

WINTER

**November-
December 2017**

**Programme of
Community Learning
Classes &
Workshops**

Lewis & Harris



(01851) 822718
www.cne-siar.gov.uk/commed/clh

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Adult Learning



In This Booklet

This booklet is produced by Comhairle nan Eilean Siar (CnES). It brings together in one publication the details of community classes and workshops run by various organisations and individuals. To register or find out more about a class, please refer to the contact information at the top of the page on which the class is listed.

For classes in the final section (pages 14-17), please use contact information included with the class description.

Happy Learning!

Class/Workshop Provider	Pages
Adult Learning and Employability, CnES	3-5
Digital Hebrides At Your Library	6
An Lanntair	7-9
Ionad Spòrs Leòdhais (Lewis Sports Centre)	10-12
Ionad Spòrs Eilean na Hearadh (Harris Sports Centre)	13
Independent Providers	14-17

Contents

If you are interested in trying **online learning**, the following website will guide you to a wide selection of courses which are FREE to undertake (some charges might apply for certificates). Start dates throughout the year. www.futurelearn.com

Defibrillator Locations

Work is being done across the islands to increase the availability of defibrillators and provide the training in their use. **Look out for training dates in your area!**

You might also be interested in the free smartphone app, *Crowdsav*, which list defibrillator locations and provides maps and directions from your current location. More information available at <https://www.crowdsav.com/>

About Adult Learning and Employability Classes	Page
Cost	1
Adult Learning Guidance	1
Types of Classes and Workshops (The 3 priority outcomes)	2
Have your Say (Contact info)	2

Learning Community Areas*

Below is an alphabetical list of all the classes, workshops and events listed in this booklet. As well as the title and page number, there is a column showing the Community Learning Area(s) in which a class is being held, which allows readers to see at a glance the events taking place in their areas. The 4 areas are:

Area 1: Stornoway, Back and Point

Area 2: Ness to Borge; Barvas to Carloway

Area 3: Lochs; Uig and Bernera

Area 4: Harris

Class/Workshop/Event Title	*Area	Page
3D Printing	1	6
Aquacise	4	13
Aquafit	1	10
Art Club, Spòrsnis	2	17
Basic Sewing Skills	1	3
Body Conditioning	1	10
Ceramics, Hand-Building	1	8
Chair Aerobics, Spòrsnis	2	17
Circuit Training	1	10
Computing, Basic Levels 1 & 2	1	4
Computer Skills (Online Classes)	1	6
Core 'n' More	1	11
Core Stability	1	15
Creative Gift Wrapping	1	3

Contents (continued)

Class/Workshop/Event Title	*Area	Page
Dance Classes		
Beginner Argentine Tango	1	14
Beginner Ballroom and Latin	1	14
Introduction to Salsa	1	7
Dance it off - Bootcamp	1	15
Digital Photography	1	4
Emergency Life Support/Defibrillator Training	4	13
Felting	1	16
Gaelic For All	2	5
Gaelic Beginners Level 2	3	5
General Fitness	1	15
Group Cycle/Core Strength	4	13
Harris Tweed Bag-Making	1	9
Japanese Textiles	1	8
Jewellery Making	1	16
Jogscotland @ Lunchtime	1	11
Ladies Fitness, , Spòrsnis	2	17
Life Drawing	1	7
Linocut Printing	1	9, 16
Lunchtime Body Blitz	1	11
MBM Fitness	3	17
Move Latin – Exercsie Through Dance	2	17
Over 40s Football	2	17
Release Method, The	1	15
Sports Conditioning	1	12
T'ai Chi Ch'uan	1	14
Triple P Parenting Class Information	-	5
Tweed Craft	1	16
Wattbike & Wattbike Extra	1	12
WHYTE: Gaelictronica (talk)	1	9
Winter Gardening	1	16

Independent Classes

To find out more about a class in this section, please use the contact details printed under the class description.

Ness - Spòrsnis



01851 810039; info@sporsnis.co.uk

Monday: Chair Aerobics, 11am – 12

Tuesday: Art Club, 11.30am – 1pm

Ladies Fitness Class – circuits, 7 – 8pm

Wednesday: Over 40s Football, 8 – 9pm

Thursday: Exercise Through Dance “Move Latin”, 7 – 8pm

Fitness Room is always free to use for over 65's

North Lochs - MBM Fitness Class

Booking is essential for this class: mbmfitness@aol.co.uk or Facebook MBM fitness

Pound is an exciting new cardio jam session inspired by drumming!

