

**Enrol
Now**



Bridge Women's Learning and Support Centres

April Courses 2010



Welcome to Bridge

Bridge Training & Education for Women is celebrating its 25th year in 2010! Since we began in 1985 Bridge has developed into a highly successful project with three centres in Washington and one in Chester-le-Street.

In all of our centres you will learn in a friendly, supportive environment. Our courses offer a wide range of learning to suit all abilities and are designed to be child friendly with times to fit into the school day.

Our Courses & Fees

Courses marked '**COSC**' are City of Sunderland College courses and offer accredited qualifications at level 1 or 2. Fees for these courses are marked in the programme. **All of these courses could be free if you receive benefits.**

Courses marked with '**FACL**' are funded through Family, Adult & Community Learning and are a great introduction to learning. Students over 60 pay a concessionary fee of £18 per course - full course costs are £36 - that's the equivalent of just £3.27 per week. **Your first FACL course may be free if you receive benefits.**

Please note there is a non-refundable administration fee of £2.50 for each course you enrol on - payable at the time of enrolment.

Could you get your courses for free?

If you are in receipt of income based benefits please bring these along with you when you come to enrol as you may be able to get your course free.

These benefits include:

Job Seekers Allowance
Income Support
Council Tax Benefit (not discount)
Asylum Seeker Support

Working Tax Credit
Housing Benefit
Guaranteed Pension Credit
Refugee Support

Crèche places

Each centre has a fully equipped crèche run by experienced, qualified staff. Your crèche places are free while you are learning with us but you must reserve your place when you enrol as places are limited.

How to Enrol

Take a look through our programme and choose the courses you are interested in. You can enrol by calling into or telephoning any of our Washington Centres from 15th February.

When the Courses Start

Most of our courses start week beginning **Monday 26th April 2010** - courses starting at other times will be stated in the programme.

Contact us at any centre if you have any questions

Childcare

Special Children, Specific Needs (COSC) - 10 weeks - £60

This very popular course gives you an awareness of a range of specific needs. We have guest speakers, practical workshops, videos and class discussions.

Monday 1.00 - 3.00 Albany

Diploma in Home Based Childcare Unit 1 (COSC) - 8 weeks - £60

An introduction to the requirements for beginning a career in home based childcare and setting up your own child minding business.

Thursday 6.00 - 8.00 Columbia

Step up to Childcare Tasters (FACL) - 11 weeks - £36/£18

Take a dip into the world of childcare and discover the options available through our childcare tasters.

Monday 1.00 - 3.00 Columbia

Tuesday 9.30 - 11.30 Rainbow Centre, Concord

Interest Courses

Intro to British Sign Language Level 1 (COSC) - 10 weeks - £80

This accredited Introduction to BSL leads to an Open College Network certificate. You will build up a portfolio of work each week. Previous knowledge an advantage.

Thursday 12.30 - 3.00 Columbia

Step up to Sign Language (FACL) - 11 weeks - £36 (£18 with fee remission)

Learn to fingerspell your name, introduce yourself and communicate with deaf people with sign language basics.

Wednesday 6.00 - 8.00 Columbia

Tuesday - Time TBC - Highfield Children's Centre

Money Management (FACL) - 11 weeks - £36 (£18 with fee remission)

Get more from your money with this new course. Learn how to use your money wisely and make it work for you.

Wednesday 10.00 - 12.00 Sulgrave

Mental Health Awareness Level 1 (COSC) - 10 weeks - £80

This course looks at different mental health issues each week including stress, anxiety and depression and how they affect the individual.

Tuesday 9.30 - 12.30 Columbia

What's Cooking? - 10 weeks - Free

A fun course which aims to show you healthy ways to cook for your family. From smoothies to soups and curries to puds - watch, taste then take the ingredients home and try it yourself!

Wednesday 1.00 - 3.00 Sulgrave

Intermediate Counselling Level 2 - 10 weeks - £80

This course is ideal if you have successfully completed an introduction course and wish to take your skills further.

Thursday 9.30 - 11.30 Sulgrave

Food Hygiene Awareness Level 1 - 2 weeks - £30

Gain a nationally recognised qualification in food hygiene awareness.

No fee remission on this course.

Thursday 1.00 - 3.00 Sulgrave - ring 4170218 for date of 1st course

Intro to an Ology (COSC) - 12 weeks - £80

What makes us tick? Is intelligence inherited? Can you improve a poor memory? For the answers to these questions and lots more join us on this introduction to psychology & sociology course.

Thursday 6.00 - 8.30 Albany

Coaching for Life & Empowerment for Women (FACL) - 11 wks - £36 (£18 remission)

Looking for a course that can help you gain more focus? We will help you clarify your goals and give you the support to achieve them. Build confidence and assertiveness to help you balance life more effectively.

Tuesday 1.00 - 3.00 Columbia

Workwise Women (FACL) - 11 weeks - £36 (£18 with fee remission)

This course could help you find THAT job you've always wanted! Plan, organise and develop your CV, learn how to market yourself, network and find hidden jobs.

Monday 1.00 - 3.00 Columbia

Gardening (FACL) - 11 weeks - £36 (£18 with fee remission)

Give your green fingers some exercise on this beginners gardening course.

Friday 12.30 - 2.30 Columbia

Computer Courses

UK Online - 5 weeks - FREE

This course whets the appetite and is ideal if you are not sure what computer course you wish to enrol on! It introduces how to use the computer, internet safety, shopping online, family history and much, much more.

