

North East Fife
Adult & Community
Learning
Opportunities
2018

Working towards a Fairer Fife



Ambitious



Poverty-free



Fair Work



Affordable



Connected



Empowered

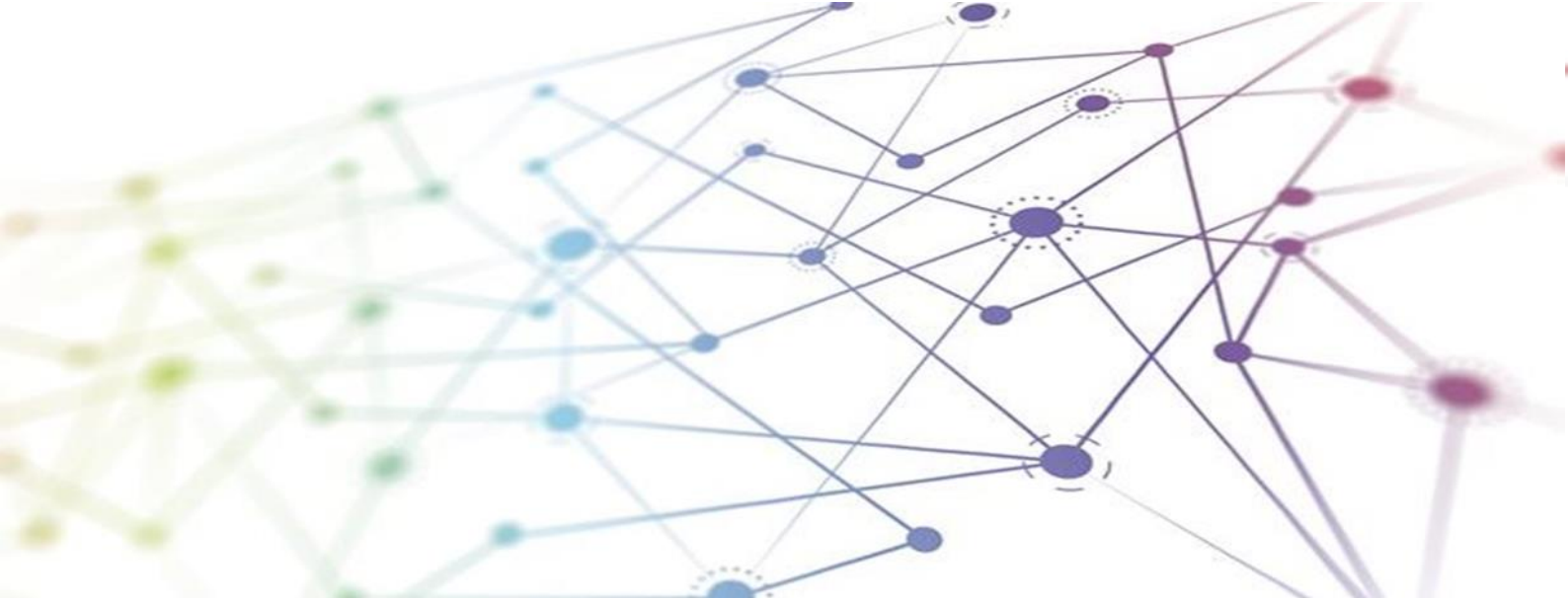


Skilled



Healthier





*“The Community Learning
and Development team
deliver the following in
partnership with the Local
Adult Planning and Delivery
Group in North East Fife”*

Sheena Watson





COURSE INFORMATION

Emergency First Aid

A 6 hour certificated Emergency First Aid Course.

Learning to Learn

This is a 10 week course that supports and helps you acquire the skills, confidence and knowledge to be able to take on studying tasks required for going back in to formal education.

55+ IT

This course supports individuals over 55 in using Information Technology to help improve knowledge and understanding of accessing the internet and the services available online.

Intro to Youth Work

This is a 10 week programme that allows participants the opportunity to gain knowledge of working with young people. The sessions include child protection, qualities of a youth worker, role models, Fife Council's youth work policy, advantages of volunteering and many more.

Introduction to Coaching

For anyone who is interested in learning and understanding the coaching methods required to support people in skills for life and work.

1st Steps

This 10 week programme (5 hours a week) is for anyone trying to decide on their next steps, wanting to get in to work or volunteering. As well as meeting new people and trying some new learning.

