

January to March 2023
Multiply Adult Learning Programme

Looking for something fun to do during the winter months?

Have you thought about Adult Learning?

There are lots of fantastic learning opportunities to start this New Year!

This Adult Learning Programme has been developed by the Multiply Team which aims to help increase adults' numeracy skills through fun and creative learning workshops. While all the courses included are different in their subject, they all have an underlining theme of numeracy.

The Scottish Borders Multiply Team are offering a range of **free** adult numeracy workshops which aim to

- feel more confident when using numbers in everyday life
- increase confidence with numeracy
- improve health and wellbeing through socialising, feeling included and learning a new skill or hobby

The programme will suit any level, beginner to advanced, so all **adults aged 19+** can sign up to an activity which allows them to learn at their own pace.

Please note: many of the workshops will be taking a break over the February school holiday week

To sign up to a workshop please visit: Multiply - Scottish Borders Helix
Sign up for all workshops through Helix.Scot
All workshops are FREE

For more information email: Multiply@Scotborders.gov.uk

MULTIPLY

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Scottish Borders COUNCIL

Berwickshire – Duns, Eyemouth, Coldstream

Activity	Venue	Start Date	Day	Time	Weeks
Willow Working	Eyemouth Community Garden, Golf Course Road, Eyemouth TD14 5SF	30th January 2024	Tuesday	09:30 - 12:30	6
Board games for Beginners	Chirnside Community Centre, Cross Hill, Chirnside TD11 3XR	18th January 2024	Thursday	10:15 – 11:45	10
Art and Mindfullness	Marine Innovation Brown's Bank, Eyemouth TD14 5DQ	19th January 2024	Friday	12:00-14:00	6
Bake your own gluten free afternoon tea	Coldstream Parish Church, 68 High Street, Coldstream TD12 4DH	26th February 2024	Monday	10:00-13:00	5
Introduction To Creativity & Crafting	Duns Library, 45 Newton Street, Duns TD11 3QB	23rd January 2024	Tuesday	13:30-15:00	6

More information below on workshops, contact details and additional information.

Willow Working	Abundant Borders Karen Birch karen@abundantborders.org.uk Participants will enjoy a series of workshops based around working with willow. Participants will visit a willow nursery to see how willow is grown and select willow for crafting and planting. Participants will learn how to make simple woven items from willow, learn how to plant and maintain a willow nursery and will create a living willow structure for the Eyemouth Community Garden.
Board games for Beginners	Eddy Richards games@bruntonallanton.plus.com Learn to play some modern boardgames with help from expert game explainer Eddy. These games are easy to learn, quick to play, but will stretch your mind a little! These games bring people together (unlike Monopoly!) to have fun, and there will be a range to suit all tastes, e.g. scoring points by making beautiful patterns of tiles in Azul, connecting bus routes in Ticket to Ride or exploring a ruined temple to gather treasures and escape with them before the hazards get you in Incan Gold. You don't need to bring anything, except a willingness to join in, all games provided. Families welcome to come along.

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Art and Mindfulness	JAG ART 82 Jan Cowan 07359 021560 jagart82enquiries@gmail.com Workshops will be art based with a little craft, following simple guidelines and direction but having the freedom to use your own imagination. Looking at shapes, colours, sizes, tones patterns and texture, using paints and materials to create shapes in perspective. Using the vanishing point to create different shades of prime colours. The opportunity given to in this way is to create your own masterpiece.
Bake your own gluten free afternoon tea	Rachel Parker frangipanebakes@gmail.com 07756811422 Would you like to learn how to bake an afternoon tea suitable for a gluten free diet? Join us for this series of workshops and learn to bake a variety of sweet and savoury recipes. You'll get lots of hints and tips, along with some baking to take home each week. For the final week, we will share an afternoon tea to celebrate our new skills and friendships! Throughout these workshops we will be developing numeracy skills through scaling recipes up and down, calculating the cost of each recipe and budgeting for our celebration event on the final week. The workshops will be delivered by 2 trainers to a small group with a maximum of 6 students. The venue is wheelchair accessible and has a disabled toilet. Find out more about The Frangipane Bakery, including our mission as a social enterprise via our social media. We are on Facebook, Instagram and TikTok @frangipanebakes
Introduction To Creativity & Crafting	Lesley Rosher The Crafty Creative lesley@thecraftycreative.co.uk This fun session primarily aimed at a social creative class, learning skills including patterns, numbers, and colours . A relaxed environment which will provide a comfortable space to learn . A creative and crafty class to suit all adults . Emphasis on fun and learning, no previous experience required all kits are provided. Each session will cover: • Crystal Art • Giant Origami • Mini Cross Stitch • Beaded Bracelets • Mosaic Kit • Potluck Choice - Based on the previous 5 weeks session, each individual can pick to revisit a craft and learn more or choose from a selection of different crafts for the final session.

