

THE WOMEN'S WORKSHOP IS CELEBRATING 25 YEARS

To help us celebrate please see our website

www.womensworkshop.org.uk/25

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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CURRENTLY ENROLLING COURSES FOR SEPTEMBER 2009

Classroom Volunteering



ESOL class run by Workers Education Association, at the Women's Workshop.

As a result of working with the Workers Education Association on one of our projects in 2005, it was agreed that the Women's Workshop would house some of the WEA OCN-accredited English classes for Speakers of Other Languages (ESOL).

ESOL is offered as one of the learning opportunities on our Women Get Fit Project and trainees can attend either the accredited or non-accredited classes, depending on their level of English.

At the beginning of January, Alison Ghairai approached WEA tutor Sian Thomason, to ask if she could volunteer as a classroom assistant during the ESOL lessons at the Workshop. Alison is currently studying for her Certificate of Education at The Friary, Cardiff and needs to complete 15 hours minimum of teaching practice to gain classroom experience and complete her course.

"For the past 8 years I have been a volunteer working with different BME women's groups in Cardiff, encouraging women to go back into education and to become more involved in their communities.

"As my children grew up and became more independent I decided it was the right time for me to return to education.

"Over the past year I have completed the Women into Public Life course at Cardiff University, whilst also studying for a PGCE (teaching certificate) to become an ESOL tutor.

"I am extremely grateful for having had the opportunity to practise tutoring at the Women's Workshop and especially grateful to Sian Thomason for all her support and encouragement. The women were a pleasure to teach and the whole experience has been invaluable. In the future I hope to continue working in the community as both learning representative and ESOL tutor."

The Workshop would like to thank Alison for her support and hard work over the last few months.

If you are interested in volunteering at the Women's Workshop, please contact helen.watling@womensworkshop.org.uk or phone 029 2049 3351

NEW LIFE PROJECT LAUNCH (International Women's Day)

On the 12th March 2009 we officially launched the NewLife Project. We had a fantastic day where all the women involved helped to celebrate the project's success. We were honored to welcome Jane Hutt AM for Children, Education & Lifelong Learning & Skills, who helped set up the Women's Workshop, and the Big Lottery's Jan Reed, OBE who both gave very inspiring speeches. The day was an opportunity to show the wider community the work that the women had been involved with and to share their positive experiences.



Jane Hutt, AM speaking at the NewLife Project launch.

The NewLife participants all took on different roles to help with the running of the event. They greeted people at the door and helped them to sign in, collect their welcome packs and find their badges, made teas and coffees and showed people to their seats. This was a fantastic achievement for the group who greatly benefitted from the experience and raised their self-esteem. They had great fun answering the questions from the floor and talking to attendees about their experiences on the project.



NewLife trainees introducing their film.

Although it was a bit nerve-racking the trainees enjoyed talking to people and presenting on the stage when they introduced their film. The reaction from the audience was great and provided very positive feedback for the women and their achievements. They were the stars of the day! They even got the chance to pose for the Western Mail for an article (published on 23rd April 2009). Lots of groups from the community attended, including the providers of the trainees' voluntary placements, partnership organisations and local support and community groups.

St.Mary the Virgin Primary School Choir gave a great performance and really got the crowd going. It was also nice for the NewLife women to meet some of the children who thanked them for painting the School toilets and bringing the children's designs to life as part of the trainees' volunteering experience.



St Mary the Virgin Primary School choir

In the afternoon a number of tours, workshops and taster sessions were run around the Workshop for both the women on our courses and those who had attended the Launch. Claire Purvis, the New Life drama teacher ran an invigorating and fun drama workshop attended by all the women. The Women's Arts Association held an arts and craft workshop where the women were encouraged to design and make cards and gift-boxes to take home with them. As well as these events the Basic Construction Skills trainees were busy painting and decorating the upstairs walls!!



Basic Construction Skills trainee.

