

## Talking about Difficult stuff!

We all know that some things are more difficult to talk about especially when we don't feel comfortable with the topic. So we're offering you some courses to help ...

**Parents Promoting Sexual Health:** An opportunity to raise awareness and knowledge of sexual health amongst adults and to increase the confidence of parents to communicate with children and young people on relationships, sexuality and sexual health.

**Mind your Money:** A great course to get you thinking about how to protect your hard earned money and how to make the most of your money.

**Did Santa bring you a new computer or a digital camera? Are you afraid to start using it? Well why not enrol for one of these courses and put your equipment to better use!**

**Start IT:** An 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 too late and this course will be a great starting point.

**CLAIT:** A great course to move onto from the basics learning more about word processing, spreadsheets and using a pc for storing files.

**Using a Digital Camera:** Did you get a digital camera for Christmas or has the one you got for a birthday present been lying unused? This course will introduce the basics of using a digital camera and how to transfer the photographs onto a computer for further corrections etc. Great for the beginner but would also suit someone wanting to learn a little more.

## After School Art Club

This 10 week programme is aimed at primary school children 6-11 years. Children can attend the club on Tuesday 4-6pm or Wednesday 4-6pm. There is a 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 for producing art pieces.

### **Waterside Women's Centre Crèche**

The Crèche operates to provide on-site childcare for women undertaking courses. Crèche places are free while attending the course. Spaces are limited and early booking is essential.



A drop-in crèche is available when sessions have spaces, please ask in the crèche for details or to book.

Drop-in spaces are only available if your child is currently attending the crèche.

Crèche sessions run to coincide with classes  
9.30-11.30am and  
12.30-2.30pm

170, Spencer Road, Waterside, BT47 6AH

Tel : (028) 7134 1579

email: [info@watersidewomen.net](mailto:info@watersidewomen.net)

### **OFFICE HOURS:**

Monday - Friday 9am—5pm

Registered Charity No. XR 62761



**Open Day  
for Enrolments  
Thursday  
15th January  
10am—7.30pm**



January 2009 Programme

# Course List - January 2009

Course Name	Start Date	Class Time	Full Rate	Conc. Rate	Exams Cost	Additional Costs
<b>MONDAY</b>						
Watercolours (15 weeks)	19/1/09	9:30-11:30am	£30	£20		Materials
Who do you think you are? (10 wks) (Over 50s)	19/1/09	12:30-2:30pm	£10	£10		
Beginning Meditation (6 wks)	19/1/09	7:30—8:30pm	Free	Free		
Knit, Stitch & Bitch Club (10 wks)	19/1/09	7:30-9:30pm	Free	Free		
<b>TUESDAY</b>						
Parents Promoting Sexual Health (5 wks)	20/1/09	9:30-11:30am	£5	£5		
Safe & Sound 16-25 years old (10 wks)	20/1/09	12:30-2:30pm	Free	Free		
CLAIT Tuesday & Thursday (15 weeks twice a week)	20/1/09	12:30-2:30pm	£60	£20	TBA	
After School Art Club (10 wks)	20/1/09	4-6pm	£2 per session per child			
<b>WEDNESDAY</b>						
Yoga for over 50s (10 wks)	21/1/09	10-11:30am	£10	£10		
Cook It (10 wks)	21/1/09	9:30-11:30am	£20	£20		Ingredients
Using a Digital Camera (10 wks)	21/1/09	12:30-2:30pm	£30	£20		
After School Art Club (10 weeks)	21/1/09	4-6pm	£2 per session per child			
<b>THURSDAY</b>						
Flower Arranging (10 wks)	22/1/09	9:30-11:30am	£20	£20		Materials
Mind Your Money (10 wks)	22/1/09	9:30-11:30am	£10	£10		
<b>FRIDAY</b>						
Appliqué (10 wks)	23/1/09	9:30-11:30am	£10	£10		Materials
Start IT (15 wks)	23/1/09	9:30-11:30am	£30	£20	TBA	
Conversational Spanish (8 wks)	13/2/09	9:30-11:30am	£10	£10		
Walking Group	23/1/09	10-11am	Free	Free		

## New Courses on Offer for Over 50s

### Offered in partnership with the WEA Learning Age Project

**Yoga for Over 50s:** If you are new to yoga or if you've some experience of it this course is for you. Get flexible and feel better. (Tell your tutor of any special needs/aches and pains etc. you have before starting)

**Who do you think you are?** This course offers participants a step by step approach to tracing your family tree. You will learn the process of searching for your roots and end up learning so much more such as local history for example. The class will begin by looking at family reminiscences. It will show you how to search for family papers, how to organise your information and draw up your family chart. Then you will begin the research using local information and using the internet.

### Safe & Sound Project for 16-25 year olds

This course focuses on topics such as self-esteem, life coaching and assertiveness and will also look at dealing with unhealthy relationships.

**For more information you can contact Emma Johnston at Youth Action on 7131 8854**

**A deposit of £5 is required to enrol for a course**

**(All deposits\* and course fees are non-refundable unless we cancel a class)**

**Crèche places should be booked when enrolling for classes**