



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

English FREE

Beginners 2

Taught by
Amandine

Lila

1-1 Session

With Joyce

Maya **FREE**

Learning Kitchen £2

Catering Course:
Cooking, barista,
food hygiene and
work placement
training.

Alison + salma

Kitchen +
Wangari

English FREE

Elementary 1

Taught by
Amandine

Lila

NPA Childcare

9.30am - 12-pm

(Sept - June)

Malala **£25**
each
term

Flourish £2

Interactive group
for mums and
children.

With Salma
Main Area

English FREE

Foundation

Taught by
Amandine

Lila

1-1 Session

With Alison

Maya **FREE**

College English

With Eliza

Malala **£2**

Beauty Course

6 Weeks Block

With Afsha
Wangari **£20**

Mental Health Course £2

10:30am - 12:00pm

10 weeks course

Malala

English FREE

Beginners 1

Taught by
Amandine

Lila

Conversation

Cafe Multi Level

Main Area **FREE**

College English

With Fiona

Wangari **£2**

Cooking Class

Kitchen **£2**

Toddler +1

Adult and **FREE**

Toddler group

10am - 11.30am

*With Hafsha &
Anica*

Main Area

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**

French £2

Everyday

Communication

With Amandine

Malala

College English

With Elaine

Lila **£2**

Parenting

conversation cafe

With Salma **£2**

Main Area

Zumba £2

With Nazhat

6pm to 6.45

Main Area

Wellbeing Circle £2

1:00 - 2:30pm

Starting 30th

September

With Joyce

Main Area

Life in the Uk

With Amandine

Lila **£2**

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's House, 9 Morgan Street, DD4 6QE

Charity Number: SCO14949

DIWC 1-1 SUPPORT

FREE

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

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

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

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



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Charity Reg. No. SC014949

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).



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DIWC CLASSES

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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).



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