

► October – December 2019

Reach Out Autumn Programme

Contact details:

Ross Weatherby (Education Coordinator)

Steve Murison (Education Coordinator)

Kev McPherson (Education Support Assistant)

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

WEA Scotland

Reach Out Project
163 King Street
Aberdeen
AB24 5AE

T. 01224 640811

E. reachout@wea.org.uk

W. weascotland.org.uk



Scottish Government
Riaghaltas na h-Alba
gov.scot

The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



WEA
Adult Learning
Within Reach

Reach Out Autumn 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 that 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, Steve 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 to see how we can help.

Either give us a call 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

Autumn 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
If choosing more than one group please indicate your first choice with a number '1'

- | | |
|--|---|
| <input type="checkbox"/> 1 Cooking on a Budget
Monday Morning | <input type="checkbox"/> 6 Student Led Art Group -
Wednesday Afternoon |
| <input type="checkbox"/> 2 Employability -
Monday Afternoon | <input type="checkbox"/> 7 Advocacy and Signposting
session- Wednesday Afternoon |
| <input type="checkbox"/> 3 Walking-
Tuesday All Day | <input type="checkbox"/> 8 John Muir Award-
Thursday All day |
| <input type="checkbox"/> 4 Basic IT-
Tuesday Afternoon | <input type="checkbox"/> 9 Gardening-
Friday Morning |
| <input type="checkbox"/> 5 Environmental Art -
Wednesday Morning | <input type="checkbox"/> 10 Football-
Friday Afternoon |

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

Gardening – Friday Morning

The benefits of gardening are well documented; growing your own food is not only beneficial for your mental & physical health, eating more fresh fruit and vegetables is one of the most important things you can do to stay healthy. Also, it's a great form of exercise: planting, weeding, watering and harvesting the produce is great physical activity. Come and join us at our poly tunnel over autumn and enjoy the well-earned fruits (and veg!) of your labour.

Every Friday from 9.30am – 12:00pm
Starts Friday 1st November
Ends Friday 20th December



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.

We are lucky to have such a great place to play the 'beautiful' game. The Sports Village is a fantastic venue with FIFA approved Astroturf. 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 2:00pm – 4:00pm
Starts Friday 1st November
Ends Friday 20th December

Reach Out Autumn Programme

Cooking on a Budget Monday Morning

Come along and join Kev who will be facilitating the cooking sessions this term. You will learn how to create homemade meals that are healthy, cheap, quick and easy to cook. Each session takes into account your own personal budgets and will look at what's 'on offer' for that specific week. Everyone will have a chance to participate in all aspects of the course including: budgeting, menu planning, shopping, hands-on cooking and of course enjoying the culinary delights at the end of each session!

Every Monday from 10am-12.30pm
Starts Monday 28th October
Ends Monday 16th December



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 we 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 2pm-4pm
Starts Monday 28th October
Ends Monday 16th December

Walking - Tuesday All Day

Autumn is upon us! It is a fantastic time of the year to get out and about in both Aberdeen City and Aberdeenshire to explore some of the beautiful countryside N/E Scotland has to offer. Mother-nature is bursting with colour at this time of year so why not come along and enjoy some invigorating fresh air and a good old leg stretch. These walks usually last between 6 and 9 miles.

Please make sure you wear appropriate clothing (remember the weather is turning colder), sturdy walking boots and bring plenty of fluids (water content) and lunch with you.

Every Tuesday from 9.30am – 4pm
Starts Tuesday 29th October
Ends Tuesday 17th December



Basic IT - Tuesday Afternoon

After her success over the past couple of terms, Mel will be facilitating our Basic IT course again this autumn. This is exactly what it says, basic. This course is for those of you who may not have any IT skills or simply want to brush up on existing skills. IT skills are essential in this modern age where we seem to need access to an IT system more and more, from trying to find a job to making sure you are getting the benefits you need, from research to being able to keep in contact with friends and family. If it's a mystery to you then why not come along and join Mel and learn some new skills 😊

Every Tuesday from 2:00pm – 4:00pm
Starts Tuesday 29th October
Ends Tuesday 17th December

Environmental Art – Wednesday Morning

Following on from a very successful summer term, we are running a full Environmental Art course designed to get you out and about and at one creatively with Mother Nature! We are ditching the paintbrushes and working with only naturally available materials to create art in specific green spaces within the city. Remember: The Earth without 'art' is just 'eh'.

Every Wednesday from 10:00am – 12.30pm
Starts Wednesday 30th October
Ends Wednesday 18th December



Student Led Art Group – Wednesday afternoon

A few hours of relaxing classroom based art; these sessions do not use a tutor and are suitable for artists confident in their practice and wishing to work unsupervised in a peaceful environment.

Every Wednesday from 2:00pm – 4:00pm
Starts Wednesday 30th October
Ends Wednesday 18th December

Advocacy and Signposting – Wednesday afternoon

This is a service available to existing Reach Out users only. Unsure what services are available to you in the city? Struggling with a form? Do you have unresolved issues and are getting nowhere with them? Come in for an informal chat to discuss ways forward; help is at hand! ****Important: you must contact us to book a time for these sessions, this is no longer a drop-in****

Every Wednesday from 2:00pm – 4:00pm
Starts Wednesday 30th October
Ends Wednesday 18th December



John Muir Award – Thursday All day

Discover – Explore – Conserve – Share

The John Muir Award is an environmental award scheme focused on wild places. It encourages awareness and responsibility for the natural environment, in a spirit of fun, adventure and exploration. We will explore plant and animal life and also help maintain the area we choose to work in. This is a fantastic opportunity to not only find out about the great man himself but to get out and about, explore our local green spaces and gain an award.

Every Thursday from 10:00am – 3:00pm
Starts Thursday 31st October
Ends Thursday 19th December