

Information about courses

Start IT: A great introduction to using a pc and learning about word processing. Maybe you have put off taking your first steps into the world of computers but it is never to late and this course will be a great starting point. This course will also cover the basics of using the internet and using e-mail.

Skills to Build: this short course will offer an introduction to the skills needed in diy for minor work around the house in electrics, plumbing, using power tools, tiling and plastering and putting flat-pack furniture together. It is designed to encourage women to think of the opportunities in their home to get those annoying jobs done. Come along prepared to get your hands dirty and ready to try anything.

Confidence to Question: this is a personal development programme for women so they can build their self-esteem and confidence, develop and practice assertive techniques in situations they may find challenging and provide an opportunity to listen and question their own and others points of view and consider their future actions all within a safe and supportive environment.

Bag Making: this 8 week course will be of interest to women who want to produce an individual bag using various sewing techniques. The tutor will provide a kit of the materials required for each student (hence there'll be a cost for materials). The skills of cross-stitch, embroidery and, quilting will all be used.

Mind your Money: Are you fed up hearing about the recession and feeling unsure about how to manage your finances and take back some control of how it affects you and your family. This course is designed to get you thinking more positively about your finances and to make better financial decisions in the future.

Self Defence: Do you worry about what you would do to defend yourself against a physical attack? Come along to this course and see what practical steps you can take to protect yourself.

Beginning Dressmaking: This course is aimed at the absolute beginner and will take you through the basic steps of making your own clothes or doing alterations.



After School Art Club

This 8 week programme is aimed at primary school children 6-12 years. Children can attend the club on Tuesday 4-6pm or Wednesday 4-6pm. There is a small charge of £2 per session per child. Your child should bring a healthy snack. This is a great opportunity for your child to develop their creativity and take part in sessions which will look at different cultures and techniques.



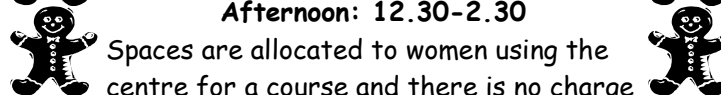
Crèche



The Waterside Women's Centre has an on-site crèche which takes children from 6 weeks to 5 years of age. Our daily sessions are:

Morning: 9.30-12.30

Afternoon: 12.30-2.30



Spaces are allocated to women using the centre for a course and there is no charge for these. The remaining spaces are available for drop-in bookings and are charged at £3-£5 per child per session *terms and conditions apply.*



170, Spencer Road, Waterside, BT47 6AH

Tel : (028) 7134 1579 Fax: (028) 7134 1589

email: waterside.women@virgin.net

OFFICE HOURS:

Monday - Friday 9am-5pm

Registered Charity No. XR 62761



waterside
WOMENS
centre

**Open Day
for Enrolments
Wednesday
22nd April**

10am - 7.30pm



**April 2009
Programme**

Course List - April 2009

Course Name	Start Date	Class Time	Full Rate	Conc. Rate	Exams Cost
MONDAY					
Beginning Dressmaking (8 weeks)	27/4/09	7.30-9.30pm	£30	£20	
Parents Promoting Sexual Health (5 weeks)	27/4/09	7.30-9.30pm		£5	
TUESDAY					
Skills to Build—Morning (10 weeks)	28/4/09	10 - 12 noon		£10	
Start IT (Tues & Thurs Mornings—twice per week)	28/4/09	9.30-11.30am		£20	
Confidence to Question (10 weeks)	28/4/09	9.30-11.30am		No Charge	
Skills to Build—Afternoon (10 weeks)	28/4/09	12-2pm		£10	
After School Art Club (8 weeks)	28/4/09	4-6pm		£2 per session	
Self Defence (6 weeks)	28/4/09	7.30-9.30pm		£25	
WEDNESDAY					
Cook It (8 weeks) plus £3 for ingredients each week	29/4/09	9.30-11.30am		£20	
After School Art Club (8 weeks)	29/4/09	4-6pm		£2 per session	
THURSDAY					
Walking Group	30/4/09	10—11am		No Charge	
Mind your Money (6 weeks)	30/4/09	9.30-11.30		No Charge	
FRIDAY					
Bag Making (8 weeks) plus fee for materials provided by tutor	1/05/09	9.30-11.30am		£10	

A £5 deposit must be paid to enrol for all courses
Deposits and course fees are non-refundable
Crèche spaces must be booked when enrolling for classes and
remain free while attending class

Classes which began in September or January return on the following dates:

Watercolours: Monday 20th April 9.30am
Childcare Level 2: Monday 20th April 9.30am
Monday CLAIT: Monday 20th April 9.30am
Word Processing: Monday 20th April 7.30pm

Introduction to English: Tuesday 21st April 9.30am
Tuesday & Thursday CLAIT: Thursday 23rd April 12.30pm

Sage Accounts: Wednesday 22nd April 9.30am
Patchwork & Quilting: Wednesday 22nd April 12.30pm

Oil Painting: Thursday 23rd April 12.30pm

Start IT: Friday 24th April 9.30am