



**NHS**  
**East Lancashire**  
 Teaching Primary Care Trust  
*Help us save a million Years of Life*

# HYNDBURN

## CENTRE COURSES Sept - Dec 2010

### \*Healthy Mums, Healthy Families

**Monday 20th Sept 12.30pm – 2.30pm**  
**for 10 weeks (Crèche) (FREE)**

How to improve your mental and physical health, by focusing on your daily activities, diet and emotional well-being. Learn about various relaxation techniques to help manage stress and depression. Create a healthier you for a healthier and happier home.

### \*Confidence, Self-Esteem & Assertiveness

**Tuesday 21st Sept 10am – 12noon**  
**for 10 weeks (Crèche) (FREE)**

Build your confidence and self-esteem in a safe & supportive environment. Recognise your own barriers to being more confident. Look at what you want to achieve and set personal goals to help you towards this. Learn simple relaxation techniques to improve your general well-being.

### Creative Asian Crafts

**Tuesday 21st Sept 1pm - 3pm**  
**for 10 weeks (FREE)**

This course is for you if you are interested in learning an introduction into the art of traditional henna painting, hand embroidery, beading & textiles.

### Counselling Skills (Accredited)

**Tuesday 21st Sept 6pm – 9pm for 10 weeks**  
**(Fees apply - Please ask for more details)**

This is an introduction to basic counselling concepts & skills, where issues such as ethics, confidentiality & responsibilities will be discussed. Develop qualities of empathy, non-judgemental understanding, active listening and reflection skills.

**(Assessment will be required)**

### Computers (Beginners)

**Wednesday 22nd Sept 10am - 12noon**  
**for 10 weeks (FREE)**

Learn the different functions of Microsoft Office. You will learn how to create documents in a variety of different styles using word processing and desktop publishing tools.  
**(Assessment will be required)**

### Level 1 in ICT (Accredited)

**Wednesday 22nd Sept 1pm – 3pm**  
**for 10 weeks (Accreditation Fees Apply)**

Suitable for learners who have completed the "Computers for Beginners" course and have been using a computer at home or at work. By the end of the course, learners will be able to apply ICT confidently using the internet/email and at least 2 other programs.  
**(Assessment will be required)**

### \*Relax and De-Stress

**Thursday 23rd Sept 10am – 12noon**  
**for 5 weeks (FREE)**

An introduction to the subject, giving you the opportunity to learn a range of relaxation skills to manage your stress and improve your health.

### \*Confidence Building

**Thursday 4th Nov 10am – 12noon**  
**for 5 weeks (FREE)**

An introduction to the subject, giving you the opportunity to meet others who feel the same as you & begin to build your confidence.

### Ready, Steady, Go

**Friday 24th Sept 10am - 12noon**  
**for 10 weeks (Crèche) (FREE)**

Are you out of work and want to work? Do you want to make to make positive changes in your life? This course includes confidence building, overcoming barriers, managing your finances, exploring training & career options, job search & interview skills, plus much more.

*We also run a  
 'Working with the Inner Child' Support Group and  
 'The Butterfly' group (which is a Depression & Anxiety Support Group). Please enquire for further details.*

**Our Crèche facility is available for pre-school children only.**  
 Places should be booked in advance to avoid disappointment.

For further information or bookings please contact:  
**The Women's Centre**  
 21–23 Blackburn Road, Accrington, BB5 1HF  
 Tel: **01254 871771** or email: [kara@womenscentre.org](mailto:kara@womenscentre.org)

**\*These courses are funded through the Women's Mental Health Strategy for East Lancashire.**

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*Support, Encourage, Enable*

