

What's on

Courses, support, wellbeing and volunteering opportunities
April - July 2018 www.aspire-northeast.co.uk



ENROL NOW!

Get inspired at Aspire!

WHAT OUR LEARNERS SAY

“ One of the friendliest places I've ever had the pleasure to study at! ”

“ Aspire has turned my life around! It's given me focus, confidence and purpose to get more from life. ”

Our friendly women-only centre in Chester-le-Street offers a wide variety of free and low-cost courses, wellbeing opportunities and support services, to help you learn, relax and socialise. We also offer a range of volunteer roles for those looking to use and develop their skills to support others (see pg.7 for more information).

How to enrol*

Enrol from **Monday 26th March** to reserve your place. Many of our courses are very popular and spaces fill up quickly.

In person: Mon - Fri, 9:00am - 4:00pm
By Telephone: 0191 3891504 (Mon - Fri, 9am - 4pm)



If you are in receipt of benefits, it is very important to Aspire that you bring along evidence of this when you enrol in advance to secure your place.

When do courses start?

Most courses start week beginning **16th April 2018**. Please check the individual course listing for details and enrol in advance to secure your place.

Finding the right course for you

Not sure which course is right for you? Come along to our **Information, Advice and Enrolment Day** on **Monday 26th March** (from 9am). You'll be able to meet our staff and volunteers, discuss your course choices and take a look around the centre.

Free crèche places

Need help with childcare while you're at Aspire? Our on-site creche provides limited places for under 5s. Please contact us for further details.

What's on: at a glance

April - July 2018

Courses

Learn new skills with Aspire's free and low-cost courses.

| Course Name | Day | Time |
|---|-----------|------------------------------|
| Crystal Therapy | Monday | 9.30 - 11.30 |
| Psychology of Happiness | Monday | 9.30 - 11.30 |
| Samba Drumming | Monday | 3.00 - 5.00 |
| Swedish Massage | Monday | 12.30 - 2.30 |
| Moving on with Maths | Tuesday | 9.30 - 11.30 |
| Art Works | Tuesday | 9.30 - 11.30 |
| First Aid (Auckland Community Room, 1st, 8th and 15th May) | Tuesday | 9.30 - 11.30 |
| RSPH Alcohol Awareness (Auckland Community Room) | Tuesday | 12.30 - 2.30 |
| Sugar Craft | Tuesday | 12.30 - 2.30 |
| Creative Writing  | Tuesday | 12.30 - 2.30 |
| Be a Better Listener | Wednesday | 9.30 - 11.30 |
| Needle-Felting | Wednesday | 9.30 - 11.30 |
| Have-a-go Crafting | Wednesday | 12.30 - 2.30 |
| Everyday Politics | Wednesday | 12.30 - 2.30 |
| Simple Cooking | Thursday | 9.30 - 11.30 |
| Introduction to Mentoring Skills  (10th and 17th May, 2 days course) | Thursday | 9.30 - 11.30 12.30 - 2.30 |
| Evolutionary Psychology | Thursday | 12.30 - 2.30 |
| Patchwork and Quilting | Thursday | 12.30 - 2.30 |
| Encouraging Healthy Eating and Weight | Thursday | 12.30 - 2.30 |
| Reflexology | Friday | 9.30 - 11.30 |
| Introduction to Criminology | Friday | 9.30 - 11.30 |
| Internet Unravalled | Friday | 12.30 - 2.30 |
| Dance to Fitness   | Friday | 12.30 - 2.30 |

Groups, Support and Wellbeing

Stay well, feel supported and get more from life.

| | | |
|---|-----------|--------------------|
| Mature Friends Group | Monday | 9:30 - 11:30 |
| Monday Drop In | Monday | 12:30 - 2:30 |
| Computer Drop In | Tuesday | 9:30 - 11:30 |
| Chat 'n' Craft | Tuesday | 12:30 - 2:30 |
| Singing Sisters  | Wednesday | 9.30 - 11.30 |
| Positive Progress | Wednesday | 12:30 - 2:30 |
| Drop In | Thursday | 9:30 - 11:30 |
| Wellness Service | Weekly | Various (by appt.) |
| Confidential Listening Service | Mon-Fri | Various (by appt.) |
| Befriending Service | Mon-Fri | Various (by appt.) |

Course guide

April - July 2018

Personal Development

Samba Drumming – Monday 3.00pm – 5.00pm, 8 weeks (Starts 16th April)

During this fun and loud session you will have the opportunity to play different drums Samba style. You will learn the skills and techniques to create patterns of beats and rhythms, and build up a repertoire of tunes as you progress.

Move on with Maths – Tuesday 9.30am – 11.30am, 11 weeks (Starts 17th April)

All areas of maths are covered in this course - work from your own starting point and move on at your own pace with lots of friendly support.

First Aid – Tuesday 9.30am – 11.30am, 3 weeks (1st, 8th and 15th May) at Auckland Community Room, Chester-le-Street

This is your chance to gain a recognised First Aid qualification level 3 This is a 3-week course where you will become familiar and confident with first aid responses, such as how to call 999 and what to do when an accident happens.

