



# Adult and Community Programme 2014 - 2015



***Classes, courses and  
activities for adults,  
children and families***



CRAIGROYSTON COMMUNITY HIGH SCHOOL

# Welcome to our new look brochure

We are offering new classes for you to try along with our tried and tested favourites and, this year, there are new ways to enrol for classes at Craigroyston Community High School.

You can enrol in person here at the school and you are now also able to enrol online. We hope this will be useful for most people, as we join the 21st century booking systems.

If you want to enrol online, go to the new website: [www.joininedinburgh.org](http://www.joininedinburgh.org) then you can link directly to the venue or class by adding the venue name (eg [www.joininedinburgh.org/craigroyston](http://www.joininedinburgh.org/craigroyston)). You can browse the classes until you feel inspired – or search directly for the class you want. When you've found your class, click to book, register your name and address, pay by card and you will be emailed a receipt for the class.

It will be simple and quick. Online booking for Craigroyston's programme goes live on the 7th August.

Don't worry if you can't enrol online or are unclear about how to do this – we will be in the school to help. Just come in between 10am – 4pm or between 5pm – 8 pm on the 7th August and we can help you to book yourself online. You can ring us and we can book you on as well, but make sure you have your card details handy as we can't book you on without payment details. If you are booking in person at the school we can accept cash, cheques or card payments.

After the 7th August we'll be available in the school from 11th August between 10 am – 4 pm and again between 5pm – 8pm, Monday to Friday to help you book.

Big changes but Craigroyston will still offer a warm welcome to all our new, and returning, lifelong learners.

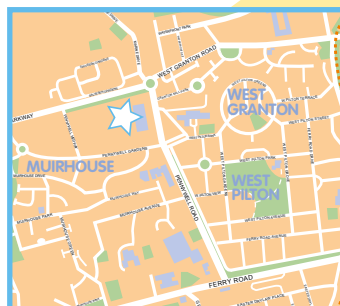
Craigroyston Community High School  
67 Pennywell Rd, Edinburgh EH4 4NL

Tel: 0131 477 7801

Email: [admin@craigroyston.edin.sch.uk](mailto:admin@craigroyston.edin.sch.uk)

Web: [www.craigroyston.edin.sch.uk](http://www.craigroyston.edin.sch.uk)

Enrol online at [www.joininedinburgh.org/craigroyston](http://www.joininedinburgh.org/craigroyston)



## How to find us:

We are on the LRT 14, 16, 27 bus routes.



Like us on FACEBOOK



at Craigroyston Community Classes  
and follow us on TWITTER #Classatcraigie

Price Code	Type (duration)	Standard	Reduced	Concession	PAYG
A	2 hours	£50	£25	£14	
B	1.5 hours	£41	£20	£14	
C	1 hour	£26	£15	£14	
E	Children's Swim Lessons	£30		£25	
F	Family Swims Women & pre school age children swims.				£1 adult 50p child
G	Adult Swims, Fitness Gym Sessions				£1.50
W	Walkers	£40	£30	£15	£4* Only after mid point in term.
H	FREE				

**KEYCARD** £80 £40 £26  
Does not include Over 50s Walks, PAYG or Children's Swim Lessons.  
Additional resource payment not included.

**Reduced Fees** available for those retired and not in paid employment, full time students and adults receiving DLA.

**Concessionary Fees** are available for those entitled to Pension Credits, Working Family Tax Credits, JSA & Housing Benefit.

**FREE Courses** must be booked either in person at the school or by phone.

## DATES for YOUR DIARY:

7th August 2014	Online booking for Craigroyston's classes goes live.
7th August	Help with online booking at the school between 10 am – 4 pm & 5pm – 8pm
22nd September	Autumn Term Starts
13th – 17th October	October Break
5th December	End of Autumn Term
19th January 2015	New Term Starts
3rd April	End of Spring Term



Summer Term dates to be confirmed.

## History of Art

This year the Art History class will explore a wide range of themes such as: Love, Imagination, Colour, Portraits, Still Life, Myths and Legends, the Nude, Power, Abstraction, Landscape, Religion, Expression, Light and Space, Nature, War and Death, as well as the role of the artist, male and female, in society. Discover how all these subjects were depicted by artists from different cultures, backgrounds and periods in history with a well informed tutor who can bring alive the stories behind the paintings.

