

TIMETABLE

Autumn 2025

Course Title	Start Date	Day	Time	End Date
WELLBEING				
Mindful Photography Walk	08/09/2025	Monday	9.45am – 11.45am	13/10/2025
Building Self Confidence	08/09/2025	Monday	12.30pm – 2.30pm	13/10/2025
Meditation & Journalling	09/09/2025	Tuesday	9.45am – 11.45am	14/10/2025
Stretch & Tone (1)	09/09/2025	Tuesday	1.30pm – 2.30pm	14/10/2025
African Drumming	11/09/2025	Thursday	12.30pm – 2.30pm	16/10/2025
Respectful Relationships	25/09/2005	Thursday	9.45am – 11.45am	16/10/2025
Women, Barriers & Breakthroughs	20/10/2025	Monday	9.45am – 11.45am	08/12/2025
Introduction to Holistic Therapies	21/10/2025	Tuesday	9.45am – 11.45am	08/12/2025
Frauds & Scams	23/10/2025	Thursday	1.00pm – 2.00pm	One off
Unlocking Your DIY Potential	03/11/2025	Monday	9.45am – 12.45pm	24/11/2025
Stretch & Tone (2)	04/11/2025	Tuesday	1.30pm – 2.30pm	09/12/2025
Body. Mind. Emotions.	06/11/2025	Thursday	9.45am – 11.45am	11/12/2025
Living Life to the Full	06/11/2025	Thursday	12.30pm – 2.30pm	11/12/2025
The Cost of Living Squeeze	19/11/2025	Wednesday	10.30am - 11.30am	One off
ENGLISH				
English for Beginners	18/09/2025	Thursday	9.45am – 11.45am	Ongoing
ESOL Entry Level 1	09/09/2025	Monday & Tuesday	9.45am – 11.45am	Ongoing
ESOL Entry Level 2 (Morning class)	08/09/2025	Monday & Wednesday	9.45am – 12.45pm	Ongoing
ESOL Entry Level 2 (Afternoon class)	09/09/2025	Tuesday & Wednesday	1.00pm – 3.00pm	Ongoing
ESOL Entry Level 3	09/09/2025	Tuesday & Thursday	9.45am – 12.45pm	Ongoing
Improve Your English	15/09/2025	Monday & Wednesday	9.45am – 11.45am	Ongoing
EMPLOYABILITY				
Mindset Matters	08/09/2025	Monday	9.45am – 11.45am	29/09/2025
Job Club	10/09/2025	Wednesday	1.00pm – 3.00pm	10/12/2025
Special Educational Needs Awareness Training	17/09/2025	Wednesday	9.30am – 3.00pm	One off
Level 2 Award in Counselling Skills	24/09/2025	Wednesday	9.45am – 12.45pm	10/12/2025
Paediatric First Aid	20/10/2025	Monday	9.30am – 3.00pm	One off
Level 2 Award in Mindfulness & Reducing Anxiety in Children	04/11/2025	Tuesday	9.45am – 12.45pm	08/12/2025
CULTURAL IDENTITY				
Exploring Civic and Cultural Society	18/09/2025	Thursday	9.45am – 11.45am	Ongoing

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

Email: thewomenscentre@gmail.com

www.firststepswomenscentre.org/apply