

GIRVAN OPPORTUNITIES



AYRSHIRE
south
COUNCIL

GIRVAN OPPORTUNITIES



Contact us for more information:



Girvan Opportunities

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<http://www.south-ayrshire.gov.uk/girvan-opportunities/>



People come to Girvan Opportunities to learn new skills, get better at things they like doing and meet their friends.



We will ask you what you want to get out of your time here. These are called your outcomes.



We offer a 34-week programme based within the Carrick Opportunities Centre. We also use local community halls for our larger activities.



We will use your choices to design a timetable tailored to suit you. Staff will always be available to support you if needed.



Classes are Monday-Friday and start at 10am and 1:15pm and run for 1 hour 30 minutes with a break included in the time.



Recognising Achievement

All learning achieved will be recognised. Girvan Opportunities offers ASDAN (Award Scheme Development and Accreditation Network) to our timetable which offers programmes and qualifications that explicitly grow skills for learning, skills for employment and skills for life.

Our classes

We offer a wide range of activities based both in the Carrick Opportunities Centre and in the community.

- ASDAN CLASSES
- I FOUND Drama
- Yoga
- Communication
- Sports/Keep Fit @ the Quayzone
- Dance
- Swimming @ the Quayzone
- Card Making
- Dance Fit
- Mindfulness & Meditation
- Zumba
- Business Enterprise
- Community Garden
- Banner Workshop
- Advocacy - Have your say

Life Skills:

We include the skills below in all our activities to support people to become more confident, happier and more skilled members of their community. They include

- Numbers
- Reading
- Writing
- Speaking
- Listening
- Taking part
- Building confidence
- Role play
- Makaton Signs