## Improve Portrait and Photography Skills

Here is an exciting opportunity to improve your photography. You will look at daylight and basic flash lighting of people and how to improve your composition when out and about. You will have the opportunity to discuss camera issues and learn the professional secrets behind great portrait photography. Whether your camera is big or small, it doesn't matter - enthusiasm is what counts.

## Creative Writing

Do you feel you might like to have some guidance in developing your creative writing skills, to express ideas and show you how to overcome writer's block? A very friendly tutor can help you develop characters, transform experiences into storylines and encourage you to share your writing with the group. The class is supportive and will look at wide ranging in creative styles.

## Art: Painting & Drawing

(Wed evening & Friday afternoon)

This class is ideal for both beginners and the more experienced student. Learn how to improve your drawing skills with charcoal or the humble pencil, or if colour is more your thing, try painting with water colour or acrylics.

This is a very flexible class so have a go at each medium and find out what you enjoy using most.

## Art of Still Life

The depiction of everyday objects has been the subject matter for many great artists including Van Gogh and Picasso. Learn how to compose a still life and explore the relationship - harmonious and contrasting - between the objects, their surfaces and colours. A variety of mediums including pastel, paints, charcoal and collage will be used.



## Arts & Crafts

Our very enthusiastic and experienced tutor can help you design and make wonderful, personalised cards and papercraft creations. This is a great introduction to the world of arts and crafts for complete beginners or an enjoyable way to keep expanding your knowledge and ideas for more experienced crafters. Make amazing cards to give friends or even to sell. Whatever your level of interest, you will have great fun. There is an additional 50p fee each week towards materials.

## Make and Mend

Creative Upcycling Projects (5 weeks)

Upcycling is about converting old or discarded materials into something useful and beautiful for your home or to give as a personalised present. Join this weekly course to learn all sorts of original ways to refashion and redesign things you have at home already, with a friendly tutor full of inspiring ideas and different craft techniques.

## Jewellery Making

Learn to make your own metal jewellery using traditional skills including soldering, hammering, filing and piercing. Using interesting techniques, textures and pattern you will be able make your own piece of jewellery which could be a simple ring, a necklaces or earrings. Please bring £7 to pay the tutor for copper resources for the term.

\*FREE Courses must be booked either in person at the school or by phone.



## Fabric and Dressmaking

This class welcomes new and returning students. If you're new to dress making you'll learn how to use a sewing machine, understand and cut out basic patterns, sew seams and darts. More experienced students can extend their dressmaking skills and finishing techniques.

Students bring their own pattern and fabric.

## Creative Expressions

\*(This class is FREE)

Bringing together creative writing, photography and other forms of creative expression, this class offers a range of combined art forms. The informal setting means that everyone can take part in different forms of self expression and gain a satisfying experience.

Last terms class made a DVD. The main attraction of the class is the friendly tutor and the group support. Lots of laughing and cups of tea and coffee. Join the class – you won't regret it.

## Woodwork

Fun, lively, and friendly wood-working class for all abilities and ages. From birdhouses for the garden and children's toy boats to furniture for the home, your imagination is the only limit. Once you have agreed the object to make, the tutor can advise you in buying the wood you will need.

If you want to learn new wood-working skills and techniques and utilise the well equipped workshop facilities, repair a well - loved dolls house or simply dabble with woodcraft, this is the class for you!! People bring their own materials.



## Pottery

This class teaches the basics of hand building and wheel throwing in clay and introduces different artistic styles & methods of creating successful ceramic pieces. It also offers an introduction to the use of the potter's wheel and stone wear firing. There is an additional £10 to pay towards materials used.



## Computing for Beginners

This class is designed to give you a grounding in IT basics. You take your own time to familiarise yourself with various techniques that will build your confidence and knowledge. All our IT classes are taught by wonderfully patient and supportive tutors!

The operating system used is Windows 7. Mozilla Firefox is used to browse the Internet. The course uses both WordPad and Microsoft Office Word 2013. Microsoft Office Excel 2013 is used to deal with spreadsheets.



## Computing for Not Quite Beginners

– starts January 2015

This course is ideal for people who can create a word/text document and would like to start experimenting with pictures and tables in order to create a poster, newsletter, invitation or flyer.

Potential students should be able to create a simple document with some text in it.

The course will cover:

Inserting pictures from clipart, inserting photos from a memory stick, downloading pictures from the Internet, arranging text size, colour etc, using Wordart, designing page layouts and using columns and inserting tables.



