monday 9.30am - 12.30pm	6 weeks starting 20 April 2020	£74.16	£37.08c
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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.

Better Photography for You with Austin Taylor			Islesburgh Community Centre	
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Ref 2419	Thursday 7pm - 9pm	4 weeks starting 27 February 2020	£34.96	£18.48c
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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.

Pets in Pastel with Heather Wilson			Islesburgh Community Centre	
Ref 2408	Tuesday 7pm - 9pm	6 weeks starting 18 February 2020	£51.44	£26.72c
<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>				

Introduction to Drawing with Aimee Labourne			Islesburgh Community Centre	
Ref 2417	Monday 6.30pm - 8.30pm	5 weeks starting 17 February 2020	£43.20	£22.60
<p>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.</p>				

Shapes in Nature with Aimee Labourne			Islesburgh Community Centre / Jubilee Flower Park	
Ref 2448	Sunday 1pm - 4pm	2 weeks starting 24 May 2020	£26.72	£14.36c
Ref 2449	Sunday 1pm - 4pm	2 weeks starting 12 July 2020	£26.72	£14.36c
<p>Spend time drawing outside this summer, studying nature's many forms and patterns. In Week 1, the afternoon will begin indoors with an introduction to some basic drawing techniques which will allow you to 'draw what you see'. We'll then head outdoors to sketch the beautiful summer displays at Jubilee Flower Park, Lerwick. In Week 2, we'll work further with our sketches, experimenting with composition, abstraction and collage to make images which explore both the orderly and dynamic in nature. Suitable for all levels of drawing ability. Please bring HB, 2B, 3B, 4B and 5B pencils, any other portable materials that you like to use, and also a camera if you wish to take photographs for your collage. Please dress appropriately for the weather, bringing extra layers should the day turn cold, sun protection, a drink if you wish, and something comfortable to sit on for working outdoors. There is an additional £2.50 for paper, payable to the tutor.</p>				

Beginners & Improvers Dressmaking (Yell) with June Ward			Mid Yell Junior High School	
Ref 2446	Thursday 7pm –10pm	5 weeks starting 27 February 2020	£61.80	£30.90c
<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, an extension lead, basic sewing kit (scissors, thread, tape measure, pins), pattern and fabric. If you're unsure, the tutor can help you to choose a pattern that is suitable for your skills before the class starts - please let us know when booking.</p>				

Beginners & Improvers Dressmaking (Unst) with June Ward			Baltasound Junior High School	
Ref 2447	Wednesday 6pm – 8pm	6 weeks starting 15 April 2020	£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, an extension lead, basic sewing kit (scissors, thread, tape measure, pins), pattern and fabric. If you're unsure, the tutor can help you to choose a pattern that is suitable for your skills before the class starts - please let us know when booking.</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>				

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			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>				

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>				



Health, Wellbeing and Cookery

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

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
<p>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.</p>				

Introduction to Mindfulness with Judd Brindley			Islesburgh Community Centre	
Ref 2375	Sunday 10am - 3pm	1 day: 19 April 2020	£22.60	£12.30c
<p>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.</p>				

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
<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 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.</p>				

Basic Introduction to Counselling Skills and Approaches with Gwen Williamson			Islesburgh Community Centre	
Ref 2453	Sunday 9.30am – 1.30pm	4 weeks (fortnightly) starting 23 February 2020	£67.92	£34.96c
<p>Suitable for beginners and professionals. You will have the opportunity to learn basic listening, communication and counselling skills, and some of the theories which underpin them. You will practice these skills with group members and the trainer. The focus will be on developing your self-awareness, interpersonal skills and awareness of group dynamics. The course will develop your potential to progress onto further counselling or care qualifications, and will also improve your employability and management skills. Please note that you must attend the first session.</p>				

Cookery Taster Sessions with Michael Taylor			Mid Yell Junior High School	
Ref 2459	Cookery Taster - Italy	Monday 3 February 2020, 6.30pm - 9pm	£15.30	£10.15c
Ref 2460	Cookery Taster - Texas	Monday 17 February 2020, 6.30pm - 9pm	£15.30	£10.15c
Ref 2461	Cookery Taster - Mexico	Monday 2 March 2020, 6.30pm - 9pm	£15.30	£10.15c
Ref 2463	Cookery Taster - Curry	Monday 16 March 2020, 6.30pm - 9pm	£15.30	£10.15c

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.

