



Your monthly update on the Sanday project to bring a 12 month programme of adult education, training and leisure courses to Sanday.

Please remember to book your courses!
Sue Mellors, Learning Coordinator

Courses and Workshops for February

To book: email learning@sandaydevelopmenttrust.org.uk, phone 600359 or text 07803 854572

A mindful approach to motivation and exercise—Tuesday 9th February 6.30 - 8.00pm - Heilsa Fjold

Focus on the mental aspects of health & wellbeing with William Sichel

William will give a talk drawing on his life-time involvement in these areas & offer an optional guided meditation Cost is £2.50. Accompanied S3's and above welcome (cost £1.25)

Contemporary Drawing Course - Friday 12th February 2pm - 4pm - School Art Room

These workshops will be offered on a fortnightly basis by artist Jim Walker

The programme is aimed at beginners, those returning to drawing or anyone with an interest in exploring their creativity through drawing, in a relaxed, informal & supportive setting. Cost £3.00. **Please book max 8 students**

Saturday Morning Kitchen- Saturday 13th February 10am - 12 noon - Heilsa Fjold

You don't have to be nuts to cook vegetarian! - with Annie O'Donnell

This month's fun cooking morning will be a demonstration class to introduce you to vegetarian cookery. Learn a couple of dishes to get you started or cover the emergency 'I have a vegetarian coming for dinner'!

Cost is £3.00 to cover refreshments & ingredients. Accompanied S3's and above welcome (cost £1.50).

Birdwatching for Beginners - Tuesday 16th February 7pm - 9pm - Heilsa Fjold

An interactive, indoor workshop designed to teach you the basics of birdwatching and introduce the birds found on the Island with the Sanday Ranger Emma (see Ranger Newsletter)

This monthly workshop will be followed by an optional walk on the following Saturday (20th February at 10am)

Cost is £3.00 (£1.50 for children) to cover materials and refreshments. All ages welcome! Saturday walk is free

Understanding Accounts -Tuesday 23rd February 7pm - 9pm - Heilsa Fjold

Introduction to business planning including creating a cash flow statement with Heather Extance

The 2nd session in a series of Accounting workshops designed for small businesses/sole traders. Cost £3.00

Contemporary Drawing Course - Friday 26th February 2pm - 4pm - School Art Room

Fortnightly workshop run by artist Jim Walker (see above class 12th Feb)

Emergency First Aid - SCQF 6 - Saturday 27th February 9.30am - 4.30pm - School English Room

The 1 day Emergency First Aid covers a wide range of emergency illness & injury situations

This course will be run through Orkney College.

Max 10 students - booking is essential. Cost £90 - your ILA may be used / other concessions available

This course is particularly suitable for any business wishing to First Aid train their staff

Coming Soon

Emergency First Aid - a further course will be offered on Saturday 12th March

Food Hygiene—this will be ILA approved, so apply for your account now - for further details get in touch!

Dog psychology—a talk with Huw & Sheena Evans - Tuesday 12th April

You can contact me by email: learning@sandaydevelopmenttrust.org.uk, leave me a note or message at Heilsa Fjold tel: 600359 or text: 07803 854572. I work part time but will get back to you.

I will be in Heilsa Fjold every Tuesday between 12.30 and 2.30 pm

I look forward to hearing from you soon, Sue

Apply for your Individual Learning Account (ILA)

Skills Development Scotland will give you up to £200 through an ILA towards the cost of employability-focused learning or training?

To find out more and apply for your ILA call the Freephone helpline on 0800 917 8000.

I am happy to help you.

If you are not eligible for an ILA, Skills for Sanday will fund 75% of your course fees up to an annual value of £200. We will also offer discounts to Sanday Island Businesses and Voluntary Organisations.

If you have a degree there are other options.

Note - the Emergency First Aid and Food Hygiene courses are ILA approved courses. Get your ILA in place now.

Would you like help in setting up a new business venture or applying for a new job?

I am currently researching training courses which will assist you in setting up a small business or completing an application for a new job. Business Gateway offer a range of relevant courses and it may be possible to run some on Sanday if there is enough demand - please let me know.

Can you offer your teaching skills in any of the subjects listed below?

Course requests which have been popular and are being investigated include: photography, creative writing, dry stone walling, gardening, Driving and Midas (minibus), swimming, IT, websites, music, sewing and knitting, yoga, childcare, furniture restoration, bread making, electronics, aqua aerobics, science, butchery, electronics, Orkney crafts and skills related to livestock and sheep-keeping.

If you are interested in any of these, or can offer your teaching skills and have not already done so, please get in touch.

Skills for Sanday is building an Island Resident database to record all of your requests for courses, feedback, suggestions and bookings - please send your name, phone number & contact email

Please register your information and enter the monthly draw!

This month's lucky winner of an iriver MP3 Player is Bob Beale

Chi Kung - Thanks to everyone who came to the health and wellbeing course last month

Jo Walker is currently investigating whether she can offer a regular session - look out for her advert in the Sanday Sound and get in touch if you are interested

Is your Dog Microchipped? The Law has changed from April 2016.

All dog owners living in Scotland must have their dogs fitted with a microchip by law. Northvet have agreed to come out to Sanday to offer this service in March. Please register your dog (through Skills for Sanday - email, phone or text) so that this can be organised. Cost is £12

