

Adult Education classes will begin next month

The City of Edinburgh Council's Adult Education programme is about to begin again.

They will hold their first face to face courses in over a year and outdoor courses, will begin on 10 May.

The courses will be limited to a maximum of 8 people to make sure the tutor and learners are kept safe and so early booking is recommended. The tutors are friendly, welcoming and will ensure the courses boost skills for lifelong enjoyment, as well as being safe and fun.

To find out more about each class and to book a place, please go to www.joininedinburgh.org

Growing research shows a real benefit of being out of doors, for both mental and physical wellbeing, and the organisers of the outdoor classes say that birdsong is now considered to be one of the biggest factors in focusing the mind and stopping stressful anxiety. There is apparently a link to hearing birdsong and feeling connected to nature as well as a sense of safety because the birds are all around (and would fly off in times of danger).

The council fees are available at standard rate, concession for students and senior citizens and reduced for people receiving benefits. Just book online.

If you'd like more information, then email : adult.education@ea.edin.sch.uk

There are 8 week and 5 week courses as well as several one-day Saturday or Sunday courses.

Walks: Suburban Strolls – All – (11/5) – OUT63912M	ALL	11/05/2021	Tuesday	10:00 – 12:00
Walks: Green Woodwork in the Woods – All – (11/5) – OUT62312M	ALL	11/05/2021	Tuesday	10:00 – 12:00
Walks: Foraging – All – (11/5) – OUT61712M	ALL	11/05/2021	Tuesday	13:00 – 15:00
Walks: Over 50s Walking Group – All – (12/5) – OUT63413M	ALL	12/05/2021	Wednesday	10:00 – 12:00
Walks: Over 50s Walking Group – All – (12/5) – OUT63423M	ALL	12/05/2021	Wednesday	10:00 – 12:00
Walks: Woodland Management & Tree ID – All – (13/5) – OUT64614M	ALL	13/05/2021	Thursday	10:00 – 12:00
Craft: Carving a Wooden Spoon – All – (29/5) – OUT31486M	ALL	29/05/2021	Saturday	10:00 – 15:00
Walks: Through Edinburgh's Old & New Towns – All – (10/5) – OUT64211M	ALL	10/05/2021	Monday	10:00 – 11:30
Art(PR): Sketchbook Adventures – All – (13/5) – OUT18714M	ALL	13/05/2021	Thursday	10:00 – 12:00
Art(PR): Sketching Outdoors – Mixed Media – All – (13/5) – OUT19114M	ALL	13/05/2021	Thursday	10:00 – 12:00
Wellbeing: Journalling Adventures with Plants – All – (13/5) – OUT64714M	ALL	13/05/2021	Thursday	13:00 – 15:00
Walks: Old & New Towns – All – (14/5) – OUT63315M	ALL	14/05/2021	Friday	10:00 – 12:00

Walks: Navigation – Low Level Hillwalking – Beginner – (5/6) – OUT63286J	BEG	05/06/2021	Saturday	09:30 – 16:30
Walks: Navigation – Hillwalking – Beginner – (6/6) – OUT63187J	BEG	06/06/2021	Sunday	09:30 – 16:30
Art(PR): Cityscapes – All – (11/5) – OUT11712M	ALL	11/05/2021	Tuesday	14:00 – 15:30
Walks: Birdwatching – All – (12/5) – OUT61413M	ALL	12/05/2021	Wednesday	10:30 – 12:30
Art(PR): Sketching the City in Watercolour, Pen & Pencil – All – (13/5) – OUT19314M	ALL	13/05/2021	Thursday	10:30 – 12:00
Walks: Historical Walks in Royal Mile – All – (11/5) – OUT62512M	ALL	11/05/2021	Tuesday	10:00 – 12:00
Walks: Edinburgh History Walks – All – (12/5) – OUT61513M	ALL	12/05/2021	Wednesday	13:00 – 14:30
Walks: Historical Walks in Central Edinburgh – All – (13/5) – OUT62414M	ALL	13/05/2021	Thursday	10:00 – 12:00
Photography Workshop: Edinburgh Old Town – All – (29/5) – OUT53986M	ALL	29/05/2021	Saturday	10:00 – 15:00
Photography Workshop: in the Dean Village – All – (12/6) – OUT53886J	ALL	12/06/2021	Saturday	10:00 – 15:00
Walks: History & Archaeology of Cammo Estate – All – (29/5) – OUT62686M	ALL	29/05/2021	Saturday	10:00 – 15:00

Art(PR): Sketching in Saughton Park – All – (29/5) – OUT18986M	ALL	29/05/2021	Saturday	10:00 – 15:00
Walks: History & Archaeology of Cammo Estate – All – (12/6) – OUT62686J	ALL	12/06/2021	Saturday	10:00 – 15:00
Art(PR): Sketching Seascapes – All – (13/5) – OUT19214M	ALL	13/05/2021	Thursday	11:00 – 13:00
Art(PR): Sketching Outdoors – All – (13/5) – OUT19014M	ALL	13/05/2021	Thursday	14:00 – 16:00
Art(PR): Sketching in Leith – All – (12/6) – OUT18886J	ALL	12/06/2021	Saturday	10:00 – 15:00
Walks: Foraging for Medicinal Plants – All – (12/6) – OUT61886J	ALL	12/06/2021	Saturday	10:00 – 15:00
Tai Chi – All – (12/5) – OUT60313M	ALL	12/05/2021	Wednesday	10:00 – 11:30
Art(PR): Sketching Outdoors – All – (14/5) – OUT19015M	ALL	14/05/2021	Friday	15:00 – 17:00