It was a very enjoyable, successful day, where everybody's hard work and preparation paid off.



**Jane Blades, NewLife Volunteer Co-ordinator,
Lindsay Jackson, NewLife Project Co-ordinator
Helen Watling, WGF Event Co-ordinator**

Courses at The Women's Workshop - recruiting September 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 www.womensworkshop.org.uk/getfit.htm
or phone 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 www.womensworkshop.org.uk/newlife.htm
or phone 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

WALES RESOURCE CENTRE

The Wales Resource Centre for Women in SET (Science, Engineering & Technology) works to significantly improve the participation and position of women in science, engineering & technology occupations in areas including industry, research, academia and public service. Its aim is to benefit both the future productivity of Wales and the lifetime earnings and career aspirations of women.

In October, 2008, the Institution of Highways & Transportation held *The Business of Diversity* Workshop in the Queen's Robing Room of the House of Lords. Milada Williams was our representative there and had the pleasure of meeting the IHT Honorary Fellow, HRH Princess Royal. Around 60 people attended the workshop, which was hosted by Baroness Scott of Needham Market and explored the experiences and challenges faced by organisations in the highways and transportation field when trying to build a more diverse workforce.



Milada Williams meets HRH Princess Anne at the IHT Workshop.

The Wales Resource Centre works closely with the UK Resource Centre for Women in SET (www.ukrc4setwomen.org.uk)

If you are a SET organization wanting to improve your recruitment and retention of women, please contact milada.williams@womensworkshop.org.uk

If you are a woman trained, training or employed in a SET organization and need advice, please contact: bernie.williams@womensworkshop.org.uk

THE WOMEN'S WORKSHOP IS 25 YEARS OLD

Help us to Celebrate

We are planning to celebrate our 25 years of achievements at a dinner in the Future Inn Hotel, Cardiff Bay on Thursday 19th November. We are offering a number of sponsorship opportunities at the event:

- A table of ten guests costs £300 and includes the company of two trainees from the Workshop on your table
- You could sponsor the wine for the evening, or the hire of the venue
- Individual seats for the dinner are also available at £32 each

Sponsorship gives you an excellent opportunity to invest in the future of the local community, as well as sharing your name and brand image with hundreds of people.

All major sponsors will be recognised in the publicity material and on our website and will be invited to exhibit promotional material at the event itself.

The evening will include appearances from the politicians instrumental in establishing the Workshop plus a number of special guests. It will include entertainment, demonstrations and displays from trainees past and present.

We would also like to hear from ex-trainees to help us to celebrate our 25th anniversary in style. Do you have any photographs from your time at the Workshop or other memorabilia you would be happy to share with us?

Please contact Sian Thomason on 25@womensworkshop.org.uk if you would like to be involved in this exciting event or have a look at our website www.womensworkshop.org.uk/25

THE NURTURING PROGRAMME

Flying Start are running a 10-week Nurturing Programme for parents from 23rd September 2009.

The course will run from 1pm-3pm every Wednesday. You will learn how to get the best out of family life & relationships, in informal, fun sessions.

Free crèche facilities are provided.

You are suitable for the course if you live in a Flying Start/Sure Start area and have a child aged between 16 months and 4 years.

Come along and enjoy some much-needed time for yourself!

For information please contact your health visitor, or phone Cathy, Diane or Sara on **029 2035 1384**.

ALL WORKSHOP COURSES CURRENTLY RECRUITING FOR SEPTEMBER 2009. See page 3 for details.

Women's Arts Association presents:

CREATIVE IMPRINTS

A Community Arts Exhibition

22nd August – 5th September 2009

@ ART CENTRAL, Town Hall, King Square, Barry, CF63 4RW

Opening hours:

Tuesday – Saturday, 10am – 4pm

Created during print workshops, run by professional artist, Susan Joshi and arts manager, Lucy Lilley, with groups at **The Women's Workshop & Riverside Warehouse, Cardiff**

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