

# DIWC 2015 2016

CLASSES AND GROUPS PROGRAMME



**Dundee International Women's Centre**

# DIWC CLASSES AND GROUPS PROGRAMME

## Welcome to DIWC!

We have a variety of classes suitable for all types of learning and skill level. This programme gives you a brief description of each class. All of our classes take place inside the centre, where we also have a crèche for children up to twelve years old. (£3 per session)

As a new member you will meet one of our Project Team who will assess your needs and recommend the perfect classes for you.

## Our Project Team are:



Dana



Anna



Fatima



Diaré



Vicky

## Contents

Creative classes	page 2
Certificates	page 3
English	page 4
Skills	page 5
Fitness & Wellbeing	page 5
Social Groups	page 6
Parents & Children	page 6
Rise & Shine	page 7
Employment	page 8
Advice & Information	page 9
Funders & Partners	page 10

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## Creative classes

We have a variety of social classes for you if you want to get creative and make new friends. These classes promote mental wellbeing by supporting you to interact with others, improving confidence and self-esteem.



### Art: Wednesday 10am - 12pm

Come together and participate in various art projects which may be displayed at one of DIWC's events and exhibitions throughout the year.

### Basic Arts & Crafts: Thursday 1pm - 2.30pm

For women who like a more relaxed atmosphere: this class is tailored for women with additional support needs. Members work on basic arts and crafts projects. The projects in this class are usually seasonal (for example summer crafts projects in the run up to summer).



### Baking: Tuesday 10am - 12pm

For women to meet new people and learn how to bake. Share recipes from different cultures and countries. Members can request different recipes each week.



### Cooking: Wednesday 1pm - 3pm

This class prepares delicious food with a healthy twist. Learn to cook a variety of food from around the world.



### Make Do & Mend: Monday 10am - 12pm

Learn different crafts such as knitting and sewing. Make new things from recycled fabric. Past projects include making handbags from old t-shirts.



### Sewing: Monday 1pm - 3pm

Suitable for anyone who wants to learn how to sew, in particular how to make shalwar kameeze (traditional Asian trousers and dress). You will learn how to follow a pattern, cutting techniques and how to use a sewing machine.





# Certificates

If you want to gain SQA qualifications we have a selection of formal courses on offer. These classes prepare you for work and further study.

## Dundee & Angus College ESOL: (English for Speakers of Other Languages)



### Who is this for?

Women who would like to learn English as a second language, and gain an SQA qualification.

### What is covered?

Our ESOL classes are taught by tutors from Dundee & Angus College. This course is designed to improve skills in reading, writing, listening and speaking in English.

### What can I gain?

Students who pass the exam are awarded an SQA certificate, gain confidence and improve their chances of finding work. We offer different levels of ESOL classes: all students are assessed individually to make sure we offer the most suitable course. Levels available are Access 2 and National 3.

## ECDL: Monday 10am - 12pm / Wednesday 1pm - 3pm (European Computer Driving License)



### Who is it for?

This course is aimed at learners who wish to continue from the beginners IT class or already have some IT knowledge.

### What is covered?

ECDL is made up of 7 modules which include - IT security, computing fundamentals, Word, Excel, Access, PowerPoint and internet and emails.

### What can I gain?

Students who complete this course receive a recognised qualification useful for later employment such as administration, or entry into further education.

## Volunteer Skills Award: Thursday 1pm - 3pm



### Who is this for?

This is an SQA accredited course that allows you to gain a qualification while carrying out a volunteering role.

### What is covered?

The course involves volunteering at DIWC, keeping a log book of your activities and reflecting on your skills and abilities. You will also find out about other volunteer organisations and carry out a small project.

### What can I gain?

Award in Volunteering Skills SQA Level 3, 4 or 5  
Volunteer experience at DIWC

## Childcare and Playwork: Tuesday 9.45am - 12pm (National Progression Award)



### Who is this for?

The course is suitable for you if you are interested in starting a career in childcare. No qualifications are needed, but you must have a good standard of English. (At least pre-intermediate level English is recommended)

### What is covered?

You will study 5 units and carry out a work placement in our own Rise & Shine crèche. The course runs from September each year and lasts 12 months.

### What can I gain?

- Intermediate 2 National Progression Award in Childcare and Playwork
- Work experience in a crèche
- Ability to register as a childcare support worker with the SSSC\*
- An understanding of childcare legislation

\*Scottish Social Services Centre

## English

Our English classes are designed to support you in developing your confidence, leading to inclusion and better prospects for your future. These classes also aim at increasing social interaction, meeting people from different countries, finding out about other cultures in addition to Scottish traditions and celebrations. Some elements of reading and writing are included.

## English Conversation: Monday 10am - 12pm and 1pm - 3pm Wednesday 10am - 12pm



Absolute beginners to pre-intermediate level. These classes focus on listening and speaking skills and teach English useful for every day situations, using examples such as doctors' appointments.

## English for Life: Wednesday 1pm - 3pm



Intermediate level class. Students work on a project, improving their English skills. You will work as part of a group to create exhibitions or presentations about topics and issues that matter to you.



## Skills

Our classes reflect a wide range of interests: there is something for everyone. These skills-based classes promote informal learning and support you in your self development.

### Arabic: Tuesday 10am - 12pm

This class is for women to come together to learn beginners conversational Arabic. You will be taught by a native Arabic speaker who will start by teaching the Arabic alphabet, help build vocabulary and provide lots of opportunities for you to practice speaking Arabic.