Venue, Date and Times: North Lochs Community Hall

Tuesdays 6:30-7:15pm; Saturdays 9.30 – 10.15am

Independent Classes

To find out more about a class in this section, please use the contact details printed under the class description.

Back Football and Recreation Club

Book online at www.backfrc.org.uk or contact Terri Davies (Sports and Community Project Coordinator) on 820 745 backfrc@gmail.com



November Craft Classes

Thursdays in November, 7-9pm

Book all 5 and get the cheapest one free. All materials and tools provided.

Making Jewellery – 2nd November, £12

Design and create your own ring, necklace and earrings using new and up cycled beads, basic wire working and craft techniques.

Felting – 9th November, £12

Learn the basic principles of wet felting before designing and making a wet felted flower.

Winter Gardening – 16th November, £20

Join Alison from Maybury Gardens, to design your own winter planter to take home, and put your questions to her about winter plants.

Tweed Craft – 23rd November, £10

Hand sew your very own Harris Tweed lavender tree decoration and/or Christmas-themed lapel pins/brooches.

Lino Printing – 30th November, £12

Design and make your own unique Christmas card using Lino cut. Once you have cut your block you can print more cards at home.

Adult Learning Classes

About Adult Learning Classes & Workshops

These classes are run by the Adult Learning team within the Department of Education and Children's Services at CnES. Courses are open to anyone over the age of 16. Those aged 14 to 16 will be allowed to participate if accompanied by a participating adult.

Costs

If there is a charge for a course, it will be noted in the course description on the following pages. A 50% discount is available for non-accredited courses if you are in receipt of benefits or are aged over 60. In addition, individual learning accounts can be used for accredited courses. For more information on individual learning accounts, see www.myworldofwork.co.uk/section/funding

Adult Learning Guidance

Are you interested in using community learning as a first step back into adult education and want to find out more about the options available? Adult Learning staff can provide information and guidance on a confidential and informal basis.

For help in this area, please contact Audrey Watt on 01851 822718.

Adult Learning Classes

Types of Classes and Workshops

The Community Learning and Development service within CnES undertakes ongoing needs assessment work within Learning Communities in the Western Isles and this determines the classes and workshops run by Community Learning Hebrides. The identified needs are prioritised according to the long-term outcomes set out in the Outer Hebrides Community Learning and Development strategy 2013-17 and the three outcomes which are a priority for Community Learning are:



The people of the Outer Hebrides are well **educated**, well **trained** and well **skilled**



The physical and mental **health** and **wellbeing** of the people throughout the Outer Hebrides is improved



The **communities** of the Outer Hebrides are stronger and more able to identify, articulate and take action and responsibility regarding their needs and aspirations

In the course descriptions that follow, the jigsaw symbols show which of these three outcomes each course primarily helps to meet.

Have Your Say!

If you would like to contribute to the needs assessment process which determines the classes and workshops run by Community Learning Hebrides, please get in touch on: communitylearninghebrides@cne-siar.gov.uk

Independent Classes

To find out more about a class in this section, please use the contact details printed under the class description.

Back Football and Recreation Club

Book online at www.backfrc.org.uk or contact Terri Davies (Sports and Community Project Coordinator) on 820 745 backfrc@gmail.com



Dance it off –Bootcamp

Lose weight, tone up and dance! NEW Get Fit for Christmas with our dance it off bootcamp. Run by Hitched and Highlands, over the 6 weeks you will learn the basic moves to several styles of dance while working on improving your fitness. Dance styles include: The Charleston & Jive, Line Dancing, Salsa and more...No experience necessary. ***Mondays 7-9pm from 30th Oct. £35 for 6 weeks.***

The Release Method ©

Combines powerful up to date techniques to realign, stretch, strengthen and balance the body. The body relearns how to move in a functional way to optimize existing fitness levels, or to prevent or eliminate long term pain, dysfunction and injury. Movements are gentle and are mostly mat based incorporating mindfulness, visualization and breathing techniques. ***Tuesdays 31st Oct and 7th Nov 10:30-11:30am. £10 for 2 sessions.***

General Fitness

An introductory exercise class targeting all over body fitness. Suitable for all ages and abilities. ***Wednesday 15th November 10-11am. £2.***

Core Stability

This second introductory fitness session will focus on bums and tums. ***Wednesday 22nd November 10-11am. £2.***

Independent Classes

To find out more about a class in this section, please use the contact details printed under the class description.

Stornoway - Adult Dance Classes with Louise Davidson

07980 832 207

firedance100@hotmail.com

6-7pm Beginner Ballroom & Latin

7-8pm Beginner Argentine Tango

No partner or experience required!

