

Welcome to issue 2 of the Women's Workshop Newsletter.

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

For 24 years we have provided **free** training to women from Cardiff and the surrounding area wanting to improve their skills and confidence.

**Courses and Services Available at the Women's Workshop:**

- Health & Fitness
- DIY
- English
- Maths
- ICT
- Wall & Floor Tiling
- Nutrition
- Parenting Skills

**Opening hours:**

**9am – 4.30pm Mon – Fri**

**NEW COURSES STARTING**

**SEPTEMBER 2008:**

See inside for details.

**Our rooms can be hired by community groups, businesses and voluntary groups.**

Currently groups who hire our facilities include:

- Bay Church Friends
- Fitness for Somali Women
- Mum's Matters
- Sakeenha Tots
- Sure Start

## WOMEN GET FIT CERTIFICATE CEREMONY, JULY 2008



**Lisa Andriola with her certificate, alongside Sandra Taylor and Outreach Support Officer, Sadie Hayes.**

**The first Certificate Presentation for the Women Get Fit Project was held on 10<sup>th</sup> July, 2008. It gave us all a chance to celebrate the achievements of the women who attended the learning programme.**

Many of the women brought food from their own culture to share with us, work completed on the project was displayed and one of the women entertained us with an enjoyable acoustic music set.

Sandra Taylor, a member of the Workshop's Management Committee was kind enough to help with presenting certificates. Her speech was inspirational and especially relevant as she was a trainee on the very first course run by the Women's Workshop in 1984!

As the Outreach Support Officer for the Women Get Fit Project, it gave me great pride and pleasure to share this occasion with the women.

**“her speech was inspirational and especially relevant as [Sandra] was a trainee on the very first course run by the Workshop in 1984”**

This learning programme is a great way to build confidence and at the same time, learn new skills. The project also gives women the opportunity to undertake informal learning and to try a variety of modules. These include Health & Fitness, IT, DIY, ESOL & Fun with Figures. A number of fun taster sessions will be added to the learning programme next term.

Thanks to all who came along to make it a successful and enjoyable day.

**Sadie Hayes**



**Mosaic table produced by one of our WGF trainees.**

## WOMEN'S WORKSHOP GARDEN PROJECT – Want to help?



The Workshop garden.

With the help of Cardiff's Hamadryad Centre, we are very excited about our 'Garden Makeover' Project. We have a great resource in the Women's Workshop garden, but it is in need of some tender loving care.

Our new volunteers, alongside those from the Hamadryad Centre are going to be re-designing and tending the garden over the coming months. It is hoped that this will be an on-going project which volunteers and users of the Workshop will want to get involved with.

## WELCOME TO OUR WORKSHOP VOLUNTEERS

**In July 2008, 5 volunteers completed a 3-day course, Valuing Volunteering, designed to introduce women who have or have had mental health issues to some of the skills needed to volunteer at the Workshop. We wanted to give some of them the opportunity to introduce themselves:**

**Julie Powiesnik**, is 49 years old, and lives in Grangetown. "I came to the Workshop in April this year to help me recover from a nervous breakdown - I learned new skills, met new people and found the staff at the Workshop greatly supportive when I really needed it! I have just completed the Valuing Volunteering course and wish to contribute to the workshop any way I can in return for the help and support they have given me."

**Peggy Millin** first came to the Women's Workshop in 2007 to do the Value Learning course. "The course consisted of confidence building, healthy living and nutrition, creative writing and general knowledge. Getting to the course was challenging in itself because of my health problems, I am also agoraphobic and being out of the house on my own was not easy but in time I got to know the tutors and other learners. The fact that the Workshop is a women-only environment helped and I did eventually settle down and felt safe there. All I can say is the

We are going to be organising some fund-raising events for the garden project so please keep an eye out for those and help us get this project off the ground. **If you want to be involved with this exciting project or would like to help, we are currently looking for any old/new garden equipment and even plants or cuttings from local gardens – everything is welcome!**



Our first new plant. The first week, volunteers working in the garden.

staff are amazing. The course was challenging, informative and fun. I truly benefited from doing this course and encourage all women, especially those with mental health issues, to take up a course at the workshop.