### Computing: Tuesday 1pm - 3pm / Wednesday 10am - 12pm

A beginners class: you will learn the basics of using a computer and gain knowledge of Microsoft Office, Word, emails and the internet.



### Driving Theory: Monday 1pm - 3pm

This class supports learners who want to take the Driving Theory test. You will answer multiple choice questions and practice with online hazard perception video clips. This will build your confidence to sit the Theory test examination.



## Fitness & Wellbeing

These classes offer you the chance to improve your confidence and mental wellbeing through exercise and social interaction.

### Healthy Walking Group: Thursday 10am - 12pm

Funded by the Forestry Commission Scotland. Gentle exercise in the local area, parks and woodlands in Dundee.



### Cycling: Thursday 10am - 12pm

Learn to ride a bike, learn how to stay safe and improve your skills and confidence.



## Social Groups

Our social groups aim to promote social inclusion and mental wellbeing through a range of stimulating activities.

### Bazorg: Tuesday 1pm - 2.30pm

Over 60s group. Past sessions have included healthy eating, flower arranging, fitness and drama. The Bazorg Group often enjoy trips outside DIWC, including to Dundee Rep Theatre.



### Lunch Club: Wednesday 12pm - 1pm

An opportunity to practice spoken English. Open to all members. Our Lunch Club includes delicious hot food prepared by DIWC volunteers. A great chance to meet new people and taste authentic cultural cuisine.



### Macara: Thursday 5.30pm - 8.30pm

For young women aged 12 - 21. Macara provides our youth members with a range of fun activities and trips.



## Parents & Children

Alongside our Rise & Shine crèche, we aim to support mothers and their children with a choice of classes. It's important to look after yourself as well as your child.

### Flourish: Thursday 1pm - 3pm

Funded by Big Lottery. Provides children's activities and a separate workshop for mums. Flourish aims to improve the confidence of mums and children and reduce feelings of isolation, in addition to promoting health and mental wellbeing.



### Mellow Bumps: Friday 12.30pm - 2.30pm

Ante-natal programme. Aims to reduce antenatal stress and help you get to know your baby even before birth. Meet other mums-to-be.



### Mother & Toddler: Friday 10am - 12pm

Led by our crèche team, this group allows you to interact with your children and other mums. Activities are organised with partner organisations to provide you with new play ideas for your children, and useful information related to children's health.



## Rise & Shine

Our crèche provides quality childcare for all children aged 0 - 12 years. Children come along while you attend classes. They will have fun with friends and the caring crèche staff. Staff provide a warm, friendly, safe environment where children are encouraged to learn and develop freely.



### Opening Times

Monday - Thursday : 9.45am - 12pm and 12.45pm - 3pm

### Price List

#### Class members

£3 per session when you attend a class.

#### Volunteers

£1 per session when you are volunteering at DIWC.

#### Drop In

£4 per hour if you want to leave your child and are not attending a class.

#### Call 01382 462 058 to book

#### Cancellation Policy

If you need to cancel your crèche session please call 01382 462 058 BEFORE 9.30am.  
A £5 charge will apply to late cancellations.

#### Mobile Crèche

We also offer a Mobile Crèche service for events outside DIWC. If you are running an event please get in touch.

Events we can provide crèche for include:

- Weddings
- Corporate events
- Parties

## Employment

At DIWC we recognise the importance of gaining employment to give you confidence, independence and to build skills and practical experience.

We can offer support with:

- CV creation
- Application form completion
- Researching potential jobs
- Interview skills and techniques
- Understanding Modern Apprenticeships



Parven

To find out more or to book an appointment please contact our  
Employability Officer, Parven.  
Email: [employability@diwc.co.uk](mailto:employability@diwc.co.uk)  
Call: 01382 462 058





# Advice and Information

At DIWC we want to support you and offer guidance wherever we can. We work with many partner organisations, so if we don't have the information you need we can refer you to the relevant place.

## UK Citizenship

Sessions arranged by appointment  
If you are preparing to apply for UK citizenship and you need support we can offer the following:

- Arrange an appointment with project staff to assess your level of English and establish what you need. Develop a plan for you to achieve your goal.
- Support you to prepare for B1 Level speaking and listening test required for citizenship. We can do this through one to one lessons.
- Support you to prepare for 'Life in the UK' test, this can be done through one to one lessons/meetings.

We are not qualified to provide immigration advice, however we can list what advice services are out there for you to access.

## Welfare Connect

Drop-in sessions Tuesday 1pm - 3pm

Gain advice and practical help about everything to do with benefits, in a friendly, relaxed environment.

- Have you been affected by the benefit changes?
- Do you need help or advice to understand your benefits?
- In low paid work and unsure what benefits you may be entitled to?
- Are you struggling to make ends meet?
- Do you want to know more about the benefit changes, such as Universal Credit or Personal Independence Payment (PIP) and how this will affect you?

Welfare Support can give you advice, help and support so you can prepare for this.

They can also help or give advice with benefit form filling, budgeting, fuel poverty etc; and work in partnership with other services that provide adult learning, health and lifestyle support, energy advice, benefit appeals, money advice for debts, carers, housing, credit union, They offer support for those looking for work and many other local initiatives.

## OUR FUNDERS



Children in Need  
Comic Relief  
Dundee City Council  
Forestry Commission Scotland  
Big Lottery  
Scottish Government

## AWARDING BODIES



Individual Learning Account  
Scottish Qualification Authority  
Scottish Social Services Centre  
Volunteer Friendly Award  
British Computing Society

## OUR PARTNERS



# THANK YOU!

We would like to take this opportunity to thank all of our funders and partners. You make it happen!

The team at DIWC