

Drop In Sessions

Wanting to get back to work?

Want to update your computer skills?

Need some help with job search and interview skills?

Why not come to our Employment skills drop in? The sessions run on Tuesdays 9.30 – 11.30 am and on Fridays 12.30 – 2.30pm during school term times. There is an experienced tutor available to work out an individual programme so you only work on things that you want to do. You can come for a whole session, or for the amount of time that suits you.

You will prepare for the work of work and

- gain confidence in the job search process
- use Microsoft Office 2007 to update computer skills
 - practice searching for jobs
 - write or update your CV
 - fill out application forms
 - practice interview skills

Alternatively if you just need access to the internet or a computer or want to catch up on classwork, you can access the computer drop ins on Mondays 9.30 – 11.30am, Wednesdays 9.45 – 11.45am and Thursdays 12.30 – 2.30pm. A facilitator will be on hand to assist you should you need any assistance.

For more details contact Judy or Debbie on 023 8032 7802

Courses

Course		Day	Times	Start Date	End Date	Weeks	Full Fees	£A	£B	£C
HEALTH AND BEAUTY										
Beauty Treatments	☺	Tue	12.00 - 2.00pm	15 - Sep	20 - Oct	6		£10.00		
Aromatherapy and Massage	☺	Tue	12.00 - 2.00pm	3 - Nov	8 - Dec	6		£10.00		
Beauty Treatments	☺	Tue	12.00 - 2.00pm	5 - Jan	9 - Feb	6		£10.00		
Aromatherapy and Massage	☺	Tue	12.00 - 2.00pm	23 - Feb	30 - Mar	6		£10.00		
Aromatherapy and Massage	☺	Tue	12.00 - 2.00pm	20 - Apr	25 - May	6		£10.00		
Beauty Treatments	☺	Tue	12.00 - 2.00pm	8 - Jun	13 - Jul	6		£10.00		
LEISURE										
Yoga for All		Mon	7.00 - 8.30pm	21 - Sep	30 - Nov	10	£45.00	£22.50	£11.25	£33.75
Yoga fo All		Mon	7.00 - 8.30pm	11 - Jan	22 - Mar	10	£45.00	£22.50	£11.25	£33.75
Yoga for All		Mon	7.00 - 8.30pm	19 - Apr	5 - Jul	10	£45.00	£22.50	£11.25	£33.75
ICT										
Web Design in Dreamweaver CS3	☺	Tue	12.00 - 2.00pm	15 - Sep	20 - Oct	6		£10.00		
Computing for 50+	☺	Wed	12.00 - 2.00pm	16 - Sep	21 - Oct	6		£10.00		
Using Flash	☺	Tue	12.00 - 2.00pm	5 - Jan	9 - Feb	6		£10.00		
Using Word	☺	Wed	12.00 - 2.00pm	24 - Feb	31 - Mar	6		£10.00		
Photoshop Elements 6	☺	Tue	12.00 - 2.00pm	11 - May	22 - Jun	6		£10.00		
Computing for 50+	☺	Wed	12.00 - 2.00pm	9 - Jun	14 - Jul	6		£10.00		
ICT WORKSHOPS										
Qwizdom		Mon	10.00 - 11.00am	21 - Sep	21 - Sep	1		Free		
Qwizdom		Wed	10.30 - 11.30am	7 - Oct	7 - Oct	1		Free		
Qwizdom		Thur	1.00 - 2.00pm	12 - Nov	12 - Nov	1		Free		
Qwizdom		Mon	10.00 - 11.00am	18 - Jan	18 - Jan	1		Free		
Qwizdom		Wed	10.30 - 11.30am	10 - Feb	10 - Feb	1		Free		
Qwizdom		Thu	1.00 - 2.00pm	18 - Mar	18 - Mar	1		Free		
Quizdom		Wed	10.30 - 11.30am	12 - May	12 - May	4		Free		
Quizdom		Thur	1.00 - 2.00pm	24 - Jun	24 - Jun	1		Free		
COOKERY CLASSES										
Cooking from Around the World	☺	Mon	10.00 - 11.30am	21 - Sep	12 - Oct	4		£2 per session		
After School Cookery		Mon	3.15 - 4.45pm	9 - Nov	9 - Nov	4		£2 per session		
Cookery Club	☺	Mon	10.00 - 11.30am	11 - Jan	1 - Feb	4		£2 per session		
Family Cooking FL		Mon	3.15 - 4.45pm	1 - Mar	22 - Mar	4		£2 per session		
Cooking From Around the World	☺	Mon	10.00 - 11.30am	19 - Apr	17 - May	4		£2 per session		
After School Cookery		Mon	3.15 - 4.45pm	14 - Jun	5 - Jul	4		£2 per session		
HEALTH AND WELLBEING										
Assertiveness - the next step	☺	Thur	9.30 - 11.30am	17 - Sep	22 - Oct	6		£10.00		
Life....and how to survive it	☺	Wed	12.00 - 2.00pm	4 - Nov	9 - Dec	6		£10.00		
Assertiveness	☺	Thu	9.30 - 11.30 am	7 - Jan	11 - Feb	6		£10.00		
Life....and how to survive it	☺	Wed	12.00 - 2.00pm	21 - Apr	26 - May	6		£10.00		
Assertiveness	☺	Thu	9.30 - 11.30 am	10 - Jun	15 - Jul	6		£10.00		
PARENT AND CHILD										
Exploratory Play		Mon	12.30 - 2.30pm	21 - Sep	12 - Oct	4		Free		
Exploratory Play		Mon	12.30 - 2.30pm	9 - Nov	30 - Nov	4		Free		
Exploratory Play		Mon	12.30 - 2.30pm	11 - Jan	1 - Feb	4		Free		
Exploratory Play		Mon	12.30 - 2.30pm	1 - Mar	22 - Mar	4		Free		
Exploratory Play		Mon	12.30 - 2.30pm	19 - Apr	17 - May	4		Free		
Exploratory Play		Mon	12.30 - 2.30pm	14 - Jun	5 - Jul	1		Free		
CHILDCARE										
Diploma in Homebased Childcare		Thu	7.00 - 9.30pm	3 - Sep	26 - Nov	12		Bursary Available		