Tools for Living


A range of half day workshops, over 21 weeks, designed to help people develop their knowledge, confidence and skills in a variety of areas.

7 Habits of Highly Successful Families

This is an 8 week programme that supports families and allows parents to regain confidence and raise self-esteem in relation to their own family situation. The programme focus is on effective relationships.

Food Hygiene

This is a certificated course that would give participants the opportunity to look at employment in the food industry.





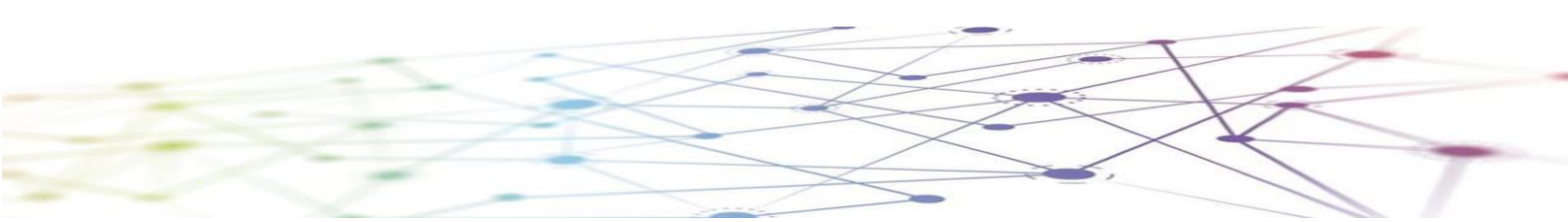
CONTACT

For more information or to sign up to a course
Contact Jane Davies
03451 55 55 55 Ext 493260
Jane.Davies-wa@fife.gov.uk



Find us on
Facebook

<https://www.facebook.com/OurNEF>





COMMUNITY JOB CLUBS

If you need support to find a job, navigate through benefit changes, get some training, volunteer or start a course then the Welfare Support Assistants can help you.

We can provide support on a range of subjects including:

- Free access to computers and the internet
- Maintaining your Universal Credit Journal/Universal Job match account
- CV writing
- Job Searches
- Filling in online application forms
- Online Benefit forms
- Information about Welfare Reform Benefit changes
- Referring you on to specialist support

Pop into one of our drop-ins for friendly free support!

TICC, Newburgh	Tuesday	9.30am-11.30am
Auchtermuchty Community Centre	Tuesday	1.30pm-3.30pm
Anstruther Town Hall	Wednesday	10am-12.30pm
Dolphin Centre, Tayport	Wednesday	2pm-4pm
Leuchars Community Centre	Thursday	9.30am-11.30am
Cosmos Community Centre	Thursday	2pm-4pm
Cupar Learning Centre, County Buildings	Friday	10am-12pm & 2pm-4pm

CONTACT

Please ask for Laiza or Jill on 07889647664 or 07889647665





HELP APPLYING FOR UNIVERSAL CREDIT

Do you need help to apply for Universal Credit?

Whether you're a new claimant or moving over to Universal Credit, we can help you.

Why not come along to one of our free, friendly drop-in sessions where we can help you with:

- Access to a computer to apply for Universal Credit
- Completing your online journal
- Finding out what other help and support may be available to you

Waid Academy Monday 2pm-4pm

Rio Learning Centre, Newport on Tay Tuesday 9.30am-11.30am

Cupar Learning Centre, County Buildings Tuesday 4pm-6pm

Anstruther Job Club, Town Hall Wednesday 10am-12.30pm

Dolphin Centre, Tayport Wednesday 2pm-4pm

Cosmos Community Centre, St Andrews Thursday 1pm-3pm

Cupar Job Club Friday 10am-12pm
Cupar Learning Centre, County Buildings & 2pm-4pm

For information on how to manage your benefits, help finding work and living on a budget visit www.fifedirect.org.uk/benefits





OPPORTUNITIES FIFE

Are you living in North East Fife?

Are you looking to get back in to work? Needing some one-to-one support to get there?!

Get access to training, learning and work placements opportunities.

You may also be eligible for support with childcare, training and travel costs too!

Contact Elizabeth today to arrange a chat.

CONTACT

Elizabeth Bell-Scott, Keyworker Job Brokerage

Elizabeth.bell-scott@fife.gov.uk

03451 55 55 55 + Ext 453050

07507668234

JOB SEARCH/COMPUTER USE SESSIONS

Confident in using computers but need more access?

