



WOMEN'S workshop

training, consultancy and support



INTRODUCING THE NEW LIFE PROJECT

Welcome to issue 3 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 wanting 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
- Sakheenha Tots
- Sure Start



Rubicon Dance has been running sessions to teach the young mothers and children different ways of moving their body and having fun with nursery rhymes

The New Life project for young mothers aged 16-25 has been up and running since July with courses starting full time since September. The project is split into 3 sections, Strand 1, Strand 2 and Strand 3.

I have had a fantastic time getting to know the team and getting to grips with my Job as Recruitment and Support Officer. My role in the New Life project is to organise the timetable, recruitment and inductions, and to support the women through their learning journey.

The course runs for 3 days per week on Tuesday, Thursday and Friday between 10:15am and 3:00pm. The course is designed to give the young mothers 'time out' for their own personal development, and opportunities for them to grow as a parent. We provide a crèche whilst the young women are attending their classes.

The project includes: 10-week sessions of IT, health and fitness, cookery, and digital photography. Personal development and confidence building is taught through filmmaking. The women are working towards producing a film that will be shown in January at the Women's Workshop for the new recruits onto the course.

In Digital Photography the group learnt how to take good photos and were let loose with the cameras. They had great fun taking pictures of Cardiff Bay and their children. They learnt how to edit and print their pictures. They have their own memory stick to encourage them to keep snapping away to record their time here.

Cookery is fun as each week the group prepare and cook a meal for themselves and their children – usually there is some left for me too! The lunchtime is a great time for them to relax together and get to know each other personally as well as helping their children learn good eating habits.

Other sessions have included activities designed to enhance children's language and skills; creative play and music and movement.

In January this group will move into the volunteering strand of the project and a new group will start week beginning 26th January 2009.

Lindsay Jackson
Recruitment & Support Officer,
New Life Project.

For further information please see our website:

www.womensworkshop.org.uk



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LOTTERY FUNDED

NEW LIFE PROJECT – RECRUITMENT & EVENTS

In January we will be recruiting for Strand 1 of the New Life Project as well as interviewing and arranging volunteering opportunities for our new and existing learners.

Our Link worker, Maureen Ready, is currently in the process of making links with the Elan Midwifery Team, Youth Gateway, Social Services, Health Visitors and various other appropriate agencies to inform about the Project's work.

A number of home visits have been undertaken by Maureen to identify young women who are pregnant, have an interest and are suitable for Strand 1.

Informative and fun drop-in sessions will be provided by The Women's Workshop ensuring the young women become familiar with the premises, staff and each other. These will involve information on health care for the mothers themselves and their children and advice and support on both personal and financial issues.

Upcoming information for New Life:

Group cook Christmas dinner for staff & students: Thursday 18th December

New Life Christmas party at Jump: Friday 19th Decmeber

Film viewing (by invitation only): Tuesday January 19th at 1:30pm

Jane Blades, our Volunteer Co-ordinator for New Life, has been in the post for the last four weeks. Her role is to effectively manage the placement of the young mothers into appropriate volunteering / employment activities.

She is currently interviewing the young mothers to find out more about their volunteering and career ideas. This is an exciting time for the young mothers because they are given the opportunity to be involved in something they enjoy doing.

Whilst the young mothers are volunteering, their children will be placed in suitable childcare establishments, all of which have been identified and visited by Jane and the mothers. The childcare and transport costs are free.

Throughout the length of the volunteering, both the child and parent will be visited by Jane, who will offer them on-going support.

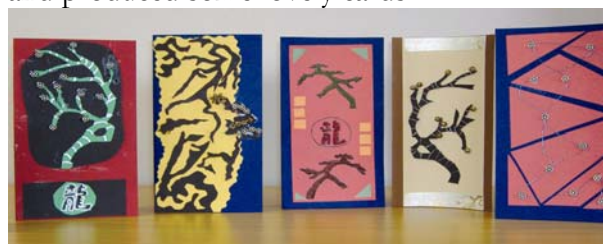


WOMEN GET FIT PROJECT – TERMLY REVIEW

The Women Get Fit learning programme gives women the opportunity to undertake informal learning, learn new skills and build confidence. Women have the chance to try a variety of modules to suit their needs, interests and circumstances. The modules include: - Health & Fitness, DIY, ICT, Fun with Figures and ESOL.

