

Arts & Crafts (8 weeks)

Come along and have fun exploring various types of Arts & Crafts while making something for you or as a gift. Try out a variety of decorative arts & crafts ranging from glass and ceramic painting, textiles and embroidery, to felting, printing, paper crafts and card making.

Begins: Thursday 31st August **Time:** 10.30am - 12.30pm

Where: Leven Library, Durie Street, Leven

OR

Begins: Thursday 31st August **Time:** 1.30pm - 3.30pm

Where: Rothes Halls (Room 5 or 8 & 9), Kingdom Centre, Glenrothes

OR

Begins: Friday 1st September **Time:** 10am - 12 noon

Where: Adam Smith Theatre, Bennoch Road, Kirkcaldy

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Painting & Drawing (8 weeks)

This friendly and relaxed class caters for everyone from beginners to the more advanced. Working in pencil, charcoal and pastel, you will capture a range of still-life objects, learn drawing techniques as well as tackling self-portraits, all building confidence in your work. All materials will be provided.

Begins: Wednesday 30th August **Time:** 1.30pm - 3.30pm

Where: Broomhead Flats, Broomhead Drive (off Pilmuir St), Dunfermline

Pottery (8 weeks)

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: Wednesday 30th August

Time: 10am - 12 noon

Where: Lochgelly Centre, Bank Street, Lochgelly

Printmaking (8 weeks)

This class uses easily accessible materials which you can then easily use at home. We will look at monoprinting, lino, collograph, polystyrene printing, PVA screen printing, nail varnish printing and marbling. Shaving foam can also be used to create beautiful and unusual effects.

Begins: Monday 28th August

Time: 1pm - 3pm

Where: Broomhead Flats, Broomhead Drive (off Pilmuir St), Dunfermline

OR

Begins: Tuesday 29th August

Time: 2pm - 4pm

Where: Dalgety Bay Library, Regents Way, Dalgety Bay

Digital Photography (8 weeks)

Do you want to take better photographs? Award winning photographer David Cruickshanks can help you get the best out of your digital camera in a relaxed and friendly environment. David will help you with all aspects of digital photography including composition, lighting and special effects and you'll get to edit your best images using photo-editing software that's quick and easy to use. The class is open to all abilities.

Begins: Wednesday 30th August

Time: 10am - 12 noon

Where: Lochgelly Centre, Bank Street, Lochgelly

Wellbeing Through Meditation (8 weeks)

Beginners (Mondays & Thursdays) - classes in Dunfermline, Glenrothes and St Andrews offer you an opportunity to learn relaxation techniques for use at home. They includes meditation and breathing exercises along with some gentle movements which will help you to reach a more mindful relaxed state.

Monthly Refresher (Thursdays) - offers a great opportunity to keep yourself on track. You will go over things you have already learned and enjoyed and hopefully share and benefit from some new ideas too.

Dunfermline Beginners Starts: Thursday 31st August Time: 10am - 12 noon

Monthly Refresher: Thursdays 7th Sep & 5th October Time: 12 - 2pm
Where: Carnegie Hall, Music Institute, Dunfermline

St Andrews Class Starts: Mon 28th August Time: 1.30pm - 3.30pm
Where: St Andrews Library (Meeting Room), Church Square, St Andrews

Glenrothes Class Starts: Monday 28th August Time: 10am - 11.30am
Where: Rothies Halls, Kingdom Centre, Glenrothes

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 your place call Verdi at the Partnerships & Creative Development Team on 01592 583255 or email cultural.partnerships@onfife.com. Spaces are limited and will be booked on a first come, first served basis.

Classes will run between 28th August and 6th October



CREATIVE CLASSES

August - October Classes

Creative Opportunities to Improve Mental Wellbeing

FREE courses for people using NHS services

Fife Cultural Trust's Partnerships Team, working in partnership with NHS Fife, are offering a new session of creative classes. Aimed at increasing confidence and self-esteem, classes are FREE to NHS service users but places MUST be booked in advance.

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