I came back last month and did another short course and now I'm so proud to be accepted back at the Women's Workshop as a volunteer. I look forward to this new chapter in my life."

"My name is **Rosie Taylor**. I am mum to a 5 year old boy called Justin. I did some volunteering for Women Connect First and in one of their events I found out about the Women's Workshop and picked up details about their facilities. They have flexible courses that could support me and improve my skills, such as DIY, Health and Fitness, computing and ESOL, plus there are free gym facilities. The Women's Workshop supports you both mentally and physically. It is welcoming to all women who need support. The Workshop has given me a lot and I want to give back to them.

**"I learned new skills, met new people and found the staff at the Workshop greatly supportive when I really needed it!"**

**Lisa** came to the Workshop 3 years ago following her recovery from severe depression and drug abuse. "I took part in Confidence Building Value and I learned that I am a confident and assertive person, I enjoyed the course so much that I have been back on a number of occasions and am now a volunteer for the Women's Workshop.

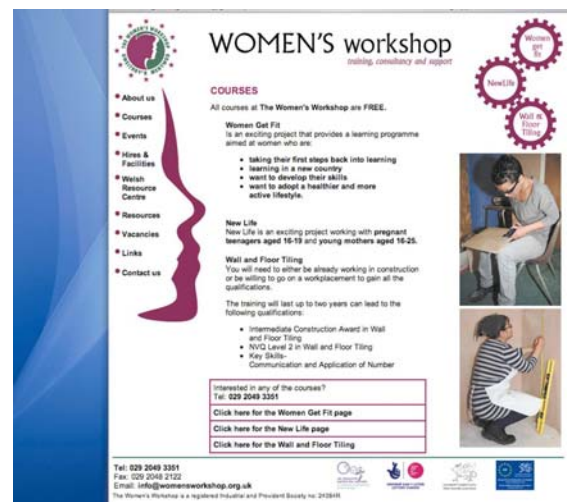
"I would like to take this opportunity to thank all staff at the Workshop I would never have made it without their help."

We would like to thank all the volunteers for their time and we look forward to working with them at the Workshop in the future.

We will be running our second Valuing Volunteering Course in November 2008. If you would be interested in joining the course or finding out further information about volunteering at the Workshop, please contact us.

"I'm so proud to be accepted back at the Women's Workshop as a volunteer. I look forward to this new chapter in my life."

**NEW WEBSITE LAUNCHED:**  
We have just re-launched our website:  
[www.womensworkshop.org.uk](http://www.womensworkshop.org.uk)



Please check the site for further details of courses, events and information on hiring rooms.

## COURSES AVAILABLE IN THE WORKSHOP FROM SEPTEMBER 2008:

### New Life Project:

This exciting project targets pregnant teenagers and young mothers aged 16 – 25. It is divided into 3 strands:

**Strand 1:** Informative, fun and sociable drop-in sessions for pregnant young women, or who have recently given birth. **From October 2008**

**Strand 2:** Skills training. Activities may include: **IT, DIY, parenting skills, creative arts, nutrition, health & fitness (Strand 2 started July 2008)**

**Strand 3:** supported volunteering and work placement. This strand will enable you to try out your newly learnt skills in a different setting.

Childcare and travel costs will be provided throughout the period of the project.

For information please contact:  
Lindsay Jackson on 029 20493351  
or email at  
[lindsay.jackson@womensworkshop.org.uk](mailto:lindsay.jackson@womensworkshop.org.uk)

### Wall & Floor Tiling:

We now offer training for women in Wall & Floor Tiling. The training may last up to two years and can lead to the following qualifications

- **Intermediate Construction Award in Wall & Floor Tiling**
- **NVQ Level 2 in Wall & Floor Tiling**
- **Key Skills - Communication & Application of Number**

The practical elements of the course take place in a dedicated, well equipped workshop suite where you have the facilities to practice varied tiling applications.

You will need to either be working in construction or be willing to go on a work placement to gain all the qualifications.

The programme is roll on roll off, so there is no set start date. If you are interested email [info@womensworkshop.org.uk](mailto:info@womensworkshop.org.uk) or telephone 029 2049 3351

### Women Get Fit:

This is a flexible learning programme where you can choose sessions depending upon your interest. The minimum requirement is **one hour of health and fitness per week**. The maximum is up to you.