Come along and use the computers with internet to do your job search?

Free phone access.

Waid Academy, CLD

Mondays 2pm-3.30pm


Community Use Computers

E-mail, web browsing, word processing etc.

Printing available from 15p a sheet. Daily charge of 50p.

Rio Community Centre

Monday-Friday 9am-3.30pm





COMMUNITY EDUCATION WORKERS

Are you looking to find out more about what's happening in your area?

Are you a group looking for support?

Do you have a community project on the go?

Do you have skills you would like to share with others?

Are you interested in volunteering and getting involved in your community?

Are you interested in learning new skills?

Get in contact with your local Community Education Worker for a chat.

Cupar

Jill Pringle

Mobile: 07740456727 E-mail: jill.pringle@fife.gov.uk

St Andrews

Vicki Blair

Mobile: 07985711797 E-mail: vicki.blair@fife.gov.uk

Tayport & Newport

Karen Scott

Mobile: 07718269753 E-mail: karen.scott@fife.gov.uk

Howe of Fife

Gordon Forbes

Mobile: 07740456726 E-mail: gordon.forbes@fife.gov.uk

East Neuk

Tessa Sim

Mobile: 07713088506 E-mail: tessa.sim@fife.gov.uk

North East Fife Area Team Manager Sheena Watson

E-mail: sheena.watson@fife.gov.uk





ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Do you need help with English? Find a class near you!

If you live in Fife and English isn't your first language, you can join the English for Speakers of Other Languages (ESOL) service provided by Fife Council.

We will help you learn English for everyday situations, work and study. You will meet new friends from other countries too!

We have English classes for adults in St Andrews, Anstruther, Cupar, Leven and Methil.

Please contact us before attending any classes

Cupar ESOL Class **Monday, 10am-12pm, in Cupar YMCA-YWCA**
Mixed-level class, for students of all levels of English

Beginners ESOL Class **Monday, 2pm-3.30pm, in St Andrews Local Office**
For students who speak just a little or no English

Elementary English **Tuesday, 10am-12pm, in Cosmos Community Centre**
Lower levels - for students who can communicate a little

Upper Levels Evening Class **Tuesday, 7pm-9pm, in Cosmos Community Centre**
For students who have good English but would like to continue studying

Café ESOL St Andrews **Wednesday 10am-12pm in one of St Andrews' cafés**
Come and meet new friends from other countries and have a chat over a cup of tea or coffee!

Exam Preparation Group **Wednesday, 1pm-3pm, in St Andrews Local Office**
For students with good English preparing to take Cambridge exams (e.g. FCE, CAE, IELTS)

Everyday English **Thursday, 10am-12pm, in Cosmos Community Centre**
Functional English for students of middle levels

Citizenship Class **Thursday, 1pm-3pm, in St Andrews Local Office**
For students preparing to take the Life in the UK test

East Neuk ESOL **Thursday, 6pm-8pm, in Waid Community Campus**
Mixed-level class, for students of all levels of English

Please contact: Dominika Michalska, ESOL Group Tutor

E-mail: dominika.michalska@fife.gov.uk,

Phone: 01334 659363 or 07932 038 416





ADULT BASIC EDUCATION

FREE local tuition to improve your literacy, numeracy or IT skills!

Adults come to ABE:

- To improve their job prospects
- To learn how to access and update Universal Job Match
- To cope with everyday reading, writing and number skills
- To help their children
- To work on IT skills
- To improve their confidence
- To gain qualifications
- To improve budgeting skills and help deal with changes due to Universal Credit
- To cope with the challenges of Dyslexia

Please contact us before attending any classes

St Andrews Learning Centre, Cosmos Centre,	Monday, 2pm-4pm
CLD Learning Centre, County Buildings, Cupar	Tuesday, 10am-12pm
CLD Learning Centre, County Buildings, Cupar	Wednesday 9.30am-11.30am
CLD Learning Centre, County Buildings, Cupar	Wednesday 1pm-3pm
CLD Learning Centre, County Buildings, Cupar	Wednesday 5pm-7pm
CLD Learning Centre, County Buildings, Cupar	Thursday 9.30am-11.30am
Newburgh Heritage Centre, Tayside Institute	Thursday 10am-12pm
Westfield Nursery, Cupar	Thursday 12.45pm-2.45pm