## Improve Photography

(see page 4)



## Keyboards

Beginners & Intermediate

Learning to play the keyboard is a fun way to learn about music and is an easier alternative to playing the piano, with various options to get you playing well-known tunes in no time - with a little bit of practice in between classes, of course!

Students work at their own pace and receive one-to-one time in a friendly and supportive atmosphere.



## Penny Whistle

Beginners & Intermediate

The Craigryston Whistle class is a happy, friendly place to start your pennywhistle journey. The class is open to everyone – absolute beginners are more than welcome – we all have to start somewhere. The class play a variety of music from old Scottish favourites to popular songs and we even play a bit of classical as well. There is no need to read musical notation or have any previous musical experience.

Students need a 'D' pennywhistle.

## Drumming

Drum out all the tension and bring back fun into your life. Always wanted to play an instrument but no idea how to begin? Why not start with samba drumming - all you need to do is relax and feel the rhythm and you too can enjoy playing either as an individual or as part of a band.

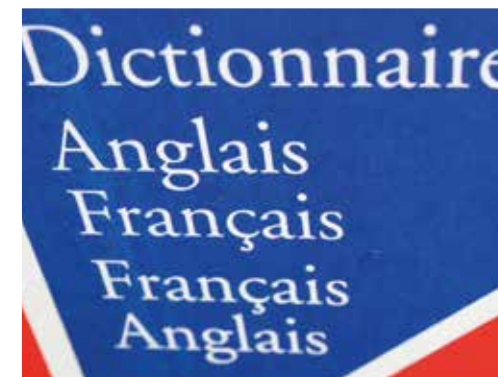
There will be different sounds, from Africa, South America and Scotland, to cheer up your life.

No experience necessary at all - just a desire to try out drumming. All instruments are provided.

## French for Beginners

This class is a great introduction to the French language and culture. It is about feeling comfortable to use another language to help you express yourself, or simply to understand others, while speaking French.

So if you are interested in knowing more about the French language culture join our French beginner class in September for a light but delightful introduction of the French language.



## French Post Beginners

Evening

Have you got basic French but want to improve and build on what you already have? This course is run by a native French speaker, who can teach you the fun of conversation, and make it a class to look forward to attending each week. The tutor is very friendly and very French and can answer any questions explaining the grammar or French customs. You will be surprised at how quickly your vocabulary and confidence will grow!

## French Intermediate

This daytime class is for those who have completed a previous French for Beginners course. The class will work with different resources such as articles, songs and letters to extend the learning experience by adding vocabulary and grammatical tools to get to speak and understand French in different contexts.

The main aim is to build up on your confidence in using French to express yourself.



## Fitness Gym Sessions:

Monday Tuesday Wednesday

Evenings: Mixed

Thursday Evenings: Women only

These are bookable, pay as you go gym sessions which are staffed by a qualified fitness instructor. We have a selection of strength and cardio fitness equipment waiting here for you!

New to a gym? Our instructor takes you through how to use the gym equipment and can devise a personal training programme for you.

## Swim Sessions

We have a wonderful 25 m pool and we offer a selection of swim sessions which are open to everybody – all you have to do is register with us.

This year we are offering Women only and pre school age Children sessions, Family Swims where all children must be accompanied by an adult and all adults must be accompanied by a child. We also put on swim sessions and Adult Only swims during the school holidays so check with us for dates and times.

## Children's Swim Lessons

We run very popular children's swimming lessons. For more information please contact us.



## Over 50's Walkers

Walking is great! Walking in the beautiful countryside surrounding Edinburgh is even better. When you add in walking with a group of friendly and supportive people you've got a weekly treat which helps improve your health and blows the cobwebs away to look forward to. The group travels by minibus to the start point of the walk and the walk always ends up on a public transport route. A reasonable level of fitness is required. Dress for all weathers and bring a packed lunch.



## Mindfulness

Mindfulness can have a positive impact on our mental and physical well-being. Our Mindfulness - based stress reduction course uses techniques such as meditation, very gentle yoga and mind and body based exercises to help reduce stress and anxiety. Benefits can include better sleep patterns, more energy and more enjoyment of life.

## Gentle Exercise

This Gentle Exercise class works to improve your health and fitness and being low impact, it won't harm your joints. The exercises, which can be done while sitting, build strength, help to maintain bone density and keep you active and independent.



## Pilates

Pilates is a mat based exercise system which is suitable for all ages and all levels of fitness. It's a gentle, but effective, way of raising fitness levels. Pilates focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

Wear loose, comfortable clothing. We have a limited number of mats for the class but, if possible, please bring your own.