The following learning opportunities are on offer:

- **Health & Fitness**
- **IT**
- **DIY**
- **Fun with Figures**
- **English as a Second or Other Language**

Also available this term are some fun 'taster sessions'. These may include:

- **Bollywood dancing**
- **Healthy eating**
- **Japanese paper craft**
- **Confidence & body image**

For information please contact:  
sadie.hayes  
[@womensworkshop.org.uk](mailto:@womensworkshop.org.uk)  
or telephone 029 20493351

# ANNUAL REPORT 2007

## Some words from our Directors:

Thanks to the Welsh Assembly's **Active Lifestyle Fund**, major work took place in the Workshop during 2007, creating an exercise space and gym with showers. Since the opening over 70 women have taken exercise classes and we have attracted women unlikely to access other exercise facilities.

The **new studio space** has allowed us to host a number of community groups delivering services for women, among them, Sure Start 'Stay and Play' sessions and Fitness for Somali women.

The gym and studio, along with the Big Lottery People and Places Fund has allowed us to set up our Women Get Fit Project, which includes sessions on IT, DIY, Health and Fitness, Fun with Figures and English.

We also won the tender to become a DCELLS training provider and are now delivering women-only training in Wall and Floor Tiling.



A fitness session taking place in our new studio.

We are also very pleased about our New Life Project, funded by the Big Lottery, working with pregnant teenage girls, young mothers aged 16-25 and their children. The project will provide support, learning and volunteering opportunities to these young women who will be able to develop their basic skills and their personal development.

**Laura Davies, Liz Fahy & Karen Procter**  
Directors

The full **ANNUAL REPORT** is available to download on our website.

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

## EVENTS & NEWS:

### Taster Sessions

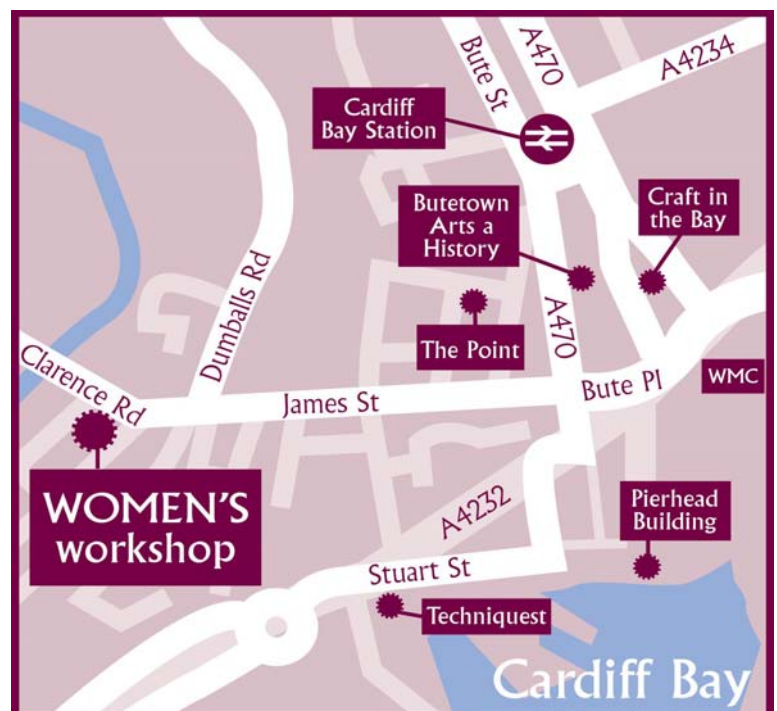
From October to December we will be running some exciting new taster courses. Sessions may include:

- Bollywood dancing
- Japanese Paper Craft
- Healthy Eating
- Confidence & Body Image

### Single Parent Action Network 'Health & Happiness Day'

SPAN are a group run by single parents for single parents. They will be running a **free** fun event day on **Saturday 27<sup>th</sup> September** at the Women's Workshop. The day will include:

- Discussion groups
- Fitness (free gym induction)
- Massage & Meditation
- Drumming workshop



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