



Beeslack Community High School
Community Education Department
Programme Information



April 2023 – June 2024

ADULTS PROGRAMME

ARCHERY – FRIDAY - Introduce young people to archery. From age 9 years +. The club is fully inclusive and provides fun sessions for various other community groups and charity events. To improve opportunities for both adults and young people. To compete at local and national competition level.

ARCHERY – SUNDAY - Introduce young people to archery. From age 9 years +. The club is fully inclusive and provides fun sessions for various other community groups and charity events. To improve opportunities for both adults and young people. To compete at local and national competition level.

BADMINTON – MONDAY (ADULTS) - Open to beginners or experienced players (Rackets will be provided if required). The class is led by our coach/tutor who has over 40 years' experience.

BEESLACK FAMILY DISABLED CLUB - This group meets on Sunday afternoons from 12.30 – 4.00 pm. This family oriented club offers a wide range of activities e.g. Computing, Arts & Crafts, Swimming, Cycling, Woodwork, Music Therapy, Cookery, Pool and Café and much more. For further details please contact Beeslack on 01968 673893. New members welcome. Feel free to drop in and have a look around.

BEESLACK PENICUIK CAMERA CLUB - The Camera club meets on Thursday nights from September through April. New members of all abilities are most welcome. We are affiliated with the Scottish Photographic Federation. The club participates in competitive activities with other clubs in the Lothian's in addition to internal competitions for printed and projected images and Auto Visual presentations. Guest speakers are a regular feature dealing with a wide variety of photographic subjects. Tuition in camera skills, Digital processing, mainly with Photoshop. Printing and scanning facilities are available. The club participates in competitive activities with other clubs in the Lothian's in addition to internal competitions for printed and projected images and Audio Visual presentations. Guest speakers are a regular feature dealing with a wide variety of photographic subjects. The club meets on Thursday evenings from 6.45 – 9.45 pm and twice a month on a Tuesday evening. email: secretary@pbcc.photography

BUN BY RYO DO – Martial Arts Club – MONDAY/THURSDAYS/SUNDAY - From 4 years + to adults. Martial Arts has many benefits such as strengthening body and mind, boosting self-confidence, cultivating discipline, fostering respect and humility, sharpening focus and mental clarity and self-defence skills. For more information please contact alanborthwick25@hotmail.com

CAKE DECORATING CLASS – BEGINNERS (ONLY IF WE HAVE SUFFICIENT NUMBERS) - This course is suitable for those participants who have completed the beginner's course in Cake Decorating and would like to develop their skills further. Participants will build on techniques used to produce themed cakes, simple models, piping techniques and wired flowers. Participants will be expected to purchase their own materials. If you interested in learning more about the art of cake decorating/or brushing up on your skills, please come and join us.

Please call for more information. This is a numbers restricted class.

CAKE DECORATING CLASS – INTERMEDIATE - **must have experience or attended a previous cake decorating class** this course is suitable for those participants who have completed the beginner's course in Cake Decorating and would like to develop their skills further. Participants will build on techniques used to produce themed cakes, modelling, piping techniques and wired flowers. Participants will be expected to purchase their own materials. If you interested in learning more about the art of cake decorating/or brushing up on your skills, please come and join us.

Please call for more information. This is a numbers restricted class.

CREATING WITH KINDNESS – ART CLASSES

Monday –

Wednesday -

DRESSMAKING CLASSES – Opportunity for a group to be set up.

DRUMFIELD ARCHERS - Registered charity

Drum Field Archers is a volunteer led Field Archery Club which was established in Gilmerton in February 1999. The ethos behind Drum Field Archery Club was (and is to this date) to provide a grassroots affordable, not for profit archery club for all, supporting participants in the local community and beyond regardless of ages and stages of life. **Aim** To support families and individuals of all

ages and abilities, fully inclusive, coaching opportunities for volunteers indoors and outdoors.

EVERGREENS – A group of people aged 60 + who meet up once a week and enjoy several activities i.e. pool, carpet bowls, crafts, painting, calligraphy, board games and walking . To encourage socialisation, friendships and increase physical fitness.

AL COURSES ARE SUBJECT TO HAVING SUFFICIENT NUMBERS:

EMERGENCY FIRST AID COURSES – These courses are to help you to learn how to examine a casualty, familiarise yourself with basic life support and learn how to control bleeding and trauma. Please see what we can offer.

1. EMERGENCY FIRST AID – This 6 hour course is valid for 3 years and is a very valuable qualification for using in the work place. This course is ideal for employees that have been identified to act as the first aider in low risk work place. The course is for 6 hours, usually run over 1 day or 2 evenings. This is a numbers restricted class.

2. FIRST AID AT WORK – This course is ideal for anyone wishing to become an accredited first aider in the workplace, particularly where it has been identified subsequent to risk assessment that a trained first aider is recommended. This will be a 3 day course which will amount to 18 hours. Once we have sufficient interest we will start the course. This is a numbers restricted class.

3. PAEDIATRIC EMERGENCY FIRST AID – This 6 hour course is valid for 3 years and is a very valuable qualification for working in a child care setting. This course is ideal for employees that have been identified to act as the first aider in low risk work place who are caring for babies and children. The course is for 6 hours, usually run over 1 day. This is a numbers restricted class.

4. PAEDIATRIC FIRST AID – This 12 hour course is valid for 3 years and is a very valuable qualification for working in a child care setting. This course is ideal for employees that have been identified to act as the first aider in low risk work place who are caring for babies and children. The course is for 12 hours, usually run over 2 days. This is a numbers restricted class.