concession A if your household income is between £12000 and £18000
concession B if your household income is less than £12000
concession C If you are over 60 years of age

opening hours

Mondays 8.30am til 2.30pm 6.30pm til 8.30pm
 Tuesday to Friday 8.30am til 4.30pm

☺ Indicates creche available

National Childminding Association

If you would like information on how childminders provide quality care and education for children, or for advice on a career in childminding, please contact Kathy Whittaker at the NCMA Southampton Office, Warren Centre.

023 8078 9486

SURE START

Sure Start provides support to families with children aged 0 - 5 years. The Sure Start office is now based in the Warren Centre, and can be contacted on

023 8083 3863

Come in to register and collect your free welcome pack

Family Learning & Early Years Activities

Stay and Play

A Parent and Toddler Group for parents/carers with children under 5. An opportunity for meeting and playing together. A variety of activities and toys provided each week. There are close links with Shirley Warren Primary & Nursery School.

50p per family per session Fri 9.30am - 11.30am

Little Vines

Fun with under 5's. Music & Rhyme, Physical Play, Heuristic Play, Sensory Play—run on a 4 week rota. Includes drinks and snacks—Parents are welcome from 9.30 for a cup of tea and to help set up.

50p per family per session Weds 9.30am - 11.30am

Bumps n' Babes

Free to expectant, breast and bottle feeding mothers. Bumps and age 0-9 months

Toddler crèche available at 50p per session
Thursday morning 9.30am - 11.30am

Crèche

Ofsted registered Child Care for 0 - 5 yrs

Daytime sessions while you are attending a course. Maximum of one session per day. Crèche places are dependant on availability. Indicates crèche available with course. Prior booking essential.

£1.25 per session.

This written information is available on request in other formats or languages.

Please contact 023 8032 7802 for help.

the
Warren
centre

learning opportunities for all

adult education
& early years

2009 / 2010

Leisure Activities for all ages

QUITTERS

Your free local
Stop Smoking Service

Weds 10am - 11.30
Warren Centre

Quitters
023 8051 5221

Southampton Health Trainers

Supporting you to make
healthier lifestyle choices
For more information contact

023 8051 5222

SUPPORTERS OF THE WARREN CENTRE!

Become a member
and help us grow from
strength to strength.

Pick up a form from the centre
or give us a call on

023 8032 7802