## Cook your tea

Sometimes the hardest thing about cooking is deciding what to make. It is all too easy to run out of ideas for offering something delicious, healthy and within a tight budget. The friendly tutor for this class has a wide range of ideas which can be made quickly and cheaply making this the highlight of your culinary week. Favourite dishes range from Thai curry, to mushroom risotto as well as home made lemon chicken. If there is anything you really want to learn to make, the tutor will be able to help. Come along, cook your tea and take it home to surprise all the family and friends. Please bring £1.50 each week towards the ingredients. The class is \*FREE.



## Guid For a Laugh

This course is what it says on the tin. *Guid Fer a Laugh* will examine all aspects of Scottish Comedy. It will look at Scottish comic writing, film, TV and drama. Scottish comedy is the gift tae see ourselves as others see us. The course will link in with the Scottish Portrait Gallery's exhibitions featuring Scottish comics and writers. It will have a guid laugh at ourselves.

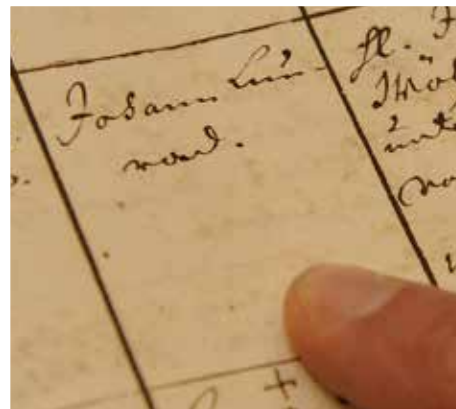
*Guid Fer a Laugh* is a course aimed at those who take their comedy seriously and who seriously enjoy a guid laugh. All welcome.

**\*FREE Courses must be booked either in person at the school or by phone.**

## Scots History through Scottish Novels

This enjoyable course will explore the relationship between 20th and early 21st century Scottish literature, history and the culture and politics of contemporary Scotland.

The books the course will be looking at will be James Douglas Brown, *The House with the Green Shutters*; Lewis Grassic Gibbon, *Sunset Song*; Jessie Kesson, *The White Bird Passes*; Muriel Spark, *The Prime of Miss Jean Brodie*; James Robertson, *And the Land Lay Still*. There will be a small amount of advised reading to support a deeper understanding of the texts and their historical and cultural background.



## Genealogy

**Find out who you really are**

This course focuses on the basic sources and methods for tracing descent from our ancestors, as well as learning more about them, the lives they led and the communities in which they lived. Students will receive practical information and advice to help them identify, locate and use the information they need for a 'hands on' exploration of their families' past: good, bad, following both male & female lines across class boundaries in Scotland, Ireland & England. Your ancestors are waiting to meet you!

There will be visits to Register House and other venues for which there will be an additional fee. Sometimes these visits will take place outside the advertised class times. Notification of the visits and the entrance fees will be discussed at the start of the course.

## Saving Money (and the Environment)

**Small steps = big changes!**

This practical maths course takes everyday situations and shows you how to make the maths work for you!

Work out the running costs of many household appliances, decipher your energy bill, compare special offers while out shopping and even find out how to make the most of a square foot garden! Don't worry if you didn't get maths the first time round, this course allows you to start small and build up at your own pace. It uses examples from everyday life that affect everyone, from recipes to recycling and will help you quickly gain confidence in handling your finances!

Not only that, we are running this course in partnership with Edinburgh's very own Science Museum at Dynamic Earth and several sessions will take place there (all transport & entry fees provided).



## One off Sessions

### Bike Maintenance

THESE MAKE FANTASTIC GIFTS!

You've got your bike, you love it but now you need some help maintaining it?

These workshops teach you how to look after your bike, fixing and tweaking it so you get optimum performance from it. Hands on tutoring. Great experience – really useful stuff.

### Introduction to Bike Maintenance

Saturday 20th September 10 -1pm

### Beyond Basics with Bike Maintenance

Saturday 12th October 10 – 1 pm

### Ready for Winter

Saturday 29th November 10 – 1 pm

Limited places – so book early.

These sessions cost £25 each – or book all 3 for £65.

Concessions £20 per session.

Fee Band I

### Mountain Biking at Glentress

Sunday 28th Sept 9.30 – 2 pm

Want to try Mountain Biking? Or you have and you want to learn to tips to get more out of it? Try our Mountain Biking Session and get that adrenalin going.