New! Creative Writing – Tuesday 12.30pm – 2.30pm, 10 weeks (Starts 17th April)

Creative writing will enable you to exercise and develop your imagination and creativity. Build on your vocabulary and literacy skills while increasing your confidence; it could also provide an outlet for your emotions and self expression.

Be a Better Listener – Wednesday 9.30am – 11.30am, 10 weeks (Starts 18th April)

Enhance personal and professional relationships by improving your communication skills through a mix of practical exercises and theory. This course is a useful way to refresh existing skills and an essential starting point for anyone who is interested in performing a helping role or becoming a volunteer listener, befriender or Mentor at Aspire.

Everyday Politics – Wednesday 12.30pm – 2.30pm, 6 weeks (Starts 18th April)

This course is an introduction to politics, and during the course you will become familiar with how politics affects you in your everyday life.

New! Introduction to Mentoring Skills – Thursday 9.30am – 11.30am and 12.30pm - 2.30pm 10th and 17th of May (2 day course)

Understand different approaches and the benefits of mentoring and why self awareness is important. This is a good one for your C.V. or personal development.

Simple Cooking – Thursday 9.30am – 11.30am, 8 weeks (Starts 19th April)

Build your confidence in the kitchen with easy, tasty and nutritious meals on a budget. In a supportive environment we will cook a dish each week and explore the health benefits of food and nutrition.

Evolutionary Psychology – Thursday 12.30pm – 2.30pm, 10 weeks (Starts 19th April)

On this course you will be guided through the fascinating theories of evolutionary psychology. It is a chance to explore the ways in which evolution and natural selection may have shaped our minds and behaviour patterns.

New! Introduction to Criminology – Friday 9.30am – 11.30am, 10 weeks (Starts 20th April)

During this course you will explore the world of Criminology! You will be guided on a journey into trying to understand why some people develop criminal behaviour.

New! Internet Unravelled – Friday 12.30pm – 2.30pm, 6 weeks (Starts 20th April)

During this course you will be able to explore the internet and become familiar with its many uses and benefits as well as being aware of how to keep yourself and your details safe on line!

Arts and Crafts

Art Works – Tuesday 9.30am – 11.30am, 10 weeks (Starts 17th April)

Explore and develop your creative potential through drawing and painting. Work together to design and create a collaborative piece of art work..

Sugar Craft – Tuesday 12.30pm – 2.30pm, 10 weeks (Starts 17th April)

A brief introduction to the principles of cake toppers using different techniques/pastes. Topics covered: colouring, frilling, plaque, 3D model and flowers.

Needle Felting – Wednesday 9.30am – 11.30am, 10 weeks (Starts 18th April)

This 10-week course will give you the skills and techniques needed to create a small project using wet felting process. You will also be able to try the dry felting technique and construct a 3D figure.

Have a Go at Crafting – Wednesday 12.30pm – 2.30pm, 10 weeks (Starts 18th April)

During this course you will be guided through different crafting techniques such as modelling, up cycling and paper crafts in order that you can develop your skills and go on to produce high quality decorative items.

Patch Work and Quilting – Thursday 12.30pm – 2.30pm, 10 weeks (Starts 19th April)

This is the course for you if you want to learn different patchwork and quilting techniques using both machine stitching and hand stitching. Once you have learned the techniques you can be as creative as you like!

Health and Wellbeing

Crystal Therapy – Monday 9.30am – 11.30am, 10 weeks (Starts 16th April)

During this course you will become familiar with the benefits of using crystals in your everyday life.

Psychology of Happiness – Monday 9.30pm – 11.30pm, 10 weeks (Starts 16th April)

This course will help you to begin and keep a personal happiness journal. You will also explore activities that are proven to increase wellbeing, and you will be able to explore conditions of worth in a safe and supportive environment.

Swedish Massage – Monday 12.30pm – 2.30pm, 10 weeks (Starts 16th April)

In this supportive group, you will learn about the benefits of Swedish massage and the many health benefits a massage can provide. You will be guided through the practical elements of both giving and receiving massage.

RSPH Alcohol Awareness – Tuesday 12.30pm – 2.30pm, 6 weeks (Starts 17th April) at Auckland Community Room, Chester-le-Street

We are offering an RSPH Level 2 qualification in Understanding Alcohol Awareness. This supportive environment explores how alcohol has can affect individuals and society as a whole.

Encouraging Healthy Eating and Weight – Thursday 12.30pm – 2.30pm, 12 weeks (Starts 19th April)

A chance to gain a qualification from RSPH, level 2 In Understanding Healthy Weight and Healthy Eating. This 12 week course will enable you to understand the current information advice from The Royal Society of Public Health regarding ways to keep healthy and also ways in which to help others.