Venue, Dates & Times: Stornoway Golf Club

Wednesdays, starting Oct 25th. Times as above

Cost: £5 per class

Stornoway – T'ai Chi Ch'uan with Alex Catterall

www.taichihebrides.co.uk

alex.catheart@gmail.com

07593 663877

T'ai Chi Ch'uan is a martial art of Chinese origin. It is characterised by soft-flowing movements and, as well as providing a comprehensive and accessible method of self-defence, is widely acknowledged as having a range of health benefits.

Classes are suitable for people of all ages and abilities. Sessions involve practise of T'ai Chi form, partner exercises, and sword practise.

Classes and one-to-one tuition are provided by Alex Catterall, a Wudang T'ai Chi Ch'uan instructor and member of the Tai Chi Union for Great Britain.

Venue, Dates & Times: Newton Community Association,
Seaforth Rd

Tuesdays 6-8pm.

Cost: £8

Adult Learning Classes

To register for a class on this page, please phone (01851) 822718 or register online at www.cne-siar.gov.uk/commed/clh

Basic Sewing Skills

Learners are invited to bring along their own simple sewing project to work on under the supervision of a professional dressmaker/tailor. The exact content of the class will vary depending on the needs of the participants, but topics covered will include: Laying and cutting out patterns, inserting zips, creating darts and seams. Sewing machines are not provided but participants may bring their own. Please note that the class fee does not include the cost of materials. The tutor will be happy to provide advice on purchase of materials at the first class.

Venues, Dates and Times:

Stornoway town centre- exact location to be confirmed

Tuesdays 7-9pm, 6wks: Nov 14th – Dec 19th

Cost: £30



Creative Gift Wrapping

Would you like to learn some original and inexpensive tips to set your gift wrapping apart? This hands-on workshop will include: Creating individualised wrapping paper using stamps and poster paint; recycling materials for gift packaging; ways to wrap awkwardly shaped items. Light refreshments and all materials included. Have some fun, enjoy a cuppa and a mince pie and learn some new wrapping skills for your seasonal gifts!

Venues, Dates and Times:

Learning Shop, Town Hall, Stornoway

Saturday 25th November, 10am-1pm

Cost: £10



Adult Learning Classes

To register for a class on this page, please phone (01851) 822718 or register online at www.cne-siar.gov.uk/commed/clh

Digital Zone Hebrides – Basic Computing Level 1

Suitable for learners with little or no computer skills. Classes include keyboard/mouse practice, using Microsoft Word, basic internet searching and introduction to email. Other topics covered according to the experience and interest of the group.

Venues, Dates and Times: *Stornoway Library*
Mondays 11am-1pm, 6 wks: Nov 13th - Dec 18th
Cost: £10



Digital Zone Hebrides – Basic Computing Level 2

Improve or refresh your basic computing skills and earn a certificate. The class will include word processing and internet search skills, saving and printing documents.

Accredited Course and ILA registered

Venues, Dates and Times: *Stornoway Library:* Mondays
2-4pm, 6 wks: Nov 13th – Dec 18th
Cost: £30



Digital Zone Hebrides – Digital Photography

This course supports learners to: Understand basic and advanced camera controls and how these can be used to produce the desired effect; become more confident in using a digital camera and make informed choices on the camera setting; improve photographic composition and technique to produce more visually pleasing images; and, understand basic photographic editing skills.

Participants need to bring a digital camera.

Venues, Dates and Times: *Stornoway Library*
Mondays 6-8pm, 6 wks: Nov 13th – Dec 18th
Cost: £30



Ionad Spòrs Eilean na Hearadh

For more information about classes or membership, or to book a place in a class, please call 01859 522944. **It is essential you phone to book your place in these classes**

Group Cycle/Core Strength Classes

A great indoor cycling workout.

Dates & Times:

Mon 4:15-5:15pm; Tue, Wed & Thu 6-7pm



Aquacise

Pool-based exercise ideal for all adults.

Dates & Times:

Mon 6:15-7:00pm; Thu 5:15-6pm



Emergency Life Support and Defibrillator Training

Open to anyone who is interested in becoming trained in emergency life support. The training includes dealing with bleeding, bandaging, choking, CPR, recognising signs and symptoms of a stroke, and training in the use of a defibrillator (AED). This training is provided in conjunction with the installation of community defibrillators sourced from the Skye-based charity Lucky2Bhere.

