DIWC TIMETABLE 2026 - TERM 2

	MON	TUES	WED	THUR	FRI
9.45am - 11.45am	**Learning Kitchen** £2 Catering Course: Cooking, barista, food hygiene and work placement training. *Alison + salma* Kitchen + Wangari	**Learning Kitchen** £2 Catering Course: Cooking, barista, food hygiene and work placement training. *Alison + salma* Kitchen + Wangari	**Flourish** £2 Interactive group for mums and children. *With Salma* Main Area	**Mental Health Course** £2 10:30am - 12:00pm 10 weeks course Malala	**Toddler +1** Adult and Toddler group FREE **10am - 11.30am** *With Hafsha & Anica* Main Area
	English FREE Beginners 2 Taught by *Amandine* Lila	**English** FREE Elementary 1 Taught by *Amandine* Lila	**English** FREE Foundation Taught by *Amandine* Lila	**English** FREE Beginners 1 Taught by *Amandine* Lila	
	1-1 Session *With Joyce* Maya FREE	**NPA Childcare** **9.30am - 12-pm** (Sept - June) Malala £25 each term	**1-1 Session** *With Alison* Maya FREE	**Conversation Cafe** Multi Level Main Area FREE	
			College English *With Eliza* Malala £2	**College English** *With Fiona* Wangari £2	
			Beauty Course 6 Weeks Block *With Afsha* Wangari £20	**Cooking Class** Kitchen £2	
12.45pm - 2.45pm	**Yoga** £2 *With Frances* **1:30 - 2:30pm** Main Area	**Walking Group** **10:30 - 12:00** Meet at Main Area *Led by Joyce* FREE	**Wellbeing Circle** £2 **1:00 - 2:30pm** Starting 30th September *With Joyce* Main Area		
		French £2 Everyday Communication *With Amandine* Malala	**Life in the Uk** *With Amandine* Lila £2		
		College English *With Elaine* Lila £2			
		Parenting conversation cafe *With Salma* £2 Main Area			
		Zumba £2 *With Nazhat* **6.00 to 6.45pm** Main Area			

For up to date information visit our website and Social Media pages!

diwc.co.uk

Dundee International Women's Centre

diwc_1969

Annual Membership Fee: **£10**

Monthly Unlimited Access to Classes: **£10**

reception@diwc.co.uk

01382 462058

Dundee International Women's Centre, Nicoll House, 9 Morgan Street, DD4 6QE

Charity Number: SCO14949

DIWC 1-1 SUPPORT

FREE

Dundee International Women's Centre

1-to-1 Employment Support Session

What to expect

- Personalised support based on your goals
- CV review with practical improvements
- Job search advice and guidance
- Interview tips and preparation
- Clear next steps to move forward

Every Wedday
9.45am 11.45am
Booking essential

Email alison@diwc.co.uk for more information

with Alison

Need help finding a job or not sure where to start?

Get personalised support and practical job search guidance.



Need someone to talk to?



We offer a safe and confidential 1-to-1 support for women experiencing domestic abuse.

FREE

Dundee International Women's Centre

1-to-1 Support Session

What to expect

- Safe, respectful, and confidential 1:1 support for women from all backgrounds experiencing domestic abuse
- Help with navigating sensitive issues or connecting with the right services.
- Non-judgemental support at your pace from our RES Worker.
- A space where you are valued, heard, and supported.
- Phone support available or book an appointment

Call: 07704 476 768 or
Email: ana.corrales@diwc.co.uk
for more information

with Ana

FREE

Dundee International Women's Centre

1-to-1 Wellbeing Support

What to expect

- Support for mild mental health concerns, social isolation, and everyday life challenges
- A safe, supporting space to talk, reflect and gain clarity.
- Open to evryone feeling overwhelmed, going through a difficult time, or simply needing someone to listen.

Every Monday
Maya
9:45 am - 11:45 am
Booking essential

Email joyce@diwc.co.uk for more information

with Joyce

Feeling overwhelmed?

We offer support for mild mental health concerns and everyday life challenges.



Dundee International Women's Centre
Charity Reg. No. SCO14949

DIWC CLASSES INFORMATION PACK

English Classes

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 to increase social interaction, by meeting people from different countries, and finding out about other cultures, in addition to Scottish traditions and celebrations.

How to Register

Contact Reception (reception@diwc.co.uk) or call 01382 462 058 and provide your name and email address or phone number.

One of our English teachers will contact you to arrange an informal chat and an assessment. Once we know what level is best for you they will recommend a class, and you can start right away!

French

Who is it for?

