

► January – March 2019

# Reach Out Winter Programme

To offer adults in Aberdeen City the opportunity to gain educational and personal development skills in a supportive, caring and flexible environment.

## Contact details:

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**NATIONAL  
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Scottish Government  
Riaghaltas na h-Alba  
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The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).

**WEA**  
Adult Learning  
Within Reach

# Reach Out Winter Programme

## Please read this bit first!

All Reach Out groups and classes are free to adults (16 and over) resident in Aberdeen City. As courses fill up quickly, students are **not guaranteed** a place on courses they have previously attended.

We hope you find something of interest in our latest programme. Whether you are new to Reach Out or have not been along for a while we will be delighted to hear from you.

**All places must be booked in advance by filling in the enrolment form and returning it to Ross or Kev.**

**If you are new to Reach Out it is important that you get in touch and arrange a time to meet us before enrolling for classes.** This is for you to see what the project actually offers and for us to find out a bit more about you so we can see how we can help.

Either give us a phone on: (01224) 640811 or e-mail us at: reachout@wea.org.uk and we can arrange a time to meet you and chat through your options.

# Booking form

Winter 2019

Name:	
Date of birth:	
Address:	
Post code:	Tel no:

The following details must be completed:

Referring agency:
Referrer's name:
Referrer's Tel:
Referrer's Email:

I wish to enrol for the following – Please  tick all that apply

- |   |  |
|---|--|
| <input type="checkbox"/> 1 <b>Cooking (around the world) -</b><br>Monday Morning                          | <input type="checkbox"/> 7 <b>Dynamics -</b><br>Thursday Morning                 |
| <input type="checkbox"/> 2 <b>Employability -</b><br>Monday Afternoon                                     | <input type="checkbox"/> 8 <b>IT Drop-In / Chit Chat -</b><br>Thursday Afternoon |
| <input type="checkbox"/> 3 <b>Walking -</b><br>Tuesday All Day  | <input type="checkbox"/> 9 <b>Gardening -</b><br>Friday Morning                  |
| <input type="checkbox"/> 4 <b>Basic IT -</b><br>Tuesday Afternoon   | <input type="checkbox"/> 10 <b>Students' Forum -</b><br>Friday Morning           |
| <input type="checkbox"/> 5 <b>Arts -</b><br>Wednesday Morning   | <input type="checkbox"/> 11 <b>Fooball -</b><br>Friday Afternoon                 |
| <input type="checkbox"/> 6 <b>Environmental Clean-Up /<br/>Environmental Art -</b><br>Wednesday Afternoon |  |

Please complete and return this form to Ross or Kev at:  
**WEA Reach Out Project, 163 King Street, Aberdeen, AB24 5AE**  
Or e-mail to: reachout@wea.org.uk

## Students' Forum - Friday Morning

This is YOUR project where your voice matters, what you have to say counts and how as a collective we can actively try and change the things that matter to us as responsible active citizens. Get on your soap box and tell us your views on ANYTHING!!!! From Reach Out classes to city provision, local issues to national issues to international issues and anything else we can discuss, debate or just get off your chest.

Every Friday from 10.00am – 12.00pm  
Starts Friday 1st February  
Ends Friday 29th March

## Football - Friday Afternoon



Please note that you **MUST ENROL** for this class **BEFORE** the first session. Please get your enrolments back to us as soon as possible. We must have everyone registered to play beforehand. If you turn up for the first session without having enrolled you **WILL NOT** be able to play. If you do just turn up and are new to Reach

Out an appointment will be made for you to come into the office and enrol and to go over Reach Out and the Sports Village code of conduct. If you are not new to the Project we will take your enrolment and get you registered for the next session.

The Sports Village is a fantastic venue with FIFA approved AstroTurf and we are lucky to have such a great place to play the 'beautiful' game. Please note that this is free to join as Aberdeen Sports Village very kindly offer our charity the sessions at half price.

Every Friday from 2.00 – 4.00pm  
Starts Friday 1st February  
Ends Friday 29th March

# Reach Out Winter Programme



## Cooking (around the world) - Monday Morning

Kev will be facilitating the cooking on a budget class this term. These sessions will have a wee twist on our usual classes with each session concentrating on a dish from a different country. We will look at individual budgets and you will help create culinary delights from 'around the world'. At the end of the session we will all sit round the Reach Out table and enjoy the fruits of your labour.

