

PROVISIONAL TIMETABLE – AUTUMN 2022



Course Title	Start Date	Day	Time	Duration
IT				
Photography	13.09.2022	Tuesday	9.45am - 12.45pm	6 Weeks
Computer Coding using Java	15.09.2022	Thursday	10.00am - 12.00pm	10 Weeks
WELLBEING				
Relax & Unwind	06.09.2022	Tuesday	9.45am - 11.45am	6 Weeks
Stretch & Tone	13.09.2022	Tuesday	1.30pm - 2.30pm	6 Weeks
Living Life to the Full	14.09.2022	Wednesday	9.45am - 11.45am	6 Weeks
Walk & Talk	14.09.2022	Wednesday	9.45am – 11.45am	5 Weeks
I Can	15.09.2022	Thursday	9.45am - 12.00pm	3 Weeks
Yoga	16.09.2022	Friday	2.00pm - 3.15pm	6 Weeks
Forest Bathing	06.10.2022	Thursday	9.45am – 11.45am	4 Weeks
Holistic Therapies (Tasters)	18.10.2022	Tuesday	9.45am - 11.45am	8 Weeks
Stress Management	07.11.2022	Monday	9.45am - 11.45am	6 Weeks
African Drumming	09.11.2022	Wednesday	9.45am - 11.45am	6 Weeks
Tai Chi	10.11.2022	Thursday	9.45am - 11.00am	6 Weeks
ESOL				
ESOL Entry 1 Speaking & Listening	05.09.2022	Monday & Tuesday	9.45am - 11.45am	24 Weeks
ESOL Entry 2 Speaking & Listening	05.09.2022	Monday & Wednesday	9.45am - 12.45pm	24 Weeks
ESOL Entry 2 Speaking & Listening	06.09.2022	Tuesday & Thursday	1.00pm - 3.00pm	24 Weeks
ESOL Entry 3 Speaking & Listening	06.09.2022	Tuesday & Thursday	9.45am - 12.45pm	24 Weeks
Pre-ESOL	14.09.2022	Wednesday	1.00pm - 3.00pm	23 Weeks
LIFESKILLS				
Improve Your English	05.09.2022	Monday & Wednesday	9.45am - 11.45am	22 Weeks
GOALS – Gaining Opportunities & Living Skills	23.09.2022 & 30.09.2022	Friday	10.00am - 4.00pm	2 Days
COMMUNITY ENGAGEMENT				
Gardening/Allotment	06.09.2022	Tuesday	12.30pm - 2.30pm	13 Weeks
Pictures of my World	21.09.2022	Wednesday	1.00pm - 3.00pm	6 Weeks
Culture Awareness	09.11.2022	Wednesday	1.00pm - 3.00pm	6 Weeks
Flavours of the World	TBC	TBC	TBC	TBC
FIRST AID/FOOD SAFETY LEVEL 1				
First Aid	TBC	TBC	TBC	TBC
Food Safety	TBC	TBC	TBC	TBC

“This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy”

Courses/Dates/Times Subject to Change

Apply online @ firststepswomenscentre.org
Email: fswc.enquiries@gmail.com