Dates & Times: Please call for details:
01859 502944



Ionad Spòrs Leòdhais

For more information about Ionad Spòrs Leòdhais classes or membership, please call 01851 822800.

All classes are £4.90 or £2.40 for members and concessions. Slàinte Mhath Members – Free.

Sports Conditioning

Are you interested in improving your sports performance or would just like to develop your personal fitness levels? Sessions will include core stability work, speed, agility elements and conditioning to improve sports performance. A high quality, high intensity activity!

Dates & Times: Thu 6:10-6:50pm



Wattbike

Using the latest Wattbike Cycles, this class is aimed at anyone looking for a great cardio-vascular workout. The Wattbike is the world leader in indoor cycles, allowing accurate monitoring of all aspects of your cycling performance to ensure optimum fitness benefits. Don't forget to bring a towel and plenty of water! **Please make sure you have attended one of the induction sessions before booking a class**

Dates & Times:

Tue 12:15-12:45pm and 6:00-6:45pm

Wed 12:15-12:45pm

Thu 1:00-1:30pm

Fri 12:15-12:45pm and 7:15-8:00pm



Wattbike Extra

A great cardio-vascular workout, with added bonus of a whole body conditioning element too.

Dates & Times: Thu 5:15-5:45pm



Adult Learning Classes

To register for a class on this page, please phone (01851) 822718 or register online at www.cne-siar.gov.uk/commed/clh

Gaelic For All

This is a mixed ability class that aims to give learners of all levels the chance to practice and improve their Gaelic. Those new to the language will start by sounding words, structuring simple sentences, and learning phrases such as those needed for introductions and light conversation.

Venues, Dates and Times: Comunn Eachdraidh Nis, Cross, Ness
Thursdays 7-9pm, 6 wks: Nov 16th – Dec 21st

Cost: £30



Gaelic Beginners Level 2

This course will assist learners to increase their vocabulary so as to understand and use familiar everyday expressions and engage with areas of most immediate relevance - family information, shopping, local geography and employment.

Venues, Dates and Times: Uig Community Centre
Wednesdays 7-9pm, 6 wks: Nov 8th-Dec 13th

Cost: £30



Triple P Parenting Classes

We are hoping to organise a Positive Parenting Programme course in your area. The course gives you down-to-earth advice, tips and strategies that really work.

If you are a mother, father, carer, grandparent, aunt or uncle and would like to know how to promote your child's development and manage their behaviour in a constructive and caring way then why not contact the Early Years Office on 01851 822655



Digital Hebrides At Your Library
Tel: 01851 822744
Email: library.enquiries@cne-siar.gov.uk

Print 3D @ The Library

Introductory sessions to show you what 3D printing is all about.

See how to scan an object, or download a 3D file and then print it!

Venue: Stornoway Library:

Dates & Time: Thursday 2 November, 10am – 12
Thursday 16 November, 3pm – 5pm



Learn how to use the internet at Stornoway Library

Free online courses available on:

- Using your computer or device
- Online basics
- More internet skills
- Online safety
- Finding a job online
- Improving your health online
- Managing your money online
- Public services online

Access at home or in the library. Ask a member of library staff for details or to book a one-to-one introductory session!

Ionad Spòrs Leòdhais

For more information about Ionad Spòrs Leòdhais classes or membership, please call 01851 822800.

All classes are £4.90 or £2.40 for members and concessions. Slàinte Mhath Members – Free.

Core ‘n’ More

A half hour class with abdominal and back strengthening exercises.

Dates & Times: Tue 1:00-1:30pm



Jogscotland @ Lunchtime

Established in 2002 by Scottish Athletics, the governing body of athletics in Scotland, Jogscotland uses simple, gentle walk/jog/run programmes to encourage everyone to get out and be active! Everyone is welcome – no matter how fit or unfit you are! The group will be led by Kirsty Wade, former Olympic and trained Jogscotland Leader who will organise the session to suit all abilities. Don't worry – she won't ask you to train like she used to!

Dates & Times: Fri 12:45-1:30pm



Lunchtime Body Blitz

This class is for the fearless – just arrive ready to go and prepare to be surprised!

Dates & Times: Wed 1:00-1:30pm



Ionad Spòrs Leòdhais

For more information about Ionad Spòrs Leòdhais classes or membership, please call 01851 822800.

All classes are £4.90 or £2.40 for members and concessions. Slàinte Mhath Members – Free.

Aquafit

A fun filled water based aerobics class combining muscular strength and endurance exercises. Great for anyone with joint or muscular problems. Suitable for all ages and levels of fitness.