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Cheviot – Kelso, Jedburgh

Activity	Venue	Start Date	Day	Time	Weeks
Artful Numeracy	Room 2, Abbey Row Centre, Kelso TD5 7BJ	24th January 2024	Wednesday	11:00 –13:00	6
Stone Carving with Casting option	Abbey Row Centre, Kelso TD5 7BJ	15th February 2024	Thursday	10:30 –12:00	6
Introduction to growing fruitful gardens and orchards	Crailing Community Orchard, Crailing, Jedburgh	21st January 2024	Sunday	10:00 –13:00	6
Introduction To Creativity & Crafting	Kelso Library, Bowmont Street, Kelso TD5 7JH	22nd January 2024	Monday	13:30-15:00	6

More information below on workshops, contact details and additional information.

Art and Mindfulness	Melanie McEwan Studio hello@melaniemcewanstudio.com Have fun creating your own artworks with techniques that require no previous art experience. Explore painting by mixing paint, pouring paint, applying it to wood and canvas to make artworks to take home and hang on your wall with pride. Please wear clothes that you don't mind getting paint on or bring an apron/coverup.
Stone Carving with Casting option	Natasha Smith natstone@live.co.uk Natasha Stone Carving This workshop is suitable for complete beginners and will teach the skills involved in stone carving. You will learn the techniques of carving starting with a circle or geometric shapes to create a relief carving based around circles. Either Celtic or abstract. You will learn how to use the tools used in stone carving, providing a basic understanding of this heritage skill. Each week you'll gain more confidence and knowledge to plan, development and create a wonderful carving to take home! Stone carving is very relaxing and calming. No artistic ability or strength needed, just enthusiasm! Natasha will provide masks and goggles, but you may want to wear an apron or some old clothes as you will get dusty. You will need to wear strong boots or shoes.•

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Introduction to growing fruitful gardens and orchards	Orchard Development Group crailingcommunityorchard@gmail.com A comprehensive introduction into all aspects of planting and maintaining fruit trees and bushes, from grafting and propagating plants for free, to developing healthy soils, pruning, raised bed building and companion planting. Attendees will gain a certificate of attendance and will be able to participate in a free willow weaving course, to create decorative garden features, in the final session. Warm, waterproof clothing, sturdy boots and work gloves are essential. Attendees should be able to manage uneven ground/sloping site, walking poles may be useful. There is a compost loo on site, but no running water. Attendees should bring their own food and drinks. A small fire pit will be provided for warmth. All equipment will be provided. Free parking is available in the lay-by just off the A698, west of Crailing village, it's a short walk up the lane to the orchard. **Disability parking in the orchard is available by request.**
Introduction To Creativity & Crafting	The Crafty Creative lesley@thecraftycreative.co.uk This fun session primarily aimed at a social creative class, learning skills including patterns, numbers, and colours . A relaxed environment which will provide a comfortable space to learn . A creative and crafty class to suit all adults . Emphasis on fun and learning, no previous experience required all kits are provided. Each session will cover: • Crystal Art • Giant Origami • Mini Cross Stitch • Beaded Bracelets • Mosaic Kit • Potluck Choice - Based on the previous 5 weeks session, each individual can pick to revisit a craft and learn more or choose from a selection of different crafts for the final session.

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Eildon – Tweedbank, Galashiels, Blainslie

Activity	Venue	Start Date	Day	Time	Weeks
Creative Tech Tasters	Inspire Learning Centre, Tweedbank TD6 9BJ	23rd January 2024	Tuesday	19:00 –20:30	6
Learn to Draw - beginners course	MacArts Centre, Bridge Street Galashiels TD1 1SP	6th February 2024	Tuesday	18:30 –21:00	6
Beginners guide to numeracy & its application in web design and Google analytics	Inspire Learning Centre, Tweedbank TD 6 9BJ Available as an online class too	5th Febrtuary 2024	Monday	17:30 –18:45	5
Absolute Beginners - Guitar	MacArts Centre, Bridge Street, Galashiels TD1 1SP	7th February 2024	Wednesday	10:30 – 11.30	6
Learn to sew – have a go!	Great Tapestry of Scotland, 14-20 High Street, Galashiels TD1 1SD	19th January 2024	Friday	14:00-16:00	8
Explorations with Wood	The Steading, Blainslie TD1 2PR	15th February 2024	Thursday	18:15-20:15	6
Hand build Pottery and Outdoor crafts	Trinity Church, Melrose High Cross Avenue Melrose TD6 9SU	1st February 2024	Thursday	10:00-12:00	7

More information below on workshops, contact details and additional information.

