



Free Courses

hosted by

 The
  Learning
   Link



The Learning Link is a **FREE** service which is dedicated to helping adults gain new skills and increase their self-confidence. The benefits of developing your skills and having the confidence to use them can be far reaching and life changing. It can also improve your health and well-being.

If you want to just brush up on your reading or writing skills, improve your numeracy skills, increase your digital skills, learn how to use the internet safely or improve your speaking and understanding of the English language, then get in touch.

For further information on what we offer or to register for any of the classes below call: 01856 879200

or email: thelearninglinkenquiries@orkney.gov.uk

**All classes will be held at 1 St Rognvald Street,
Kirkwall KW15 1PR unless stated otherwise**

How to Help Your Child with their Homework

Struggling to support your child with their homework? You're not alone. This short, practical course is designed to give parents and carers the tools, tips, and confidence to make homework time less stressful and more productive for everyone.

This course will enable you to support your child/children with their school work. Each week we will cover a different topic.

3 English topics – Reading - Writing - Spelling.

3 Maths topics - Number - Data Handling & Space - Shape & Measure.

Whether your child is just starting school or facing new challenges with learning, this course will help you feel more confident, informed, and equipped to support their success.

No teaching experience needed - just a willingness to help your child thrive.

Introduction to Navigation

Ever wanted to be able to read a map? Not sure where to start? Experienced, expert instructors are waiting to hear from you! We will be offering a **FREE** introduction to navigation, covering the following topics:

- Introduction to different maps, map scales, key symbols and features.
- How to estimate distances using pacing and timing.
- Introduction to the compass and its basic features including bearings.
- Planning and following a route using key features.
- How to correctly orientate the map to determine your location.
- Translating what you see on the ground to what you see on the map and vice versa. (hills, rivers, walls, woods, roads, paths, buildings etc).
- Navigation strategies.

Each week we will cover different topics, firstly together as a group, and then we will go out and about to practice our skills!

Footwear: Strong footwear (walking boots or wellingtons) is essential.

Clothing: Waterproofs & clothing that can withstand Orkney weather is essential.

Refreshments: Walks will include a picnic break, so please bring a snack and a flask.

Numeracy

Have you always struggled with Maths?

Do you find sums difficult?

Do you wish you had achieved a qualification in Mathematics?

We offer free support, whatever the level! We can help you work out your starting point and achieve your Numeracy goals.

Courses we have offered previously include:

- SQA Numeracy qualifications at Level 3 and Level 4
- Mental arithmetic and number skills
- Working out fractions, decimals and percentages
- All things statistics and probability
- Understanding ratio
- Time – 12 and 24 hour
- Budgeting

Here is a chance to learn all those things that you never understood!

Sewing for Beginners

Do you want to learn how to sew?

Did you used to sew and want to get the confidence to sew again?

Would you like to work with a group of like-minded people and build your confidence in sewing?

Come to our sewing course, a set of lessons to help you get started.

You will learn the basics of how to:

- Use a sewing machine,
- Pin and cut out a pattern accurately,
- Sew a seam,
- Sew a buttonhole,
- Put on a button,
- Put in a zip and much more.

You can choose what you want to sew from various fun activities, taking advantage of the lovely fabric to be found in the charity shops. We will make one thing a week that you, as a group, have chosen to do.

We will be working towards gaining skills, so you have the confidence to do more complicated tasks and be able to adjust, amend and make clothes as well as make things for around the home.

Confidence to Cook

Did you start cooking later in life?

Do you always eat the same meals?

Do you fancy changing what you eat?

Would you like to discover new recipes?

This short beginner-friendly course is designed to help you take steps towards becoming a capable relaxed and creative home cook.

In this hands-on course you will learn:

- How to adapt recipes
- How to use familiar ingredients in different ways
- Learn about nutrition
- Eating on a budget
- Confidence in preparing meals

Whether you are brand new to cooking or just want to feel more comfortable with the basics, this course is all about building your skills, boosting your confidence, and - most importantly - having fun in the kitchen.

No experience needed, we will provide all the ingredients, just bring your appetite to learn!

Expressive Writing

Are you looking for something fun, different, and to learn new skills with new people?

Expressive Writing may be exactly what you are looking for!

In this form of self-expression, expressive writing is personal and can be a way of self-discovery and personal growth, it can increase your health and wellbeing as well as give you confidence to convey yourself by using words and images more creatively.

In an informal group setting, you will be encouraged to write freely and creatively to communicate your thoughts and feelings on a few topics of your choice.

We will use creative prompts to ignite a spark in your imagination on different themes, for example: memories, seasons, music etc.

A variety of art media can be used to illustrate your words on paper including images, stencilling, stamping and colour to capture moods. Let your imagination flow freely without worrying about the product – just be yourself!

Communication

Brush up on your communication skills and gain a qualification to help improve your confidence and widen job opportunities.

Develop reading skills through reading a range of texts i.e. articles, emails, leaflets etc.

Writing in different styles i.e. emails, messages and instructions.

Learn how to organise writing in sentences and paragraphs, use punctuation and grammar correctly.

Improve confidence in speaking clearly and effectively, by joining in group discussions and activities
Develop listening skills for understanding different situations i.e. discussions and podcasts.

Communicate in different ways for different purposes i.e. giving information, instructions, and using persuasive language.

This short course is perfect for anyone looking to boost their communication skills and will help you to speak with more ease and impact.

Communicate better. Feel more confident. Be heard.

Digital Support Hub – Kirkwall Library - McGillivray Room

every Friday 2pm – 3.30pm

This friendly and informal group is for people who have digital skills but want to learn and improve their current skills, share ideas, improve their knowledge, seek guidance, or whatever it is you want support with.

You can drop in when you need support, or like many others, attend each week as part of their learning and social circle. Bring your own digital device with you, be that a smartphone, tablet, laptop, iPhone or iPad, etc... and we will do our best to support and answer your questions.

Common themes to date include:

- emails including Phishing, Scams etc
- problems getting online
- Checking if a text or email is legitimate
- Improve online safety
- Buying goods online and paying for them
- Accessing online services and registering for them
- Communicating with WhatsApp, Messenger, etc...
- Privacy settings on social media and following topics of interest to you
- Anything else as it arises

Absolute Beginners Course (ABC) – Introducing a Digital World

If you have ***no digital skills*** and would like to learn, we are keen to hear from you to help you start your learning journey.

Learning digital skills can be good for your health & wellbeing, reduce social isolation, learn new skills, connect with people and services, and so much more.

If you have been considering learning and are thinking:

- What is digital and what is on the Internet?
- What is an email and how do I use it?
- What can I do if I go on the Internet?
- Can I be in touch with my family and friends?
- Is it for me and can I learn about it safely?

Learning to use the internet and other digital skills can be daunting at first, but at each session we will ensure we work at your pace and on topics you need to learn or that you are interested in.

Bring your own device (if you have one) or you can borrow one whilst learning.

You have nothing to lose but lots to gain