

Welcome to issue 4 of The Women's Workshop 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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Our rooms can be hired by community groups, businesses and voluntary groups.

Groups who currently hire our facilities include:

- Bay Church Friends
- Somali Integration Society
- Mum's Matters
- Sure Start

## INTERNATIONAL WOMEN'S DAY EDITION



### Welcome to the Women Get Fit Project's User Group Forum.

The Forum was set up to encourage women from the Women Get Fit Project to get more involved in the running of their project and the Workshop. It is made up of current and former trainees and the Workshop's volunteers.

The Forum meets every 6 – 8 weeks to discuss some of the issues that arise from their experiences of being on the Women Get Fit Project. They discuss issues that have arisen during classes and also give suggestions for other events, projects or taster sessions they would like the Workshop to provide.

It provides the women with the opportunity to talk with the staff who work on the project, to practice their spoken English and to meet and get to know other women.

So far the User Group have come up with some excellent suggestions for extra sessions, ranging from arts and crafts workshops, to health and well-being sessions such as Breast Cancer Awareness and pampering and aromatherapy sessions.

These are alongside the Confidence Building and Personal Development Workshops and First Aid Course that we are looking into providing for our trainees during the next few months.

One of the most helpful outcomes of running the Forum has been their input into our larger events that we are planning throughout the year.

The User Group have been very helpful in deciding on the afternoon sessions for our International Women's Day event on **12<sup>th</sup> March** (please see the back of the Newsletter for further details). They have also come up with some excellent suggestions for the Workshop's **25<sup>th</sup> Anniversary Celebrations** which will take place later in the year.

**Helen Watling, Event Coordinator**

# WOMEN GET FIT PROJECT – REPORT & REVIEW

The Women Get Fit Project gives women of all ages and abilities the opportunity to undertake informal learning, learn new skills, build confidence and make new friends.

To date the project has exceeded our targets and expectations and each term the number of women applying increases. The certificate ceremony in December was a great success and demonstrated the diversity of the women who attend this learning programme.

As the Outreach & Support Officer it is always personally rewarding to see the progress of the women and have the opportunity to hear about their lives and aspirations. As an organisation it is particularly satisfying to hear the many comments on how The Women's Workshop has had a positive influence on them.

**“Thanks for all the support and friendliness”**

**“I enjoy coming here, - the tutors & staff are helpful and my classmates are all friendly”**

**“I just wanted to say thank you”**



Recruitment is well underway for next term and I look forward to meeting and getting to know many new women as well as welcoming back some of our women from this term.

**Sadie Hayes, Outreach & Support Officer**

**“It has been a pleasure to come to the classes”**

**“I like the attitude of my tutor very much because she is very human and understands my limitations”**

## NEW LIFE PROJECT VIDEO PREMIERE

The New Life Project held its first showing of the trainees' video “New Life; New Start” on 20<sup>th</sup> January. The making of the film was a project run by the Film & Video Tutor, Claire Purvis. It was made over the first 20 weeks of the New Life Project from October 2008 to December 2008. The Project works with young mothers aged 16-25 and young pregnant women from in and around Cardiff, addressing the multiple issues faced by these young women and their children.

The students in the video group, Blandine Dounga, Sarah Haywood, Selvina Borg, Samantha Matthews and Isatou Sinera, took part in the writing, producing and filming of the video. The film included the trainees talking about their expectations and experiences of the New Life Course and the new start they have all undertaken.

The showing was attended by trainees friends and families, support workers from Barnardos, AWETU, the Women's Workshop Staff and Management Committee, as well as other agencies and partners of the Workshop.



The Video group presented the video to the audience and received certificates. The audience greatly enjoyed the showing and were treated to a buffet lunch afterwards.

The trainees have now gone on to various volunteering opportunities in the community. The New Life Project staff would like to thank the group for their hard work and congratulate them on their excellent achievement.

**Lindsay Jackson, Project Co-ordinator**

## Courses at The Women's Workshop - recruiting April 2009

**Women Get Fit** is a flexible learning programme where you choose what you learn (as long as you include one hour of health and fitness per week).



You can choose to study IT, DIY, Health & Fitness, Fun with Figures and English for Speakers of Other Languages.

For further information please contact Sadie Hayes on 029 2049 3351

**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 please contact Lindsay Jackson 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, Electronics, 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 please contact Claire Stevens on 029 2049 3351

## Mums Matters

**Mums Matters** is a voluntary community group run for mums by mums. Every week the Mums take part in activities to improve their health and well-being. These activities include yoga, card making, self-defence, nutrition, arts and crafts and confidence building among others. To help the mums to live a healthy lifestyle we encourage snacking on healthy foods.

The group is open to any pregnant mother-to-be, any mum or carer of children. You can even attend if your children are not with you. We offer a free crèche facility, where the children are looked after by qualified staff. The children also participate in exciting activities and enjoy the healthy snacks.

Mums Matters meets every Friday morning at the Women's Workshop during term time from 10am until 12pm and costs £1 per week. It's a great place to meet other mums and learn new skills in a relaxed environment. We always welcome new members, just turn up on the day or ring Lynne on 02920228707 for more details or have a look at our web site :

[www.mumsmatters.btik.com](http://www.mumsmatters.btik.com)

Lynne Andrews, Mums Matters

# INTERNATIONAL WOMEN'S DAY CARDIFF 2009

Annually on 8 March, thousands of events are held throughout the world to inspire women and celebrate their achievements.

International Women's Day has been observed since the early 1900's when women's oppression and inequality was spurring women to become more vocal and active in campaigning for change. In 1908, 15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

To celebrate **International Women's Day in Wales** women's political, cultural and support groups in Cardiff are working together to organise a festival from **Friday 6th - Tuesday 17th March 2009**. The majority of events are free and open to all members of the public.

Events in the festival will include political and environmental debates and workshops, arts and crafts events, a film festival, a live indie music night, a Reclaim the Night march, multi-faith service and a photographic exhibition. The events will take place at various venues across the city.

## INTERNATIONAL WOMEN'S DAY @ THE WOMEN'S WORKSHOP:

**Launch of the New Life Project 10am – 1pm**  
**Guest speaker: Jane Hutt AM for CELLS,**  
includes showing of film made by the first intake of New Life Trainees.  
(By invitation only).

**Arts and Crafts Workshops 12.30pm – 2.30pm**  
(run by Women's Arts Association)  
Explore your creativity in arts taster workshops with local visual artists.  
(please contact:  
[helenwatling@womensworkshop.org.uk](mailto:helenwatling@womensworkshop.org.uk) if you wish to attend as places are limited).

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International  
Women's  
Day

# 6-17 MAWRTH MARCH 2009

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[www.cymruwomen.org.uk](http://www.cymruwomen.org.uk)



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