Creative Tech Tasters

Ignee Panneels and Jules Horne
creativecoathanger@gmail.com

Interested in having some starter fun with creative technology?

Six workshops to give you a beginner's taster session in creative tech and playful computing. If you've ever wondered about exciting STEAMD (Science, Technology, Engineering, Art, and Design) education tools and fancied a go, this is for you. No experience required – beginners only. Equipment is supplied. Each session looks at a different fun activity and you'll learn about using numbers on the way.

- Paper circuits
- Switch it up
- Robotics
- Computer music
- Music numbers
- LED lights

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Creative Tech Tasters	1. Paper circuits. Make a sparkly LED birthday card by sizing and cutting card, tape, and geometric shapes, and connecting the LED to a small battery. 2. Switch it up. Use a minicomputer to trigger your own fruit sound machine. 3. Robotics. Meet a beginner robot that responds when you just add numbers. 4. Music and magic numbers. Have a go at making notes and beats with everyday objects and everyday numbers. 5. Computer music. Try your hand at electronic dance music and beat making with numbers. 6. LED lights: Program a microcontroller to sequence LED lights and a teeny computer Aimed at parents with children at school who are learning about STEMD topics, this will provide a gentle hands-on introduction. This will make numbers more fun, accessible, and exciting for anyone who has been turned off numbers in the past. Anyone who needs more confidence in thinking of numbers as useful and exciting tools rather than a school subject. School leavers or students who are interested in tech and creativity and would like an introduction to some useful tools and concepts. This is a good intro for anyone whose IT introduction moved too fast and who prefer the idea of physical computing/practical applications rather than pure coding.
Learn to Draw Beginners Course	Lara Harbour harbourart.info@gmail.com 07523 768406 mailto:harbourart.info@gmail.com This course is designed for absolute beginners & those frustrated doodlers who would benefit from some formal training in basic drawing skills. We teach various measuring techniques & focus on the concept of right-brain thinking, helping you to understand the best way to approach observational drawing. You will be using graphite, chalk & charcoal & will learn how to achieve varied tonal values using different techniques. The aim is to take some of the mystery out of drawing & show how anyone can begin to learn this skill and see pleasing results from the outset. The classes are structured in a way that we start off slowly with each lesson building on the previous one. This helps to build confidence & we invite people of all ages to come and join this course in a relaxed & friendly environment. All materials & refreshments will be provided each week. There is wheelchair access into the studio space and disabled toilet facilities.
Beginners guide to numeracy & its application in web design and Google analytics.	Sociality hello@sociality.uk 07477 097370 This course will offer a foundational knowledge in marketing and website design & maintenance - with numeracy, and its practical application being the main focus. We will cover topics such as cost & profit planning, discounts, deadlines, subscription plans, and trend analysis using Google Analytics. Participants will also learn a basic understanding of spreadsheets using Microsoft Excel. By combining these subjects, students will gain a well-rounded education that includes both technical skills and business acumen.

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Absolute Beginners – Guitar	Ozzy Mackinnon - Freelance Musician based in the Scottish Borders. Ozzy Mackinnon Projects ozzy.mackinnon@btinternet.com Never picked up an instrument in your life? - this one is for you ! Very relaxed and informal introduction to the guitar. Learn about the history of the Guitar. Learn a number of chords. Start to gather your rhythm & play a tune! Plus learn how to string & tune your guitar. Guitars provided
Learn to sew – have a go!	Callum Black The Great Tapestry of Scotland cblack@liveborders.org.uk Over this 8-week course, you will be taught stitches, move on to creating a basic tapestry design and then be guided through the sewing of your tapestry piece, from choosing materials, to the stitching itself – then embellish your design and finally mounting the finished piece. By the end of the 8 weeks, you will be able to confidently able to create your next tapestry piece and will be given your own kit to complete your next work of art!
Explorations with Wood	The Tim Stead Trust Tavienne Bridgwater tavienne@timsteadtrust.org Each workshop session will combine the practical use of numeracy with Tim Stead's natural material – wood. We will learn throughout the workshop about the natural materials used and understand their history and their environment. Each of the 6 micro-workshops will focus on a different project, from wood carving to tree stump printing, producing, and creating physical objects that can be taken home as a reminder of the workshops.