Reflexology – Friday 9.30am – 11.30am, 12 weeks (Starts 20th April)

Reflexology is a Complementary Therapy and during this 12-week course you will explore the theory that different points on the hands and feet correspond with different areas of the body. You will look at the history of reflexology, the benefits of treatment and how to perform reflexology safely.

Dance to Fitness – Friday 12.30pm – 2.30pm, 10 weeks (Starts 12th January)

Already got a few dance steps under your belt? This continuation course will keep you moving to the music and having fun while you reap the many health benefits of a regular dance-based workout.

One-to-One Support Services and Groups

Aspire staff and volunteers have a wealth of experience responding to the needs of local women.

Confidential Listening Service (Monday - Friday)

Is life difficult for you at the moment? Take some time to talk, in person or over the phone. Call us on 0191 3891504 to make an appointment.

Befriending Service (Monday - Friday)

Need a helping hand to come along and take part in one of our groups, courses or activities? Our befrienders can support you to take the first step. Call 0191 3891504 for more information.

Mature Friends (Monday 9.30am - 11.30am)

A friendship group for older women with regular guest speakers.

Monday Drop In (Monday 12.30pm – 2.30pm)

Friendship, chat and support to help you get the week off to a positive start.

Computer Drop In (Tuesday 9.30am - 11.30pm)

Support and advice to help you make the most of your PC, laptop or tablet.

Chat 'n' Craft (Tuesday 12.30pm - 2.30pm)

Have a natter while you learn and share craft skills.

**Singing Sisters (Wednesday 9.30am – 11.30am)**

Come along to this informal supportive group of women who just want to sing together! All women are welcome whatever your singing ability.

Positive Progress (Wednesday 12.30pm – 2.30pm)

A group for women who may need support at times of low mood and anxiety. This offers the opportunity to share your experiences and challenges, and to explore new ways of moving forward.

Drop in Group (Thursday 9.30am - 11.30am)

A weekly support group for women of all ages who are looking to meet new people and to make new friends. This group offers a first step into Aspire, and by coming to our drop in you can find out what else we have on offer.

Supporting Sisters Volunteering

Could you be a **Listener**, **Befriender** or **Mentor**?
We'd love to hear from you!

We are looking for women with lived experience to support women through life's difficulties and challenges. You will receive training and support in your volunteer role to help you make a positive difference to the lives of others.

Its a great way to meet new people, develop your skills, and boost your self confidence.

We are seeking volunteers across a range of roles, including:

- Listener
- Befriender
- Mentor
- Peer Researcher (to help us shape and develop the services we offer)

Give us a call on **0191 3891594** or email **sisters@aspire-northeast.co.uk** to get involved.



Women's Weekly Wellness Service

Book some "Me" time!

Due to popular demand this service is now offered on a weekly basis.

Relax with a Indian head massage, back, neck and shoulder massage or reflexology treatment provided by our qualified therapists. Podiatry treatments and foot health care is also available delivered by our qualified podiatrist.

Keep well with our new developments - we now offer monthly mini health checks and specific health information sessions, or just relax with a hand massage or manicure from one of our trained volunteers.



One to one confidential listening service

We know life can be full of challenges.. If you are feeling worried, upset, confused or stressed about something then we are here to listen and never judge.

Our confidential listening service provides space to talk things through whatever the reason, with a trained listener in a safe and confidential environment. This service is also available by phone.

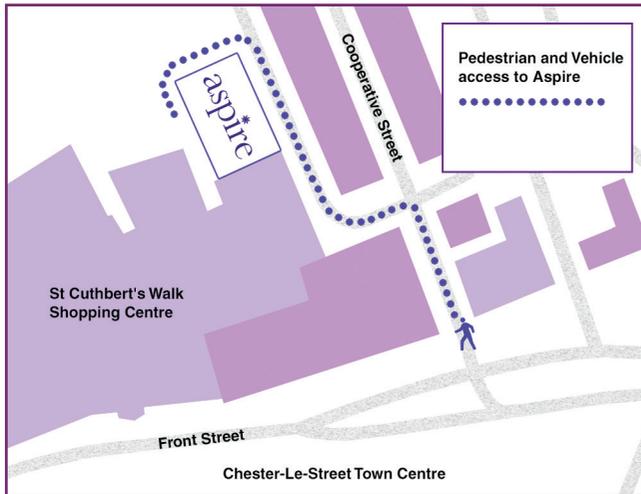
Need to talk? Telephone **0191 3891594** or email **sisters@aspire-northeast.co.uk** for further details.



Supporting Sisters is proudly funded by the
Big Lottery Fund's Women and Girls Initiative.



How to find us



Aspire House, Rear of Front St., Chester-le-Street, County Durham, DH3 3AW

Please do not use the shopping centre fire exit to access our centre.

Get in touch



0191 3891504



enquiries@aspire-northeast.co.uk



[aspire.northeast](https://www.facebook.com/aspire.northeast)



[AspireHouse](https://twitter.com/AspireHouse)

This programme is kindly supported by:



We apologise in advance for any necessary changes we may need to make to the programme. (Printed March 2018)