Dates & Times:

Mon 10:30-11:15am and 11:30am-12:15pm

Wed 8-8:45pm

Fri 11-11:40am and 11:50am-12:30pm and (deep water) 6:15-7pm



Body Conditioning

Toning exercises for your upper and lower body, abdominals and back using dumbbells and resistance bands to intensify the workout. No aerobic co-ordination required! All welcome – suitable for all levels of fitness.

Dates & Times: Tue 5-5.45pm; Wed 6-7pm



Circuit Training

An interval based class using a range of exercises designed to tone, sculpt and build stamina. This class will develop all ranges of fitness from beginner to advanced.

Dates & Times: Thu 12-12:45pm



An Lanntair Classes

Tickets for an Lanntair classes are available from an Lanntair's box office or at www.lanntair.com or phone (01851) 708480

Life Drawing with Sandra Kennedy and Jon Macleod

This class will provide instruction to those wishing to learn more about drawing the human figure as well as opportunities for more experienced artists to hone their skills. You will have the chance to draw short and longer poses using a range of materials (provided). Drawing from a clothed model.

Venue: An Lanntair Gallery

Dates & Times:

Mondays 30th Oct-4th Dec (6 weeks) 7-9pm

Cost: £48/£41 concession



Introduction to Salsa with Louise Davidson

In this fun introduction to the world of Salsa, we will take the opportunity to explore some of the different dances of Salsa from smooth Cubano to sharp New York style and also peek into Merengue, Reggaeton and Buchata, that will enhance and accelerate the understanding and enjoyment of Salsa dancing.

Venue: Ionad Spòrs Leòdhais/Lewis Sports Centre

Dates & Times: 6 classes, Tuesdays 7-8pm:

Oct 31st, Nov 7th, 21st, 28th (no class Nov 14th)

Dec 5th, 12th

Cost: £24/£20.50 concession



An Lanntair Classes

Tickets for an Lanntair classes are available from an Lanntair's box office or at www.lanntair.com or phone (01851) 708480

Hand-building Ceramics with Carol Burgis

In this class you will learn traditional hand building methods: pinching, coiling, slabbing and modelling. This will also involve some 2D design work and learning about some of the processes involved to create a 3D piece of twice fired and glazed ceramic ware. At the end of the 8 weeks each participant should expect to have at least 2 glazed pieces of ceramic artwork.

Venue: An Lanntair Education Room

Dates & Times:

Tuesdays 31st Oct-19th Dec (8 weeks) 7-9pm

Cost: £78/£66 concession



Japanese Textiles with Chris Hammacott

In this course you will learn a wide range of Japanese textile techniques including a Sashiko cushion, and Omiage bag, a 'Moon over the water' wall hanging and a session of Shibori, which is the ancient resist dyeing style we will bring up to date using a microwave! No previous experience required. Materials supplied for the first lesson (you will need to bring some basic materials for the rest of the session).

Venue: An Lanntair Education Room

Dates & Times:

Wednesdays 1st Nov- 6th Dec (6 weeks) 7-9pm

Cost: £53/£45 concession



An Lanntair Classes

Tickets for an Lanntair classes are available from an Lanntair's box office or at www.lanntair.com or phone (01851) 708480

Linocut Printing with Gill Thompson

An opportunity to spend a day designing, cutting and printing as you explore this simple method of relief printing from start to finish. Suitable for beginners or those wishing to develop their skills.

Venue: An Lanntair Education Room

Dates & Times: One day – Tue 28th Nov, 10am-4pm

Cost: £40/£34 concession



Harris Tweed Bag-Making with Chris Hammacott

Make the perfect tweed bag, lined with a pocket, the size and strap you want and applied to make it unique. You need to bring a sewing machine and be able to thread the needle! Bring your own Harris tweed (other materials supplied). Suitable for beginners or more advanced sewers.

Venue: An Lanntair Education Room

Dates & Times: One day – Tue 5th Dec, 10am-4pm

Cost: £40/£34 concession



WHYTE: Gaelictronica - talk

Gaelic ambient electronica duo and 2017 Hands Up for Trad Nòs Ùr winners WHYTE (Gaelic singer-songwriter Alasdair C. Whyte and electronic composer and musician Ross Whyte) will talk about electronic composition, their song-writing, and some of the historic research behind the songs they've recorded. They will also perform some of their pieces which feature sampling and looping.

Venue: An Lanntair

Dates & Times: Friday 24th Nov, 1-3pm

Cost: £8/£7 concession