As the Outreach & Support Officer it has been satisfying to see the learning programme well attended this term by such a diverse group of women (our youngest learner is 17 and our oldest is 72!). It has been a pleasure getting to know the women, finding out about their lives, aspirations and hearing the many comments on how the learning programme and Women's Workshop has had a positive influence on them.

This term we have run some interesting and fun taster sessions, from Bollywood dancing to Yoga. The Japanese Paper Craft session was run by local artist Ruth McLees, the attendees really enjoyed it and produced some lovely cards:



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

Sadie Hayes, Outreach and Support Officer

Courses available at The Women's Workshop from January 2008

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



The course includes skills training in areas such as IT, DIY, 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

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 COURSE RECRUITING NOW!!!

An Introduction to Basic Construction Skills for Women is a practical four-day course, which will lead to a Certificate in Basic Construction Skills. You must be unemployed to attend.



Your study will include taster modules in Painting & Decorating, Electronics, Plastering, Plumbing, Wall & Floor Tiling, Health & Safety Issues, ICT, Numeracy and 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

There is further information on all our courses on our website: www.womensworkshop.org.uk

Please note our Recruitment Officers will not be in the office from 22nd December to 5th January 2008.

SURE START "STAY & PLAY" @ THE WOMEN'S WORKSHOP

Sure Start is the Government's programme aiming to deliver the best start in life for every child.

Sure Start's 'Stay and Play' sessions for 0 – 4 year olds who live in a Sure Start or Flying Start area, are held at The Women's Workshop every Wednesday from 9.45am to 12pm.

Stay and Play sessions are drop-in play sessions which encourage carers and parents to learn to play with their children. Sessions may include craft activities, structured play sessions, singing and free play with the toys and equipment provided by Sure Start.

Other sessions in Grangetown are held at St Sampson's, Pentre Gardens on Tuesdays 12.45pm – 3pm and Fridays 9.45am – 12pm and 12.45pm – 3pm.

For further information about Sure Start and the sessions contact **Bea Woodfield 07977 252500**

WORDS FROM OUR DIRECTORS

We hope you have enjoyed the third edition of **The Women's Workshop newsletter**. In addition to reaching women new to the Workshop, we hope it is being read by some of the many women who have attended courses here in the past. It is great when we bump into you in the street and find out what you are all up to now.

Next year will be the 25th Anniversary of the setting up of The Women's Workshop and we plan to celebrate it in style, with a large party, so keep watching the website.

We also want to commission a large piece of research on the effect The Women's Workshop has had on the lives of the thousands of women that have had contact with us. We have many of your names and addresses, but if you would like to keep in contact with us and possibly be involved in the research please email or post your current details to us, indicating when you attended The Workshop.

Laura Davies, Liz Fahy & Karen Procter

NEW ADDITION:



We are delighted to announce the birth of **Maria Magdalena Bateman Lorenzo** to our tutor, Ann Bateman. Maria was born on 22nd October and weighed 8lbs. Mother and baby are doing well. Congratulations!!

EVENTS:

Taster Sessions

Look out for further taster sessions on our website and join our facebook group for regular updates and information about courses and events.

Women Get Fit Certificate Ceremony

On Thursday 11th December, we will be holding a Certificate Ceremony to celebrate the achievements of all the women who have attended this term's Women Get Fit course.

International Women's Day is on March 8th 2009, we are working with various Women's and Arts Organisations in Cardiff to arrange a series of events celebrating this day. This year's theme is 'Bridging the Generational Gap'.

Facebook Group now available (you must be a member of Facebook to join the group)

This newsletter is downloadable from our website:

www.womensworkshop.org.uk

GARDEN PROJECT

Thanks to the Local Health Board Public Health Team we have been awarded a small grant for the garden. This means we will be able to buy some much needed soil, mulch, seeds and plants for our proposed herb and vegetable gardens.

Peggy (volunteer): "I'm enjoying the gardening project. I knew nothing about gardening before and I thought it would be a walk in the park! It's not, it's hard work, but it's so fulfilling, we are learning as we go along and when we're done I feel like I've had a workout!"



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