CONTACT

ABE Group Tutors

Nathalie Sleight
07515289947

Nicki Brown
07932038041

Fiona McIntyre
03451 555555 Ext 441702





FIFE COLLEGE

Learners are funded for the programmes below either through meeting criteria for the

- College's additional support category;
- Fee Waiver (applicable for those claiming income based JSA);
- ITA or unit charge (applicable for those claiming contribution based JSA)
 - This would be established at the interview stage

COURSES BELOW ARE HELD AT THE COSMOS CENTRE, ST ANDREWS

ECDL (European Computer Driving Licence) – Level 5 Monday, 10.30am-1.30pm

Contact: Colin Bell - Email: colinbell@fife.ac.uk or Tel: 0344 248 0115

Key to Work Tuesday, 10am-12pm
Tuesday, 1pm-3pm

Contact: Sheila Morrison - Email: sheilamorrison@fife.ac.uk or Chelsey: Tel: 07973642891

Flexible IT - (Level 4/5) Tuesday, 10am-12pm
Tuesday, 1pm-3pm

Contact: Sheila Morrison - Email: sheilamorrison@fife.ac.uk or Chelsey: Tel: 07973642891

Further Information:


For more information on courses available visit www.fife.ac.uk/courses

Direct links to courses mentioned in leaflet can be found by following the links below:

ECDL: <http://www.fife.ac.uk/student/courses/course/ONECD>

Key to Work: <http://www.fife.ac.uk/student/courses/course/NQKTW>

Note: This information is accurate as of October 2017 but may be subject to change.



COMMUNITY USE

Monday

Eden Movement Parkour

Life Drawing & Painting

Prices Module Fee £155

Piano Accordion

Prices 2hours: Standard £7.30

Pottery

Prices 2hours: Standard £7.30

Fifestyle Premier £3.65

Fifestyle Premier £3.65

Waid CU

6pm-9pm

Madras CU

6.30pm-9pm

Madras CU

6pm-8pm

Fifestyle Super £5.10

Madras CU

7pm-9pm

Fifestyle Super £5.10

Tuesday

Creative Writing

Eden Movement Gymnastics

Piano Accordion

Prices 2hours: Standard £7.30

Jog Scotland

Stained Glass

Prices 1.5hours: Standard £5.90

Fifestyle Premier £3.65

Fifestyle Premier £2.95

Waid CU

7pm-8.30pm

Waid CU

6pm-9pm

Madras CU

6pm-8pm

Fifestyle Super £5.10

Waid CU

6.30pm-7.30pm

Madras CU

6.15pm-8.45pm

Fifestyle Super £4.15

Wednesday

Adult Art Workshop

Anster Haddies (Running Club)

Guitar

Prices 2hrs: Standard £7.30

Harbourlights East Neuk Music Theatre Company

Fifestyle Premier £3.65

Fifestyle Super £5.10

Waid CU

6.30pm-8.30pm

Waid CU

6.30pm

Madras CU

6.30pm-8.30pm

Waid CU

6.30pm-8.00pm

Thursday

Pilates Advanced Int

Pilates Intermediate

Pottery

Waid CU

6.15pm-7.15pm

Waid CU

7.30pm-8.30pm

Waid CU

7.15pm-9.15pm

Friday

Gym Inductions

Waid CU

6pm-7pm

Community Use Schools are open during School Term Time Only. We are CLOSED during the School holidays except for Holiday Programmes, please ask for details.

Waid Community Use

Contact on:

Tel: 01334 659355

E-mail: communityuse.waid@fife.gov.uk

Reception at:

Waid Community Campus,

Community Use, St. Andrews Road,

Anstruther, KY10 3GY

Madras Community Use

Contact on:

Tel: 01334 659354

E-mail: communityuse.madras@fife.gov.uk

Reception at:

Madras College, Kilrymont Road

St Andrews

KY16 8DE



CUPAR YMCA & YWCA CENTRE

93 Bonnygate, Cupar KY15 4LG

For information about our programme and organisations accessing our facilities for meetings and support sessions, call now on 01334 659387 or pop into the office.

