

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

Partners and Funders



Education & Skills
Funding Agency



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

Healthy Activities Co-ordinator:

Nicola: 07736221829

Email: projectworker@mywoodhouse.co.uk

www.mywoodhouse.co.uk



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COMPUTERS

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

Woodhouse Library	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

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

MATHS

Com.Unity	Tuesday	12.30 pm—2.30 pm
Badger TARA House	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