FURNITURE RESTORATION WORKSHOP - If you have any small items that you would like help with. Our instructor will be happy to give guidance and advice on all aspects of furniture restoration from stripping the wood, repolishing to re-jointing. Full upholstery projects or just to replace a top cover, don't worry if you miss a week, everyone works on their own project at their own pace. Tuesday Evenings 6.00 – 8.00 pm. Please call for more information. This is a numbers restricted class.

GOLDEN GIRLS – A group of ladies aged 60 years + who meet once a week to enjoy several activities and each other's company. They do a number of things including knitting, crafts, and skittles/bowling and going on outings.

INDIAN COOKING (Diverse, delicious and not as difficult to cook as you might think! This course will focus on cooking curries and dals from scratch. It may also involve making other popular Indian food such as breads, samosas, bhajis and chutneys. SATURDAY MORNING 10.00am – 12.00pm, 4 Weeks Cost: £30.00 (Ingredients not included) Spaces are limited.

ITALIAN LANGUAGE CLASS (BEGINNERS) - Going on holiday to Italy? If so then why not come along to learn some basic Italian. Learning the basics of the Italian Language will allow students to express themselves in simple sentences and communicate in a more confident manner when you go on holiday. Please call for more information.

LADIES SWIM – FRIDAY 8.15 – 9.15pm. Swim to improve your physical, social and mental health. Swimming allows everyone the opportunity to take part and enjoy exercise in a way that suits them. If you are interested, please call 01968 673893 for more details.

LEISURE PURSUITS - A group of people aged 60 + who meet up once a week and enjoy several activities i.e. indoor bowls, arts and crafts, pool, outings and much more. To encourage socialisation, allow access to different activities and to encourage physical fitness.

PENICUIK HARRIERS RUNNING CLUB – TUESDAY - A running community that meet at Beeslack on a Tuesday at 7.15pm for speed sessions, all sessions cover a wide range of pace and ability. Qualified coaches and jog leaders are on hand for guidance. For further information, please contact: secretary@penicuikharriers.org.uk

PENICUIK SOUTH BADMINTON CLUB – WEDNESDAY - It's a small, adult competitive club based in Midlothian. The club has a ladies, Gents and a Mixed Team competing in the Heather, Lothian and Churches Badminton Leagues. The club strictly uses feather shuttles and is affiliated to Badminton Scotland. You can apply to join our club by going onto our website www.penicuiksouthbadminton.com as it's a membership only club.

PENTLANDS SWI – 3rd Wednesday of each month. For further details please contact Pentlandsswi@hotmail.com.

RAISING TEENS WITH CONFIDENCE - This free 6 week course aims to give parents and carers increased understanding about how they can best support their teenage children to navigate this time of change and help to promote family resilience.

The sessions include:

- The Amazing Teen Brain.
- Risky Business.
- The Brain Under Stress.
- It's Good To Talk.
- Looking After Your Wellbeing.

Royal Environmental Health Institute of Scotland

REHIS Elementary Food Hygiene Programme is a professionally and nationally recognised certificated course. It provides participants with theoretical and practical advice to ensure that food handling activities are carried out hygienically and meet the requirements of current food legislation. There is a short 30 question multiple choice examination at the end of the course lasting 30 minutes. Participants achieving a pass will be awarded a certificate by REHIS. This course is aimed at anyone working within a food handling environment, including catering/licensed trade, food production and processing industries and also those in caring and voluntary situations involved in food preparation or handling.

SILK PAINTING WORKSHOP - Learn how to paint silk greetings cards, leading onto silk painting on a stretched wooden frame using gutta. This is suitable for beginners and people with artistic ability. There will be an additional small fee for materials.

TAI CHI –Thursday evenings/Workshops - All aspects of Tai Chi Chaun to include Hand Forms, Pushing Hands, Self Defence, Internal Yin and Yang Exercises to enhance the body's natural healing powers. For further information on classes or workshops, please contact Jim Connachan on 01968 768201. There are five elements to this martial art and we cover them all.

UPHOLSTERY – This course offers you the opportunity to learn new skills required to restore your worn pieces of furniture to make them look brand new. Introduction to traditional and modern upholstery. Participants are required to bring along a small piece of furniture that requires re-upholstering.

YOGA – TUESDAY – Yoga Space is a place to connect with your community and with yourself. Focusing the mind/calming the senses/expanding your awareness/being open to the experience. Pauline the yoga teacher, is a Holistic Therapist and Coach. Pauline aims to see the uniqueness in each person and teaches a primary series with a mix of compassion and enthusiasm. For further information please email: Pauline.brooks@yogospace-penicuik.com.

FOOTBALL GRASS AREAS and 3G **PITCH** - available to LET

VOLUNTEERS REQUIRED - Do you think you could give up a couple of hours a week or a month to help others? We are currently looking for volunteers to help with a variety of groups/clubs that we deliver. Can you help? PVG checks and references will be completed before you can start. Please give us a call.

BESLACK COMMUNITY HIGH SCHOOL are committed to offering the best value programme possible. If you are interested in a specific subject, whether it is vocational or leisure, please let us know. We have a fantastic facility and it is here to be used. The Lifelong Learning and Leisure Programme operate throughout the calendar year. Please note we DO NOT close during school holiday periods although opening hours may be altered. ACCESS may be limited or restricted during exam times and PUBLIC HOLIDAYS. This will be kept to a minimum.

Please note that all classes, groups and lets MUST be clear of the building by 9.30 pm at the very latest. Please call 01968 673893 for further details. Email: Do you have an idea? Please get in touch.