

PROVISIONAL TIMETABLE Winter 2023

Course Title	Start Date	Day	Time	Duration
WELLBEING				
Living Life to the Full	10/01/2024	Wednesday	12.30pm - 2.30pm	6 weeks
Meditation and Journalling	16/01/2024	Tuesday	10.00am - 11.00am	6 weeks
Pilates	16/01/2024	Tuesday	1.30pm - 2.30pm	6 weeks
Discover You	17/01/2024	Wednesday	9.45am - 11.45am	8 weeks
Dancing Your Way to Health & Happiness	18/01/2024	Thursday	9.45am - 11.45am	6 weeks
Choir Group	29/01/2024	Monday	1.15pm - 1.45pm	4 weeks
Creative Writing	20/02/2024	Tuesday	12.30pm - 2.30pm	6 weeks
Menopause Awareness	21/02/2024	Wednesday	12.30pm - 2.30pm	4 weeks
Tai Chi for Relaxation	22/02/2024	Thursday	1.30pm - 2.30pm	5 weeks
LIFESKILLS				
English for Beginners	14/09/2023	Thursday	9.45am – 11.45am	Ongoing
ESOL Entry Level 1	11/09/2023	Monday & Tuesday	9.45am – 11.45am	Ongoing
ESOL Entry Level 2 (AM)	11/09/2023	Monday & Wednesday	9.45am – 12.45pm	Ongoing
ESOL Entry Level 2 (PM)	12/09/2023	Tuesday & Thursday	1.00pm – 3.00pm	Ongoing
ESOL Entry Level 3	12/09/2023	Tuesday & Thursday	9.45am – 12.45pm	Ongoing
Improve Your English (M)	11/09/2023	Monday	9.45am – 11.45am	Ongoing
Improve Your English (W)	13/09/2023	Wednesday	9.45am – 11.45am	Ongoing
REAP PROJECT				
Job Club	20/09/2023	Wednesday	1.00pm – 3.00pm	Ongoing
Social Media Skills	17/01/2024	Wednesday	9.45am - 12.45pm	4 weeks
Mental Health First Aid	02/02/2024	Friday	9.30am – 3.30pm	1 day
Introduction to Canva	28/02/2024	Wednesday	9.45am - 11.45am	4 weeks
Paediatric First Aid	05/03/2024	Tuesday & Thursday	9.45am - 12.45pm	2 sessions
Content Creating (Beginners)	TBA			
Food Hygiene	TBA but will be held online			
Sewing & Alterations (Beginners)	TBA			
COMMUNITY RELATIONS				
Cultural Awareness	14/09/2023	Thursday	9.45am - 11.45am	Ongoing
Cultures Unveiled	12/01/2024	Friday	9.45am - 11.45am	5 weeks

***Courses/Dates/Times Subject to Change**

Apply online at <https://www.firststepswomenscentre.org/index.php/application-form>

Email: thewomenscentre@gmail.com