- Transport and bikes provided
- Leaving from school car park

Over 18s only. Cost £35

Inability to pay should not be a barrier.

Limited number of Concessionary places available.

Fee Band J



## PROGRAMME

MON	CLASS	TIME	START DATE	FEE BAND
	Fitness Gym	6.00 – 8.00 pm	25th Aug	G
	History of Art	7.00 – 8.30 pm	22nd Sept	B
	Women & Preschool Children Swim Session	10.15 -11.10	22nd Sept	G
TUES	Computing for Beginners	10.00 – 12.00 noon	23rd Sept	A
	French Intermediate	10.30 -12.00 noon	23rd Sept	B
	Guid For A Laugh – Scottish Humour & Comedians	2.00 – 4.00 pm	23rd Sept	A
	Family Swim Session	5.20 – 6.20 pm	19th Aug	F
	Adult Swim Sessions	6.30 -7.30 pm	19th Aug	G
	Fitness Gym Session	6.00 – 8.00 pm	26th Aug	G
WED	Save Money (& maybe the environment)	9.30 -11.30 am	24th Sept	H
	Over 50s Walkers	9.30 -3.30 pm	24th Sept	W
	Computing for not quite Beginners	11.45 – 1.45 pm	Starts Jan	A
	Working with images.			
	Music Keyboards Beginners	9.30 - 10.30 am	24th Sept	C
	Music Keyboards Improvers	10.45 -11.45 am	24th Sept	C
NEW	Scottish History through Scottish Novels	2.00 – 4.00 pm	24th Sept	A
NEW	Improve Photography Skills	2.00 – 4.00 pm	24th Sept	A
	Fitness Gym Session	6.00 – 8.00 pm	27th Aug	G
NEW	Cook Your Tea	6.00 – 7.30 pm	24th Sept	H
	Pilates Beginners	6.00 – 7.00 pm	24th Sept	C
	Pilates Post Beginners	7.15 - 8.15 pm	24th Sept	C
	Art – Painting & Drawing	7.00 – 9.00 pm	24th Sept	A & £1.50 per week
	Arts & Crafts	7.00 – 9.00pm	24th Sept	A & 50p per week
	Creative Writing	7.00 - 9.00 pm	24th Sept	A
THUR	Pennywhistle Beginners	9.45 – 10.45 am	25th Sept	C
	Pennywhistle Improvers	10.50 – 12.00 noon	25th Sept	C
	Make & Mend; Creative Upcycling Projects	1.30 -3.30	25th Sept 5 week course	A
	Mindfulness based Relaxation	2.00 – 4.00	25th Sept	A
	Genealogy for Beginners	2.00 – 4.00	25th Sept	A
	Children's Swim Lessons	5.30 – 8.30 pm	25th Sept	E
	Women Only Fitness Gym	6.00 – 8.00 pm	28th Aug	G
	French Beginners	6.30 – 8.00 pm	25th Sept	B
	French Improvers	6.30 – 8.00 pm	25th Sept	B
	Jewellery Making	7.00 – 9.00 pm	25th Sept	A & £7
	Art of Still Life	7.00 – 9.00 pm	25th Sept	A
NEW	Fabric & Dressmaking	7.00 – 9.00 pm	25th Sept	A
	Drumming	7.00 – 8.30 pm	25th Sept	B
FRI	Adult Swim Session	9.30 – 10.30 am	26th Sept	G
	Gentle Exercise	9.30 – 10.30 am	26th Sept	C
	Pilates	10.45 – 11.45 am	26th Sept	C
	Creative Expressions	10.00 -12.00 noon	26th Sept	H
	Arts & Crafts	1.30 – 3.30 pm	26th Sept	A & 50p per week
	Art, Painting & Drawing	1.30 -3.30 pm	26th Sept	A
	Woodwork	1.30 – 3.30 pm	26th Sept	A
	Pottery	1.30 -3.30 pm	26th Sept	A & £10
	Children's Swim Lessons	2.30 -4.00 pm	26th Sept	E





## Lets & Bookings

If you are interested in one-off or regular lettings of the many sporting and meeting room facilities we have here in the school please contact the Business Manager on **0131 477 7801** or email on **admin@craigroyston.edin.sch.uk**



We have a 250+ seat assembly/lecture hall with sound and large screen projection facility as well as drama and music recording studios.

Our sporting facilities range from a 4 lane 24m pool to a 650m<sup>2</sup> Games hall and a full size all weather G2 pitch.



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