

THE WOMEN'S WORKSHOP CELEBRATES 25 YEARS

NEW LOGO FOR THE WOMEN'S WORKSHOP!

To celebrate our 25th anniversary, we have created an exciting new logo – please see above.



Welcome to issue 6 of The Women's Workshop's Newsletter

The Women's Workshop, Cardiff Training Centre is based in Cardiff Bay.

We provide free training to women from Cardiff and the surrounding area, who want to improve their skills and confidence.

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WE ARE CURRENTLY ENROLLING FOR COURSES IN APRIL 2010 – see p3

Former trainee and staff member Chriss O'Connell speaking at the 25th anniversary dinner.

2009 was the 25th anniversary of the Women's Workshop. Since 1984 thousands of women with few or no qualifications have attended Workshop courses that have led to successful careers and further education.

In November we celebrated at a dinner with over 150 people who have been involved with the Workshop since its inception. The guests included former and current learners, management committee members and those who were involved in setting up the Workshop 25 years ago. These included special guests Rhodri Morgan AM and Jane Hutt AM who both spoke movingly about their association with the Workshop during the 25 years.

Also at the event were organisations including the UK Research Council, the Equality and Human Rights Commission, Wales European Funding Office and Welsh Council for Voluntary Action who are all supporters of the Workshop.

Back in 1984 the beginning of the computer age looked like a threat to female employment and so a group of visionary people accessed money from the European Social Fund to give women in South Wales the chance to retrain in information technology.

Rhodri Morgan AM was involved in the start of the Women's Workshop

Soon the Workshop moved away from electronics and started to offer women a broader range of skills to prepare them for the workplace and further education.

During the 25 years courses offered have included construction skills, English as a second language, health and fitness, confidence and basic skills as well as IT.

The dinner brought together women who had not seen each other since their training course including Sandra Taylor who was on the first training course in 1984 and is now on the management committee.

Sue Bowyer, who now works for Jane Hutt AM, said after the dinner "I really enjoyed the evening and it made me feel proud to be connected to such a great project".

For more information please see www.womensworkshop.org.uk

BASIC CONSTRUCTION SKILLS GIVING WOMEN A NEW FUTURE

Over 20 women have completed the Workshop's Introduction Certificate in Basic Construction Skills since it started in 2008. Women attend the course for up to five days a week for sixteen weeks and are introduced to skills including: bricklaying, plastering, electrics and carpentry as well as learning about health and safety and, if needed, basic skills. Their work is on show in the Workshop where the women have used their new skills to transform the building where it needed maintenance and updating.



**Women
learn tiling
skills**

The course also includes visits to construction organisations and sites giving the women an idea of the work they could go on to. Over 80% of the women who completed the course have already progressed to higher level courses including those offered by Barry College at their Construction Skills Centre in Dumballs Road, Cardiff. Other women have obtained apprenticeships with construction companies or started their own businesses.

The thoughts of current trainees

“The course has been really interesting and helpful – especially the tiling”

“I hope to go on to do a course in plastering at Barry College.”

“We want to go on to Caerphilly college to do a kitchen and bathroom fitting course which will use all the skills we have gained at the Workshop”

“I want to continue with plastering.”



**Stencilling
the nursery**

“I think that the course has made us more focused and confident to go on to do bigger things”.

Gemma's success

Gemma Salter, a 27 year old single mum, completed the course last year and, soon afterwards, beat over forty competitors to win a three year heating apprenticeship with Cardiff installers Heatforce. As she said “I would never have had the confidence to even apply for this job without the Workshop. Before I was doing low-paid jobs that weren't leading anywhere. Now I am doing something I love and I'll have the chance of earning good money.”



Gemma on the right with fellow learner Tracey

Courses at The Women's Workshop - recruiting during 2010

New Life Project targets pregnant teenagers and young mothers aged 16 – 25.



The course includes skills training in areas such as DIY, IT, creative arts & nutrition, alongside fun and social drop-in information sessions. There are volunteering opportunities within the project.

For further information www.womensworkshop.org.uk/newlife.htm
or phone Sadie on 029 2049 3351

An Introduction to Basic Construction Skills for Women is a practical four-day a week course, which will lead to a Certificate in Basic Construction Skills.



Your study will include taster modules in Painting & Decorating, Electrics, Plastering, Plumbing, Wall & Floor Tiling, Health & Safety Issues, ICT, Numeracy & Communication Skills. There is also the opportunity to experience external visits to construction companies.

For further information www.womensworkshop.org.uk/tiling.htm
or phone Claire Stevens on 029 2049 3351

25th ANNIVERSARY MOSAICS LAUNCHED **AT HEALTH AND WELLBEING DAY**



In November women at the Workshop and from the surrounding area participated in a day to learn about keeping healthy and looking after themselves.

Organisations including UWIC, Communities First and the Scarman Trust contributed 'tasters' and activities to the day. These included weight and BMI checks, confidence building workshops and henna painting.

At the event, Tina unveiled the anniversary mosaics, created by the learners to celebrate 25 years of the Workshop. The designs featured diversity both in the opportunities offered by the Workshop and in the profile of the users of the centre. The mosaics are now on permanent display in the Workshop's studio.

LATEST NEWS

NEWS FLASH.....

The Women's Workshop has been chosen as a finalist in the European Commission's RegioStars Awards for Innovative Projects 2010.

The ALL (Access to Lifelong Learning) project ran from 2003 and 2005 and supported women who were seen as furthest from the jobs market. The project addressed the barriers to employment such cultural issues, caring responsibilities, lack of basic skills and low self esteem. Over 180 women with 15 nationalities benefited from the programme. The result of the Awards will be known in May.

VALUING VOLUNTEERING

A group of seven women came together in January for a day's course on volunteering. The women are all attending courses at the Workshop and want to use their new skills to help others.

They discussed what volunteering means to them and the benefits it can bring both to the volunteer and the organisation or person being helped. They also talked about the skills you need and what they felt they had to offer. They heard from Kerry Marland, the Volunteer Manager at Tenovus the cancer charity about how charities rely on volunteers to carry out their work and to raise funds.

[Learners with tutors after successful completion of the volunteering course.](#)

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