

## TAI CHI

**Woodhouse Library** Monday 1.00 pm—2.30 pm  
Tuesday 6.00 pm—7.30 pm

## Health Trainer Service

One-to-one support around changing or leading a healthier lifestyle, e.g. advise on weight loss, increasing exercise and smoking cessation.

The service is **FREE & CONFIDENTIAL**.  
Call for more information or to book an appointment.

Lucy Beal: 07948 905071

Email: [healthtrainer@mywoodhouse.co.uk](mailto:healthtrainer@mywoodhouse.co.uk)

## Partners and Funders



Education & Skills  
Funding Agency



LOTTERY FUNDED



# Courses and Activities 2017

We offer a wide range of courses and activities in local venues in South East Sheffield. Please call or email for more information about courses, venues & fees. Course fees from £10 if in receipt of benefits.

## For more information:

### Learning Champions:

Liz: 07847602644, Jackie : 07847602613

Lesley: 07748375023 Nicola: 07736221829

Email : [adultlearning@mywoodhouse.co.uk](mailto:adultlearning@mywoodhouse.co.uk)

### Healthy Activities Co-ordinator:

Nicola: 07736221829

Email: [projectworker@mywoodhouse.co.uk](mailto:projectworker@mywoodhouse.co.uk)

[www.mywoodhouse.co.uk](http://www.mywoodhouse.co.uk)



Find us on  
**Facebook**

## COMPUTERS

<b>Com.Unity</b>	Monday	10 am—12 noon
<b>Badger TARA House</b>	Tuesday	1.00 pm —3.00 pm
<b>Woodhouse Library</b>	Wednesday	10 am—12 noon
<b>Frecheville Library</b>	Wednesday	1.00 pm —3.00 pm

## WEB DESIGN INTRODUCTION

### **Badger TARA House**

Thursdays 10 am—12 noon

## PC MAINTENANCE

**Com.Unity** Thursday 10 am—12 noon

## JOB CLUB

**Com.Unity** Thursday 12.30 pm—2.30 pm

## CONFIDENCE BUILDING

<b>Woodhouse Library</b>	Monday	1.00 pm—2.30 pm
	Tuesday	5.30 pm—7.00 pm

## FLOWER ARRANGING

**Woodhouse  
Library** Thursday 10 am—12.30 pm  
Starts 9th Nov

## ENGLISH

<b>Com.Unity</b>	Tuesday	10.00 am—12 noon
<b>Badger TARA House</b>	Wednesday	12.30 pm—2.30 pm

## MATHS

<b>Com.Unity</b>	Tuesday	12.30 pm—2.30 pm
<b>Badger TARA House</b>	Wednesday	10.00 am—12 noon

## COOKING ON A BUDGET

**Spa View  
Church** Thursday 12.30 pm—3.30 pm

## CHAIR BASED EXERCISE

### **Hutton Croft**

Monday 12 noon —1.00pm

### **Brigadier Hargreaves Court**

Monday 1.45 pm —3.00 pm

### **Spring Water House, Hackenthorpe**

Wednesday 2.00 pm—3.00 pm

### **Spa View, Hackenthorpe**

Thursday 11.15 am —12.15 pm

### **Woodhouse Library**

Friday 11.30 am —12.30pm