Monday

Tai Chi	9.45am-11.45am
<i>Contact: Eric Bell - 01592 720330</i>	
Fitsteps	12pm-1pm
<i>Contact: Lesley - 07841261390</i>	
Shotokan 2000 Karate	6.30pm-7.30pm
<i>Contact: Chris Hollands - 07989658621</i>	
Clearview Pilates	6.30pm-7.30pm
<i>Contact: Carol - 01334 850049 Email: carolannmclean@gmail.com</i>	
Moathill Reading Group (every 4th Monday)	7pm-8.30pm

Tuesday

Chatterbox (1st Tuesday of the month)	10am-11am
Scottish Slimmers	4.30pm-6pm
<i>Contact: 0800 362636</i>	
U3A Craft (2nd/4th of month)	2pm-4pm
Yoga	7.30pm-9pm

Wednesday

Zumba Gold with Lesley	10am-11am
<i>Contact Lesley - 07841261390</i>	
OASIS (Women's Group) - fortnightly	1pm-3pm
Bridge Club	6.15pm-9.15pm
Y Singing	7pm-8.30pm
<i>Contact: Meri Goad - 01334 659611</i>	
Scottish Country Dancing	6.45pm-9.15pm

Thursday


Yoga	10am-11am
Castlehill Reading Group (1st Thursday)	3pm-4pm
Brightside Bunch for 8-12 year olds	6.30pm-8pm
Fife Meditation Group	6.45pm-9.15pm

Friday

Cupar Credit Union	10am-11.30am
Cupar Express Group	12pm-3pm
Shotokan 2000 Karate	6.30pm-7.30pm
<i>Contact: Chris Hollands-07989658621</i>	

Saturday

African Drumming (fortnightly)	10.00am - 12 noon
<i>Contact: Colin Orr - 07950 480701</i>	





THE RIO COMMUNITY CENTRE

St. Mary's Lane, Newport-on-Tay, Fife, DD6 8AH

For more information call 01382 543366 or e-mail riocentre@hotmail.com or pop into the centre

Monday

Pilates

5.45pm-6.45pm

Contact 01382 330376

Tuesday

Pilates

1pm-2pm

Rio Craft Group

1.30pm-3.30pm

Cost £1.50

Zumba

6pm-7pm

Contact 07989 302454

Dog Training

Beginners

7.15pm-8.15pm

Intermediate

8.15pm-9.30pm

Contact 01334 840477

Film Shows, Last Tuesday of month

2pm

Cost £2

Wednesday

Rio Gold, Over 55's

12.30pm

Cost £2

Thursday

Taekwon-Do

6pm-7pm

Contact 07740624113

Dog Training

Competition

7.15pm-9.45pm

Contact 01334 840477

Friday

Pilates

10am-11am

Contact 07892891029



EAST NEUK CENTRE TRUST

Ladywalk, Anstruther, Fife, KY10 3EX

For more information contact Dave or Louise Telephone: 01333 311977

Email: info@eastneukcentre.org.uk or check out our Website: www.eastneukcentre.org.uk
or pop in to the centre

Monday

Anstruther Toddlers	East Neuk Centre	10am-11.30am
Dance Fit	Anstruther Town Hall	10am-11am
Credit Union	Meeting Room Anstruther Town Hall	10am-11.30am
Badminton (October to March)	East Neuk Centre	2pm-3.30pm
Karate	Cellardyke Town Hall	6.30pm-8pm
Yoga	Anstruther Lower Town Hall	6.30pm-7.45pm
W13 Fitness	Erskine Hall	7pm-8pm

Tuesday

Pilates with Esther	East Neuk Centre	9.15am-10.45am
Line Dancing	East Neuk Centre	2.30pm-3.30pm
Kirsty's Fighting Fit	Cellardyke Town Hall	6.30pm-7.30pm

Wednesday


Yoga	Anstruther Town Hall	10am-11.15am
Gentle Yoga	Burgh Chambers, Anstruther Town Hall	11.30am-12.45pm
Coastal Paws	Erskine Hall	6pm-8.30pm
Bridge Club	East Neuk Centre	8.45pm-10pm
St Ayles Rowing Club	Anstruther Town Hall	8pm-7pm
Adact	Anstruther Town Hall	7pm-9pm
Pilates with Esther	Burgh Chambers	7.15pm-8.45pm

Thursday

Over 60's Exercise Class	Anstruther Town Hall	9.30am-11am
W13 Fitness	Erskine Hall	7pm-8pm
Badminton	East Neuk Centre	7.30pm-9pm

Friday

Pilates - Shelagh Keegan	Cellardyke Town Hall	9am-12pm
Pilates - Carol Urquhart	East Neuk Centre	10am-12.30pm
Kirsty's Fighting Fit	Cellardyke Town Hall	6.30pm-7.30pm