Monday 1.00 - 3.00 Columbia

Tuesday 1.00 - 3.00 Columbia

Friday 10.00 - 12.00 Sulgrave

Friday 1.00 - 3.00 Columbia

Introduction to PowerToons (FACL) - 11 weeks - £36 (£18 with fee remission)

You will learn to create presentations using the many different effects the Power Point software has to offer. Learn to use scanners and insert music clips to enhance your presentations.

Wednesday 1.00 - 3.00 Columbia

Intro to Scanners & Digital Imaging (FACL) - 11 weeks - £36 (£18 with fee remission)

Use scanners & digital cameras to create your own project. Alter images and restore old pictures using Paint Shop Pro and Publisher.

Tuesday 1.00 - 3.00 Albany

Thursday 1.00 - 3.00 Columbia

Health & Personal Development

Healthy Crafts (FACL) - 11 weeks - £36 (£18 with fee remission)

Tasters in aromatherapy and skincare. Learn the benefits of making your own skin creams, body scrubs and smellies.

Monday 10.00 - 12.00 Columbia

Seated Exercise - 10 weeks - £1.50 per week

Working at your own level this course will show you how low impact exercise can help with balance, strength and mobility.

Monday 3.15 - 4.15 Sulgrave

Easyline Exercise Class - 10 weeks - £1.50 per week

Get fit doing gentle exercise on this easy to use gym equipment. Suitable for all abilities - 1 hour sessions.

Monday 12.00, 1.00 or 2.00 pm Millennium Centre Concord

Introduction to Aromatherapy (FACL) - 11 weeks - £36 (£18 with fee remission)

A great place to start if you're interested in aromatherapy.

Thursday 10.00 - 12.00 Columbia

Salsa (FACL) - 11 weeks - £36 (£18 with fee remission)

Fancy getting fit in a fun way? This beginners salsa class will help you do just that. Wear comfy shoes.

Thursday 6.00 - 8.00 Columbia

Your Health, Your Environment (FACL) - 11 weeks - £36 (£18 with fee remission)

Would you like to know more about improving your health and environment? This course will help you make changes and reach targets in only 11 weeks!

Tuesday 1.00 - 3.00 Sulgrave

Stretch & Tone - 10 weeks - £1.50 per week

Beginners class of gentle floor based exercises.

Friday 10.00 - 11.00 Sulgrave

Craft Courses

Jewellery Making (FACL) - 11 wks - £36 (£18 with fee remission)

Next steps in jewellery making - bracelets & necklaces galore!

There is a £1.75 weekly fee for materials.

Wednesday 1.00 - 3.00 Columbia

Cake Decorating (FACL) - 11 weeks - £36 (£18 with fee remission)

Learn the basics of sugarcraft. *There will be a small weekly fee for materials.*

Friday 9.30 - 11.30 Columbia

Chocs to Boxes (FACL) - 5 weeks - £18 (£9 with fee remission)

Learn how to make your own chocolates and lovely presentation boxes to put them in!

Small weekly fee for materials.

Wednesday 10.00 - 12.00 Columbia

Friday 1.00 - 3.00 Albany

The Bridge Project Web Shop

Bridge is a Registered Charity and retailers are supporting our fundraising efforts. Our web shop is a great way to find fantastic online bargains, cheaper gas and electricity services and even book a holiday. Remember, anything you buy through our web shop will help towards our fundraising targets without any extra cost to you!

Find us at: www.buy.at/bridgeproject.

**Reaching out to Women Programme at
Sulgrave Women's Support Centre
Telephone 0191 4170218 for more information**

Listening Service

Monday to Friday by appointment

Our listening service is run by trained, friendly supportive women, who will assist you through difficult times. We don't judge, we listen and help you find what best suits your needs. This service also runs at our other centres - Columbia, Albany and North Durham.

Mature Friends Group

Monday 1.00 - 3.00

A group where women over 55 meet for friendship and chat. Come along share points of view and get information on a range of topics.

Creative Expression

Tuesday 1.00 - 2.30

For women experiencing stress and low mood. Use creative activities to improve mood, self esteem and confidence.

Women's Drop In Group

Wednesday 10.00 - 12.00

This group offers friendship & support to all women. If you're bored or feeling lonely and think it's time for a change, why not come along and meet new friends over a cuppa.

Chat & Craft Social Group

Wednesday 3.15 - 4.30

Get out and about and get busy. Bring your own knitting, sewing, cards or anything 'crafty' to this free weekly group.

Walking Wild

Thursday 10.00 - 12.00

Interested in joining a women's walking group? Our friendly group enjoys local walks, finishing off with homemade soup & bread.

Embrace Bereavement Support Group

Thursday 1.00 - 3.00

An informal group for women who have experienced a bereavement. Come along and talk to other women who have also experienced loss.

Women's Wellbeing Sessions

By appointment

A range of services to support your total wellbeing including blood pressure checks, weight management & information on health matters.

Serenity Sessions

By appointment

Do you suffer from stress or depression? You may benefit from our therapeutic treatments. A small donation required for each treatment.

Contact us

Contact any centre if you would like more information about any of our courses or services.



Bridge Women's Education Centre

Grasmere Terrace, Columbia, Washington, NE38 7LP
Telephone: 0191 4172445

Bridge Family Centre

Albany Village Centre, Albany, Washington, NE37 1UB
Telephone: 0191 4972781

Bridge Women's Support Centre

Manor Road, Sulgrave, Washington, NE37 3BD
Telephone: 0191 4170218

Bridge Education & Support Centre

Rear Front Street, Chester-le-Street, DH3 3AW
Telephone: 0191 3891504

Email: info_bridge@yahoo.co.uk
Web: www.bridgeproject.org



This programme is kindly supported by:



Family Adult & Community Learning
Health, Housing and Adult Services
Teaching Primary Care Trust

City of Sunderland College

UK **online**