All those who have studied some French before and want to brush up their skills. This is not a total beginners' class.

What is covered?

Taught by a native speaker, you will learn the basics of conversational French, with lots of opportunity to practice and build your confidence in the language.

How to Join

Contact amandine@diwc.co.uk to check if the level is right for you.

Life in the UK

Get fully prepared for your Life in the UK Test with our friendly, female-only class designed for women applying for British Citizenship or settlement in the UK.

Build your knowledge, boost your confidence, and learn everything you need to help you succeed in the test and take the next step in your UK journey.

How to Join

Contact amandine@diwc.co.uk

Learning Kitchen

Core Skills Level 4 Course

An accredited course designed to build essential skills for everyday life, further learning, and employment.

Learners will develop communication, numeracy, computing, problem-solving, and teamwork skills, while also gaining practical cooking experience and a Food Hygiene qualification. Ideal for those interested in catering, hospitality, or food-related careers.

This course will have time split between the kitchen and the classroom and will run for 2 terms.

For more information:

Contact salma@diwc.co.uk

NPA Playwork and Childcare SCQF Level 5

Gain a recognised SCQF Level 5 qualification in Playwork and Childcare while building your knowledge, skills, and confidence. Learn about children's development, play, and learning, and take the next step towards employment, volunteering, or further study.

Dates: Starting 1st September

For more information:

Contact reception@diwc.co.uk

DIWC CLASSES INFORMATION PACK

Mental Health Courses

Session 1: Developing Supportive Conversation Skills

A 4-week course exploring how to have supportive and meaningful conversations.

Thursdays, 10:00am – 12:00pm
(10:00–10:30am: drop-in for questions)

How to Join:
If you're interested, please leave a message for Joyce via WhatsApp (07751 543157) or email (joyce@diwc.co.uk).

Session 2: Understanding Trauma

A 6-week course exploring the impact of trauma and ways to better understand and respond to it.

Thursdays, 10:00am – 12:00pm
(10:00–10:30am: drop-in for questions)

How to Join:
If you're interested, please leave a message via WhatsApp (07751 543157) or email (joyce@diwc.co.uk).



Wellbeing Circle

Topic: Navigating Sensitive Conversations

This is a relaxed and supportive wellbeing group discussion.
A safe space for women to connect, unwind, and explore topics around wellbeing and mental health. It's also an opportunity to share experiences, reflect, and learn from one another.

How to Join:
Contact Joyce via WhatsApp (07751 543157) or email (joyce@diwc.co.uk).



Yoga - with Frances

Find your balance, build strength, and relax your mind with our friendly Yoga class, perfect for all abilities.

Zumba - with Nazhat



Get moving, boost your energy, and have fun while dancing your way to fitness with our lively Zumba class!

How to Join:
Contact reception@diwc.co.uk
or call 01382 462 058

Free Walking Group

Walk it out with us!
Join our FREE weekly walking group.

Steps, games, and refreshments guaranteed.
Come for the walk, stay for the fun!



How to Join:
Contact Joyce via WhatsApp (07751 543157) or email (joyce@diwc.co.uk).

DIWC CLASSES INFORMATION PACK

Flourish

Supporting Mums, Strengthening Families, Helping Children Thrive

Flourish is a friendly and supportive group for mums and their children under five. It offers a welcoming space to meet other parents, build friendships, enjoy fun activities with your child, and access practical parenting advice and support.

Through play, stories, songs, family learning activities, and visits from specialist services, Flourish helps parents grow in confidence while supporting children's development, wellbeing, and early learning. Together, we create strong families and help children flourish.

How to Join:

Contact Salma via WhatsApp (07725 074087) or email (salma@diwc.co.uk).

Toddler +1

A welcoming baby and toddler group for young children and their parents or carers.

Join us for free sessions with no booking required.

Enjoy stories, rhymes, songs, and a chance to play, learn, and meet other families.



How to Join:

Contact Hafsha via email (hafsha@diwc.co.uk)

Parenting Conversation Cafe

A safe space for mums to discuss parenting challenges.

Join us for tea, coffee, conversation, support and practical parenting tips in a relaxed and welcoming environment.

Topics include:

- Understanding Teenagers
- Behaviour & Boundaries
- Emotional Wellbeing
- Communication Skills
- Family Relationships
- Online Safety
- Support for Parents
- Guest Speakers
- Creative Wellbeing Activities



Please note: Unfortunately, we cannot accommodate children, as crèche facilities are not available.

How to Join:

Contact Salma via WhatsApp (07725 074087) or email (salma@diwc.co.uk).