Languages

Norwegian for Beginners with Nina Høgmo			Islesburgh Community Centre	
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Ref 2455	Monday 6.30pm - 8.30pm	6 weeks starting 20 April 2020	£51.44	£26.72c
Ref 2456	Thursday 6.30pm - 8.30pm	6 weeks starting 16 April 2020	£51.44	£26.72c

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.

Spanish for Beginners Plus with Maria Shlyannikova			Islesburgh Community Centre	
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Ref 2458	Monday 7pm – 9pm	6 weeks starting 3 February 2020	£51.44	£26.72c
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This class will focus on conversational skills encompassing a wide variety of topics based on your interests. It will contain information about Spanish culture and idiosyncrasy and some basic grammar. It will build on your existing knowledge and develop your vocabulary further. Suitable for beginners/improvers with some prior knowledge of Spanish (including anyone who has done the previous Spanish for Beginners Plus class). Bring a notebook and pen.

Archaeology and Geology

An Introduction to Viking Shetland with Dr Esther Renwick			Islesburgh Community Centre	
Ref 2467	Saturday 1pm – 4pm	1 day: 1 February 2020	£14.36	£8.18c
Interested in Shetland's Viking roots? Learn more about Shetland's Viking archaeology. This course provides a quick overview of Shetland's Viking archaeology in the context of Viking Scotland. Suitable for beginners.				

An Introduction to Archaeology with Dr Esther Renwick			Islesburgh Community Centre	
Ref 2451	Saturday 1pm – 3pm	4 weeks starting 29 February 2020	£34.96	£18.48c
Ever wondered how archaeology actually works? This is an introduction to archaeological methods in a warm dry classroom! We will be taking an introductory look at all angles of archaeology from excavation to scientific dating methods, from human bone analysis to pottery, landscape archaeology to LIDAR. Including a session on the basics of Shetland archaeology. No previous experience needed. This will be a fun introduction to the subject with plenty of discussion. Suitable for beginners.				



Get Involved: Monitoring Shetland's Eroding Coastal Archaeology with Dr Esther Renwick			Islesburgh Community Centre / Outdoor Session	
Ref 2452	Saturday 1pm – 3pm	2 weeks starting 9 May 2020	£18.48	£10.24c
<p>Next time you're on the beach, make a difference by monitoring Shetland's known eroding sites and learn to spot new ones! Rising sea levels and increasingly violent storm events are threatening our archaeology more than ever before. The first session will be in the classroom learning about Shetland's coastal archaeology and how to spot and record sites and the second will be out recording a real site to put your skills into practice. No previous experience is necessary, but this course does need basic computer literacy (nothing complicated, just the ability to log into a website). If you have a smartphone or tablet, please bring it along to the first session.</p>				

**We hope to offer more
Archaeology Field trips during 2020.
Keep an eye on www.learnshetland.com
for details**

Discovering Shetland's Rocks and Landscapes: 3 Billion Years of Earth's History with Robina Barton			Islesburgh Community Centre / Field Trips	
Ref 2466	Classroom sessions: Tuesday 14, 21, 28 April and 5 May 2020, 7pm - 9pm Field Trips: Saturday 2 and 9 May 2020, 10am - 5pm		£92.64	£47.32c
<p>This class will explore Shetland's geological story, beginning with an introduction to basic geological principles. We will also look at the major rock groups that have come together over the past 3 billion years to form 'Shetland's geological jigsaw'. We will explore some of Shetland's geological sites in detail, both in the classroom and in the field, discovering how they formed at different times, in different parts of the globe, before making their way to their current position at 60 North. We will touch on how 'Da Auld Rock' relates to the wider Scottish geological context and why it is internationally important. Bring a notepad and pen for classroom sessions, and a packed lunch, waterproof clothing, suitable footwear, water, sunscreen and any medication for field trips. A reasonable level of fitness is required for the field trips.</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.

IT Skills, Reading, Writing & Numbers

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



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

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 a meeting, where we will have a chat to find out which class or classes would be best for you.

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
5.45pm - 7.45pm 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>	

ESOL Conversation (Intermediate/ Advanced)	Anderson High School, North Loch Drive, Lerwick
5.45pm - 7.45pm on Wednesdays	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>	



ESOL

ENGLISH
FOR SPEAKERS
OF OTHER
LANGUAGES

FREE LANGUAGE CLASSES
FOR BEGINNERS,
ELEMENTARY AND
INTERMEDIATE LEVELS





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.



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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 / Community Planning & Development

Solarhus

3 North Ness

Lerwick

Shetland

ZE1 0LZ

Tel 01595 743888

Email classes@shetland.gov.uk