



# Courses and Activities

Term 2 starts

Week commencing 8th Jan 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.

## Computers:

<b>Com.Unity</b>	Monday	10 am—12 noon
<b>Woodhouse Library</b>	Tuesday	9.30 am—11.30 am
<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
<b>PC Maintenance @ Com.Unity</b>	Thursday	12.30 pm—2.30 pm

## Employability skills:

<b>Woodhouse Library</b>	Tuesday	12 pm—2 pm
<b>Job Club @ Com.Unity</b>	Thursday	10 am—12 noon

## 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



## **CONFIDENCE BUILDING**

**St. Anne's Hostel** Friday 10.00 am—12 noon

**Com.Unity** Friday 12.30 pm—2.30 pm

## **TAI CHI**

**Woodhouse Library** Monday 1.00 pm—2.30 pm

Tuesday 6.00 pm—7.30 pm

## **Sporting Memories**

**Woodhouse Library** Thursday 9.00 am—12 noon

## **COOKING ON A BUDGET**

**Venue: TBA** Thursday 12.30 pm—3.30 pm

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**Contact the Learning Champions below  
for more information:**

Liz: 07847602644

Jackie : 07847602613

Lesley: 07748375023

Nicola: 07736221829

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

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## **Health Trainer Service**

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

For more information/book an appointment: contact:

Lucy Beal: 07948 905071 or email: [healthtrainer@mywoodhouse.co.uk](mailto:healthtrainer@mywoodhouse.co.uk)

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



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