PRESS RELEASE…PRESS RELEASE…PRESS RELEASE…PRESS RELEASE…

AVAILABLE NOW

2013-2014 programme

Open for enrolments throughout July & August 2013

* Contact the Women’s Centre to see what’s on offer and sign up now for the skill of your choice.
* On-site childcare is available for children aged 8 weeks to 4 years.
* Register as soon as possible to secure your place. You can do this throughout July and August.
* Depending on your age and level of qualifications we may be able to help with fees. Have a look at the new list of courses and projects on offer.
* Visit our website and keep an eye on the Centre’s Facebook page for updates.

**The PROSPER PROGRAMME**

This innovative programme has lots to offer particularly for women who want to gain skills & qualifications for work. Call in and see the range available including:

Adult Social Care, Manual Accounts – Lvls1,2&3, Computerised Payroll, Pattern Cutting & Design, CLAIT plus, Counselling L3, Maths for Work, English for Work, Online Computer Basics. Individual help and support is offered throughout the year.

**Power You Need For Change (PUNCH)**

An initiative aimed at empowering young women in the 16-24 age group who are not working or not in education/training. This will be an exciting opportunity and challenge. The project offers: Nail Art & Make Up skills, Zumba, Aqua Zumba, Personal Development & Self Esteem (SCIPE), Driving Theory, Horse Care, Make Your Own Bangles, Healthy Cooking, Healthy Body Image (IMPACT), Women’s Local History Tour, DJ Skills programme, Drama Workshops/Residential, Opportunity Youth 5 day Residential

**Learn for Life**

This project will increase your confidence and self-esteem and encourage you to take steps to further learning. It includes:

Counselling L2, Women’s Multi - Cultural Language Support Programme, Understanding Substance Misuse and a Study Club.

**Multi-Cultural Project / Crafting English**

The multi-cultural women’s group meets weekly to exchange information and make connections among women who are new to the City. The programme also delivers conversational language skills, arts and crafts and workshops on a range of issues identified by the group. In turn we learn about and welcome different cultures and languages to the Centre and to the City. The children enjoy the crèche facilities and this project is turning out to be one of our most innovative and exciting initiatives.

**Child at the Centre Project (CATC)**

This is a programme of joint activities and support for mothers and babies. The programme includes a listening ear service as well as: Baby Massage, Yoga & Reflexology, Mum & Baby Aqua Swim, Relaxation for Kids, Arts & Crafts and Stay & Play. We also offer First Aid Awareness & Cook It for the mums.

# Maths & English

If you feel that you need more support with English, Maths, or I.T. then our essential skills courses are for you. You will have up to 30 weeks tailored support, delivered by qualified tutors and leading to nationally recognised City & Guilds qualifications. These go from basic level to Level 2 – GCSE equivalent. For a confidential chat about the service, contact the Women’s Centre and ask for Dee or Rayna.

**Adult Social Care & Other Courses**

We will continue to deliver the L2 in Certificate in Adult Social Care. This course will help you towards employment in this field.

This year we are also offering a Health Awareness programme (HAPI) in partnership with a local pharmacist.

# Creative Courses

Our range of creative courses is always popular, so early booking is advisable. Garment Making is on offer as well as Traditional Crafts including knitting, patchwork quilting & crocheting. A new course - Pattern Cutting & Design is also offered this year.

## Diploma in Combined Studies (Women’s Studies)

Application packs for this University of Ulster Access course in Combined Studies/Women’s Studies are now available. This foundation course is delivered at the Women’s Centre in partnership with NWRC and is a two year part time programme leading to a UU Diploma in Combined Studies. Once achieved you will have a recognised university entrance qualification. Further information about the course can be obtained from the Women’s Centre.

## CPCAB Counselling qualifications.

We now have a full progression programme for those interested in becoming a Counsellor or using counselling skills in your current role. You can start off with a Level 2 Counselling Skills Certificate. We also deliver the CPCAB Level 3 Counselling Studies qualification. Progress from this on to the CPCAB Level 4 Diploma in Counselling - a 2 year part time programme. The Level 4 Diploma counts as units towards an Open University Degree in Counselling. The Counselling & Psychotherapy Central Awarding Body (CPCAB) accredits all these programmes.

* Fees to be paid on registration - proof of benefit required for concessionary rate.

For further information, contact Dee or Rayna at The Women’s Centre, Beibhinn House, 5 Guildhall Street

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