

PROVISIONAL TIMETABLE – AUTUMN 2021

Course Title	Start Date	Day	Time	Duration
Computer Courses – Online				
IAB Level 1 Computerised Payroll	08/09/2021	Wednesday	9.45am – 11.45am	14 Weeks
IAB Level 1 Computerised Book-Keeping	08/09/2021	Wednesday	12.30pm – 2.30pm	14 Weeks
Introduction to Computer Programming using Python (FSWC)	09/09/2021	Thursday	10.00am – 12.00pm	10 Weeks
Microsoft Excel Foundation	08/11/2021	Monday	9.45am – 11.45am	6 Weeks
Canva	08/11/2021	Monday	12.30pm – 2.30pm	3 Weeks
MS Word for Business	09/11/2021	Tuesday	9.45am – 11.45am	6 Weeks
Job Search/Interview Skills Online	09/11/2021	Tuesday	12.30pm – 2.30pm	6 Weeks
Social Media	29/11/2021	Monday	12.30pm – 2.30pm	3 Weeks
WELLBEING				
Building Self Confidence	13/09/2021	Monday	1.00pm – 3.00pm	8 weeks
Yoga (Online)	14/09/2021	Tuesday	1.00pm – 2.00pm	6 Weeks
Relax & Unwind	15/09/2021	Wednesday	1.00pm – 3.00pm	8 Weeks
Food for Thought	30/09/2021	Thursday	1.00pm – 3.00pm	3 Weeks
Mindfulness - Online	02/11/2021	Tuesday	10.00am - 12.00pm	6 Weeks
Pilates	02/11/2021	Tuesday	1.00pm – 2.00pm	6 Weeks
Living Life to the Full	04/11/2021	Thursday	1.00pm – 3.00pm	6 Weeks
Breast, Cervical & Bowel Screening Awareness Programme	15/11/2021	Monday	1.00pm – 3.00pm	3 Weeks
ESOL				
ESOL Entry 1 Speaking & Listening	06/09/2021	Monday & Tuesday	9.45am - 11.45am	24 Weeks
ESOL Entry 2 Speaking & Listening	07/09/2021	Tuesday & Thursday	1.00pm – 3.00pm	24 Weeks
ESOL Entry 3 Speaking & Listening	07/09/2021	Tuesday & Thursday	9.45am - 12.45pm	24 Weeks
ESOL Level 1	06/09/2021	Monday & Wednesday	9.45am - 12.45pm	24 Weeks
Pre-Esol	15/09/2021	Wednesday	9.45am – 11.45am	10 Weeks
LIFESKILLS				
Improve Your English	07/09/2021	Tuesday & Wednesday	9.45am-11.45am	22 Weeks
FIRST AID/FOOD SAFETY COURSES				
First Aid	01/10/2021	Friday	9.30am – 4.00pm	1 Day
Food Safety	08/10/2021	Friday	9.30am – 4.00pm	1 Day
First Aid	15/10/2021	Friday	9.30am – 4.00pm	1 Day
Food Safety	22/10/2021	Friday	9.30am – 4.00pm	1 Day

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

Courses/Dates/Times Subject to Change