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Teviot and Liddesdale – Newcastleton, Hawick

Activity	Venue	Start Date	Day	Time	Weeks
I "CAN" cook	Buccleuch House 4 South Hermitage Street, Newcastleton TD9 0QR	30th January 2024	Tuesday	15:30 -16:30/17:00	6
Budgeting your Bread & Butter	Burnfoot Early Learning Centre, Burnfoot Community School, Kenilworth Avenue, Hawick, TD9 8EQ	22nd January 2024	Monday	10:00 – 12:00	6
Micrea numeracy and science learning experience with work placement	Micrea Labs, Crown Business Centre, 20-22 High Street, Hawick, TD9 9EH	Duration: 10 weeks, 60 hours in total per participant.			

More information below on workshops, contact details and additional information.

I "CAN" cook	Newcastleton & District Community Trust admin@newcastletoncommunitytrust.co.uk 013873 75908 A cooking together group where we will create easy tinned food-based recipes. Living where we do, shopping local is expensive as is shopping at supermarkets when you apply the cost of transport, but for many **locals** it's their main source of provision. The objective of this pilot is to help people 'make do for longer' using the basics already in their store cupboards. We'll take one week out 13th of Feb, for half term school break.
Budgeting your Bread & Butter	Community, Learning & Development nicola.meikle@scotborders.gov.uk Opportunity to develop some strategies and discover some budgeting tips, which will help to manage finances. Sessions include: • Budgeting challenges • Price comparisons • Blind food tasting! • Batch cooking and meal planning • Cooking!
Micrea numeracy and science learning experience with work placement	Dive into foundational numeracy knowledge and practical lab sessions. Receive hands-on work experience in professional lab settings. End your course with a credible reference upon completion. Benefit from personalized individual support, catering to individual learning needs. Engage with knowledgably Scientists and engineers along with our collaborators within the R&D sector. Develop skill that have potential to lead to future employment opportunities Networking opportunities with various professionals.

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Tweeddale – Peebles, Innerleithen, West Linton

Activity	Venue	Start Date	Day	Time	Weeks
Beginners Drama Course for Adults	Breathe Yoga and Wellness Studios, Old Halyrude School, Old Church Rd, Peebles EH45 8LH	5th February 2024	Monday	19:00–21:30	6
Outdoor Woodland Skills	What 3 Words app/website: Venue - South Park Woods - Peebles W3W: creamed.coconut.fuses There are two car parks Manor Sware Car Park: ///glee.crescendo.arena & car park before on the right ///lentil.owners.atlas Nearest Postcode: EH45 9JE (Edderston Old Farmhouse)	17th February 2024	Saturday	10:00–12:30	6
ART COUNTS	Studio One 1st floor, Innerleithen Memorial Hall, Innerleithen EH44 6HX	26th January 2024	Friday	10:00-12:00	6
Our Village Counts – Community Event Planning	West Linton Village Centre, Raemartin Square, West Linton, EH46 7ED	Starting 22nd January 2024 with a holiday on 12th February	Monday	13:45-15:15	10
Community Role-Playing Games: Dungeons and Dragons	Innerleithen Memorial Hall - 11 Leithen Rd, EH44 6HX, Innerleithen	16th January 2024	Tuesday	18:00-21:00	6
Community Role-Playing Games: Dungeons and	Community Centre (Drill Hall) - Walkershaugh, EH45 8AS Peebles	17th January	Wednesday	18:00-21:00	6

More information below on workshops, contact details and additional information.

