

Wellbeing Through Meditation (10 weeks)

The **Beginners** class on **Thursdays** will offer you an opportunity to learn some relaxation techniques for use at home. It incorporates meditation and breathing exercises along with some gentle movements which will help you to reach a more mindful relaxed state. The **Next Steps** class on **Monday** will deepen the practise of both meditation and chi gung offering participants the opportunity of perfecting what you have learnt so far as well as learning something new.

Monthly Refresher class on **Tuesdays**. This class offers a great opportunity to keep yourself on track. We will go over things you have already learned and enjoyed and hopefully share and benefit from some new ideas too.

Next Steps Begins: *Monday 13th January* **Time:** 1pm - 3pm

Beginners Begins: *Thursday 16th January* **Time:** 1pm - 3pm

Monthly Refresher: *21st Jan / 18th Feb / 18th March* **Time:** 1pm - 3pm

Where: *Dell Farquharson Community Centre, 7 Netherton Broad St, Dunfermline.*

NB All classes will run subject to attendance numbers and a minimum of 5 is required.

All classes are FREE to attend but you **MUST BOOK YOUR PLACE IN ADVANCE**

To book call Karen at the Cultural Partnerships team on 01592 583255 or email cultural.partnerships@onfife.com. Spaces are limited and will be booked on a first come, first served basis.

This session of classes will run between 13th January and 21st March 2014.

Creative Opportunities to Improve Mental Wellbeing FREE courses to people using NHS services

Fife Cultural Trust's Cultural Partnerships team, working in partnership with NHS Fife, are offering a 10 week series of creative classes. Aimed at increasing confidence and self esteem, these classes are FREE to NHS service users but places **MUST** be booked in advance.

All materials are provided (except for the Digital Photography class).



CREATIVE CLASSES

January to March 2014

Pottery

Clay is a wonderfully versatile and tactile material that you are sure to enjoy transforming into your own shining, glazed treasures. The class will teach you traditional hand-building methods, such as pinch-pots, modelling, and slab-rolling, which you'll use to make your own pots, ornaments and wall plaques. The class is suitable for complete beginners and can also be enjoyed by those with previous pottery experience.

Begins: *Friday 17th January* **Time:** *10.30am - 12.30pm*

Where: *Lochgelly Centre, Bank Street, Lochgelly*

Arts & Crafts

Over the next 10 weeks come along and have fun exploring various types of Arts & Crafts while making something for you or as a gift. Try glass painting, felt making, paper-crafts, decorative paint effects and other crafty ideas in a relaxed, fun and creative environment.

Begins: *Monday 13th January* **Time:** *10.30am - 12.30pm*

Where: *Library Rm, Music Institute, East Port, Dunfermline (next to the Carnegie Theatre) OR*

Begins: *Wednesday 15th January* **Time:** *10.30am - 12.30pm*

Where: *Roths Halls, Kingdom Centre, Glenrothes*

Cookery & You (8 weeks)

This series of 8 cookery classes will provide you with the opportunity to develop confidence, skills and knowledge on healthy eating while addressing issues such as adding variety to the diet, cooking on a budget, 5 a day and family favourites. You will also have the opportunity to let us know what you would like to get out of the class.

Begins: *Wednesday 22nd January* **Time:** *1pm - 3pm*

Where: *Going Forth, 1st House, Woodmill Road, Dunfermline*

Digital Photography & Photoshop

All levels of experience are welcome - including absolute beginners. The course will cover practical photography, the editing and adjusting photographs, and will give you an opportunity to analyse famous photographer's work.

You must bring your own camera (complete with charged batteries!) to the first class, along with a cable for getting your photos from the camera to the computer.

Begins: *Monday 17th January* **Time:** *1pm - 3pm*

Where: *The Tryst Centre, Duncan Crescent, Dunfermline*

Jewellery Making

This is your opportunity to learn new skills and complete unique pieces of jewellery for either you or as a gift. You will learn about wire and bead jewellery creation and make a variety of different styles of jewellery using beads, silver plated wire and findings. Learn a new technique each week and take home your own finished jewellery.

Begins: *Tuesday 14th January* **Time:** *1pm - 3pm*

Where: *Library Rm, Music Institute, East Port, Dunfermline (next to the Carnegie Theatre) OR*

Begins: *Thursday 16th January* **Time:** *1pm - 3pm*

Where: *Roths Halls, Kingdom Centre, Glenrothes*

Painting & Drawing

This friendly and relaxed class will cater for everyone from beginners to the more advanced. You will explore different techniques, themes and materials involved in creating original pieces of art, make water based paintings on paper and canvas, and drawings on a small and large scale. This will be hands on so wear old clothes and come and discover your inner Artist!

Begins: *Friday 17th January* **Time:** *10.30am - 12.30pm*

Where: *Going Forth, 1st House (next to the Royal Mail Depot), Woodmill Road, Dunfermline*