

Fife Council Community Services are currently working in partnership with North Queensferry Community Centre Management Committee to try and identify which classes and courses local people would like to see running in the Centre.

Let us know which of the courses below you fancy trying. We're not promising but we'll see what we can do!

- AEROBICS** - Exercise your wobbly bits, have fun and get fit!
- AROMATHERAPY** - Smell yourself stress free!
- ASSERTIVENESS** - Do you always say "Yes" when you really mean "No"?
- CAR STUFF** - From maintenance to buying, changing a wheel to waxing!
- CALL CENTRE TRAINING** - Get the confidence and experience needed for the current job market!
- CHANGING ROOMS** - Transform that dark and dingy room. Move over Lawrence Lwellyn-Bowen!
- CHILD DEVELOPMENT** - How do they transform from a little darling through the terrible 2s to grow into the adults of tomorrow?
- COMMUNITY ACTION** - Get involved and change the world - or at least your community!
- COMPUTING FOR THE TERRIFIED** - Learn the easy stuff first!
- COMPUTERS (ADVANCED)** - Why not try and get a few modules under your belt?
- COOKING YOUR WAY ROUND THE WORLD** - From Mexico to India via China and Italy
- DRUG AWARENESS FOR PARENTS** - Want to know what's out there, what it looks like and what the signs might be?
- EATING ON A BUDGET** - Meals for 4 for under a fiver!
- ELDEROBICS** - Fun and fitness for the more mature members of the community!
- ENGLISH FOR ADULTS** - Polish up your reading and writing or help the kids with their homework!
- FASHION & DESIGN** - Do you fancy yourself as the next Armani or just fed up with stuff not fitting?
- FIRST AID** - Would you know what to do in an emergency?
- FLOWER POWER** - Do your flowers look like they've been thrown into a vase from the door?
- FOOD HYGIENE** - Get that certificate to help you start your café or just find out where to put what in the fridge and why!
- HYPNOTHERAPY** - Slimming or stopping smoking? This may be the helping hand you need!
- INTERNET: SURFING THE NET** - Wonder why everything has WWW. on it these days or do you want a quick and easy answer to something?

- INTERNET: BUILDING A WEBSITE** -
Make your own! With pictures of the kids for relatives elsewhere or stuff you want to sell!
- INTRODUCTION TO PSYCHOLOGY** -
Explore this fascinating subject and get into how our minds work!
- JEWELLERY MAKING** - Original and exclusive - as gifts, a treat for yourself, to fundraise for a group or even to set up a small business
- LIFE BEYOND CHICKEN NUGGETS** -
Ideas on what to feed your kids!
- LOCAL HISTORY** - Do you know anything about the area? Who was famous and why?
- LOOK GOOD, FEEL GOOD** - Never mind the Health Farms! An introduction to Aromatherapy, Reflexology, Beauty Therapy and Relaxation!
- MANAGING YOUR MONEY** - Budgeting and balancing the household books. An impossible task?
- MATHS FOR ADULTS** - Brush up on the basics or how to help your kids with their homework
- POETRY & CREATIVE WRITING** -
Always wanted to have a go?
- READY STEADY COOK** - Meals in under 30 minutes - just like on the telly (well almost!)

- REFLEXOLOGY** - Did you know that playing with your feet can help your back - and much more!
- STAINED GLASS** - Brighten up your doors and windows or even a vase or bowl!
- TAI CHI** - Relax and get fit with an oriental ancient martial art form (a bit like Karate but a lot slower!)
- TENANTS' ISSUES** - Got a gripe and not sure where to start?
- UPGRADING YOUR COMPUTER** - Was your computer built with the Ark? All may not be lost!
- WORKING WITH YOUNG PEOPLE** -
Ever felt you have something to offer but not sure how to get started?
- YOGA** - Feel good, keep fit and bend yourself like you never thought was possible!
- Z.....** - Sorry couldn't think of an interesting class beginning with 'Z'!!!

Any other ideas?

.....

.....

.....

In some cases help with course fees and childcare costs may be available. Most courses will run on weekdays. Please indicate below (circle) which would be your preferred time for the courses you have ticked.

Morning Afternoon Evening