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Beginners Drama Course	hello@actingoutdramaschool.com www.actingoutdramaschool.com www.instagram.com/acting_out_drama_school www.facebook.com/actingoutuk www.twitter.com/actingoutuk In this course, you will explore the fundamentals of drama, including improvisation, character development, and script reading. Whether you are a complete beginner or someone with a bit of acting experience, our supportive and encouraging environment will help build your confidence and develop your performance abilities, while understanding the importance of numeracy skills and how these fit into acting and everyday life. Throughout the course, there will be opportunities for open discussion, feedback, and collaborative learning. The aim of this course is to create an inclusive and supportive environment that encourages you to explore drama, creativity, performance, and numeracy with enthusiasm. You will be engaging both sides of your brain for a holistic learning experience which is fun, interactive, and sociable.
Outdoor Woodland Skills	Instinctively Wild CIC Pete Carthy pcarthy@instinctivelywild.co.uk 07555445605 Are you instinctively wild? Interested in nature and practical skills for being outside? Whether you are interested in this yourself, being out with your family or friends, or with a group, this course will equip you with the key practical skills needed. ***Week 1:** Site Health & Safety/Weather/First Aid/Natural navigation/What 3 Words/ Natural History/Nature Journaling. ***Week 2:** Shelters (traditional and lean too, tarps, knots) ***Week 3:** Fire (different fire lighting methods, tree ID, tinder, kindling, fuel wood, Kelly kettles) ***Week 4:** Tools (tool talks, safety, sharpening, safe usage, bowsaws, axe, bushcraft knife) ****Week 5:*** Cordage (Spruce roots, brambles, making craft items with tools), Citizen science surveys, types of Awards. ***Week 6:** Cooking on a fire, making a craft item using a variety of learnt skills from the course. We have a base camp set up in the woods, with camping chairs, tea/ coffee and a fire going in a fire box. If it is raining, we put up a tarp over the fire area. We do have a toilet tent to give privacy for people for no.1's. There is no facility for No.2's. We always do a check in with people at the start and end of sessions, to gauge their mood and where they want to take their learning. Training will be delivered by two Directors of Instinctively Wild CIC, supported by volunteers. Instinctively Wild CIC run Eco-therapy and Forest Schools for a wide variety of organisations. The skills taught on the course are what we use all the time to deliver our sessions.

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ART COUNTS	Jules Bradbury jules@fluidearth.com A series of 6 workshops on Friday mornings through the Winter, looking at where Art and Maths overlap! Together we'll get our hands and minds moving, exploring a different topic each week, working around a big table in a spacious relaxed studio, we'll create simple prints to understand pattern, make a big collaborative drawing to investigate scale, and more. These workshops are particularly good for those who are fazed by numbers, but all are welcome. It's very much about learning by doing. No previous experience required. To find out more, please contact Jules.
Our Village counts – Community Event Planning	West Linton Village Centre Trust Laura Robertson westlintonvillagecentre@gmail.com This workshop is an opportunity to develop the skills, know-how and tools to organise a community event, whilst brushing up on numeracy and budgeting skills! Each session will cover practical elements of community event planning alongside planning an actual community event! Tasks will include: ● • project planning ● • negotiating budgets ● • understanding utility bills ● • understanding financial record keeping ● • using spreadsheets for tracking and simple calculations ● • and much more! For more information, please contact Laura Robertson via email westlintonvillagecentre@gmail.com.
Role Playing Games: Dungeons and Dragons	Cameron Hall 07598788859 info@cameronjohnhall.me Need some Help with maths skills? Maths anxiety? Want a fun way to upskill your maths while playing one of the world's favourite role-playing games Dungeons & Dragons? This six-week course will introduce you to Dungeons and Dragons, how to play, a short campaign (connected stories), and help you with the underlying maths skills and concepts. Meet new people, form friendships, and go on grand adventures. Playing Dungeons and Dragons can help those with maths anxiety or who need a little help with basic numeracy skills, such as budgeting. All materials and equipment will be provided, and participants will get their own set of dice to take home!

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Scottish Borders Wide

Activity	Venue and Time
One to one Maths Tuition	Arranged with learner
One to One/Group Numeracy Tuition for Parents	Arranged with learner(s), starting April 2024
Beginners guide to numeracy & its application in web design and Google analytics.	Hosted Online, Mondays, starting 5th February 2024 for 5 weeks

More information below on workshops, contact details and additional information.

One to one Numeracy Tuition	Community, Learning & Development multiply@scotborders.gov.uk Tuitions can meet in an agreed community venue close to where you live. Tuition available to increase maths confidence, help to reduce maths and anxiety and option to works towards SQA qualifications
One to One/Group Numeracy Tuition for Parents	Juliun Schraeder First Class Learning Consultancy scot.borders@firstclasslearning.co.uk Aimed at parents looking to refresh their numeracy skills to support their child's/ children's learning at primary and secondary level. This course uses the highly successful First Class Learning approach, tailored to the needs of parents and families. Juliun has vast experience of tutoring school children and is extending this to parents, to increase their confidence and numeracy comprehension to better support children's learning at home.
Beginners guide to numeracy & its application in web design and Google analytics.	Sociality hello@sociality.uk 07477 097370 This course will offer a foundational knowledge in marketing and website design & maintenance - with numeracy, and its practical application being the main focus. We will cover topics such as cost & profit planning, discounts, deadlines, subscription plans, and trend analysis using Google Analytics. Participants will also learn a basic understanding of spreadsheets using Microsoft Excel. By combining these subjects, students will gain a well-rounded education that includes both technical skills and business acumen.

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