TAYSIDE INSTITUTE COMMUNITY CENTRE

For more information pop in to the centre at 90 – 92 High Street, Newburgh, Fife, KY14 6DA or call us on No.01337 840709

Monday

Chess Club	11am-4pm
Zumba	6.30pm-7.30pm
Karate	7.45pm-9.15pm

Tuesday

Madras College	9am-5pm
Parents & Toddlers	9.30am-11am
Adult tap Dance Class	7pm-8pm
Adult Sewing Class	7pm-8pm

Wednesday

Craft Group	9.30am-11.30am
Newburgh Nippers (0-5 years)	1pm-2.30pm
Whist & Dominoes (1st Wed in month)	2pm-3.30pm

Thursday

Café Club	9.30am-11.30am
Thursday Club (50+)	2pm-4pm
Ladies Social Club	7pm-9pm

Monday – Friday

Cyber Café (Public Use)	9am-5pm
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Saturday

Group Coffee Mornings	10am
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AUCHTERMUCHTY COMMUNITY CENTRE

Please pop in or contact the centre for days, times and costs for courses and projects.

1 Distillery Street, Newburgh Road, Auchtermuchty, Fife, KY14 7BY

Tel: 01337 827068

Email: admin@auchtermuchtycommunitycentre.org.uk

Gardening Club

Auchtermuchty Common/MacDuff Trust

Craft Group

Patchwork Mondays

Quilting Tuesdays

Theatre Group

Lunch Club for over 60's (Tuesday) Transport & entertainment provided

Lunch Club for over 60's (Wednesday) Transport & entertainment provided


Jewellery Class

Computer/tablet/smartphone classes

Cooking Classes

Yoga for expectant Mums

Bodyweight Fitness





THE DOLPHIN YOUTH & COMMUNITY CENTRE

For more information or hires contact Sheila Atkinson on 01382 552358 or E-mail:

dolphincc@btconnect.com

4 Gladstone Square, Tayport, Fife, DD6 9EW

Monday

Table Tennis

7pm-8pm

Tuesday

Table Tennis

11am-12pm

Table Tennis

7pm-8pm

Wednesday

Ladies Group

10am-12pm

Charity Bingo (*last Wednesday every month*)

7pm

Friday

Yoga

6.30pm-7.30pm





COSMOS COMMUNITY CENTRE

Abbey Walk, St Andrews, Fife, KY16 9LB

For more information call Diane, Cathy or Fiona on 01334 474140/ 479974 or e-mail cosmos.centre@ic24.net or pop into the Centre

Monday

Stroke Club	9.30am-1pm
Yoga	5.45pm-6.45pm
Adult Hockey	6pm-8pm
Healing Group	7pm-9pm
Weight Watchers	7pm-8pm

Tuesday

Parents & Toddlers	9.30am-11am
Adult Tap Dance Class	7pm-8pm
Adult Sewing Class	7pm-8pm

Wednesday

Home-Start	9am-1pm
Badminton	10am-11am
TechnoSMART	4pm-5pm
Lace Making Class	7pm-9pm
Gaelic Class	7pm-9pm

Thursday


O'Neil Fit Fife	4.45pm-8pm
Adult Group	6.30pm-8pm
Adult Tap Class	7pm-8pm

Friday

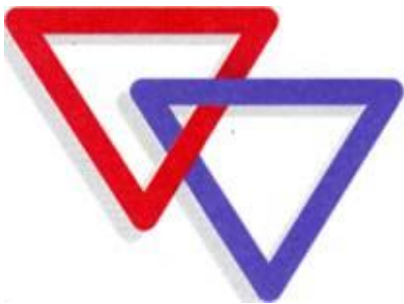
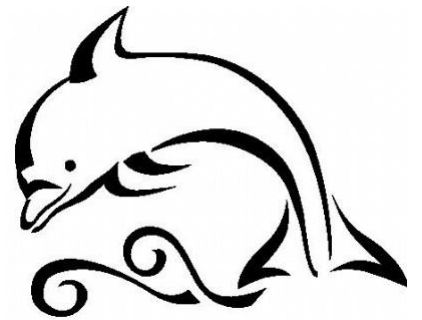
Karate	6.15pm-9.15pm
O'Neil Fit Fife	6.30pm-7pm
Taekwondo Class	7.30pm-8.30pm

Saturday

Slimming World	9am-1pm
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