Every Monday from 10.00am – 12.30pm  
Starts Monday 28th January  
Ends Monday 25th March

## Employability - Monday Afternoon

There's more to getting a job than simply filling in an application, completing a CV and writing a cover letter. Come along and join Sheena as she looks at the barriers you face to employment. During the course you will look at interview techniques, body language and telephone etiquette. All of the above are designed to help you raise your confidence and self-esteem levels so that you can go on and, hopefully, get the job you want.

Every Monday from 2.00 – 4.00pm  
Starts Monday 28th January  
Ends Monday 25th March

## Walking - Tuesday All Day

Winter time is always a fantastic time of year to get out and about and see what mother-nature has been up to. Come along and join us, in Aberdeen and Aberdeenshire, and enjoy some of the local walks and get yourself a wee bit fitter, both mentally and physically. We meet at the office on King Street at 9.15 am to leave at 9.30 am. Please make sure to wrap up warm and to wear the appropriate clothing and footwear suitable for this time of year. You will also need to bring yourself some lunch and plenty of fluids (water).

Every Tuesday from 9.30am – 4.00pm  
Starts Tuesday 29th January  
Ends Tuesday 26th March

## Basic IT - Tuesday Afternoon

Please note that this is a 'basic IT' course. It is designed for those of you who don't have experience of using an IT system or for those of you who would like to brush up on your skills. From using Microsoft word, setting up email addresses, researching on the internet, to whatever ever else you feel is missing from your IT toolbox, why not come along and join us and let us know what you would like to learn about, in relation to Information Technology. Our new IT tutor, Melodie, will be facilitating this popular class.

Every Tuesday from 2.00 – 4.00pm  
Starts Tuesday 29th January  
Ends Tuesday 26th March

## Arts - Wednesday Morning

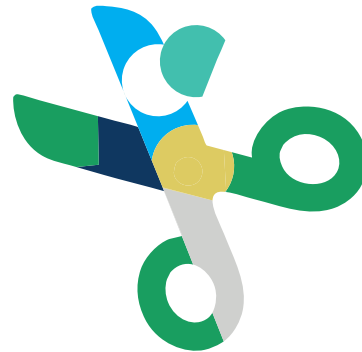
Following on from Katrenas success last term with the crafty side of things Katrena will be facilitating this terms arts and crafts. At Reach Out we really enjoy seeing all the masterpieces you create throughout the term and look forward to seeing more in the future. No artistic skills are necessary, just bring along yourselves, your creativity and your imagination.

Every Wednesday from 10.00am – 12.00pm  
Starts Wednesday 30th January  
Ends Wednesday 27th March

## Environmental Clean-Up / Environmental Art - Wednesday Afternoon

I'm sure we have all seen the mess mainly one species leaves behind, us humans!!!! This is your chance to improve local communities by helping to tidy up the rubbish that many leave behind. Hopefully we can change others attitudes to the environment, locally, nationally and internationally. Environmental issues around the world affect us all so get up and help do something about it. For the art part we shall be working both in the class room and out and about. Let's head out there and create art from what Mother Nature has provided. Flowers, leaves, slate, willow and whatever else our imaginations can conjure up. This is a chance to express yourself and leave your mark. No artistic skills needed, just imagination.

Every Wednesday from 2.00 – 4.00pm  
Starts Wednesday 30th January  
Ends Wednesday 27th March



## Dynamics - Thursday Morning

This is a course for those between the ages of 16-25. Every week we will do something different and exciting; from IT, days out to local museums, Transition Extreme, cooking healthy food, budgeting, life skills to making music and whatever else you would like to add. If you like a mixture of classroom based and outdoor activities then this is the course for you.

Every Thursday from 10.00am – 12.00pm  
Starts Thursday 31st January  
Ends Thursday 28th March

## IT drop-In / Chit Chat

We've put this class on especially for those of you that don't have access to an IT system. At the IT drop in service you will be able to pop in and do your job searches, check your emails and get help with filling in those tricky online forms, be that for housing, benefits or anything else you are struggling with. We can also help with any other problems you are having and sign post you to the relevant organisations that can offer assistance if it's something out of our realm of experience.

Every Thursday from 2.00 – 4.00pm  
Starts Thursday 31st January  
Ends Thursday 28th March

## Gardening - Friday Morning

The gardening project, up at the Grove in Hazlehead, has been very successful over the past couple of years. Those who take part in the sessions will all get a share of the food come harvest time. Come along and join us, tell us what you would like to grow and enjoy the fruits of your labour come harvest time.

Every Friday from 9.30am – 12.00pm  
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Ends Friday 29th March

