

Northside Welcome Centre

is open to all the community to help individuals prosper and achieve their highest potential, to promote spiritual development and community cohesion. We work in partnership with Worker's Education Association (WEA), Birmingham City Council, and the National Health Service.



Worker's Education Association (WEA) are the UK's largest voluntary sector provider of adult learning, changing and enriching lives through learning, by providing the finest tutors to deliver Skills for Life courses.

Birmingham City Council are providing their services at the heart of the community with advice and information accessible to all.



The National Health Service are running the six week Expert Patient Programme at the Northside Welcome Centre.



Northside Welcome Centre was founded and is managed by Sikh Nari Manch UK, a registered charity (1093192) serving all in the spirit of the Sikh tradition. Part funded by the Lankelly Chase Foundation.

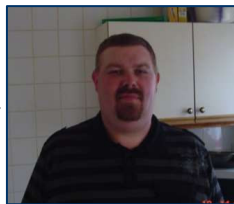


NORTHSIDE WELCOME CENTRE USERS PROFILE



In the nine months Veronica has been attending the Northside Welcome Centre, she has done the Expert Patient Programme, and is currently doing the English, Maths and the Computer classes. Veronica's comments, "The Northside Welcome Centre are providing an excellent range of courses, and everyone is so friendly and helpful. Coming to the Centre has given me a new lease of life."

Lee Adams attended the computer classes at the Northside Welcome Centre two years ago. Lee learnt IT skills very quickly, and has gone on to gain ECDL and ICT systems Support Diploma. Lee has been helping to teach at the Centre on a regular basis for over a year. He is now looking for a career in teaching. Lee's comments "It has given me a boost of confidence learning and teaching at the Centre."



Enrolment Open-Day is on Tuesday 15 September 2009

Come along meet the tutors and other students. Refreshments will be provided. Contact the Centre now, for more details.

The Centre is open Monday — Friday 10.00am — 2.30pm

In partnership



SKILLS FOR LIFE

**NORTHSIDE
WELCOME CENTRE
176 STREETLY ROAD,
ERDINGTON B23 7AL**

0121 377 6136 or 07963 123 751
Email: satpal@sikhnarimanch.com



Learning changes lives

DON'T GET BY— GET ON

Northside Welcome Centre (NWC) are providing a range of new courses this September. Are you looking to return to work? Trying to get promotion? After a new job? Or would just like to improve your education and skills?

Why not attend our enrolment open day on **Tuesday 15 September 2009 10.00am until 2.00pm**. Many jobs and courses now need a qualification. NWC will be delivering new English, Maths and ICT courses with qualifications, as well as a course in preparation for work. The Centre is open to all the community.

Limited places are available. Some of the classes fill very quickly, to avoid disappointment call or pop in to the NWC now to reserve a place on one of the courses.

OUR COURSES ARE FREE*

Northside Welcome Centre is run by Sikh Nari Manch UK
Registered Charity No: 1093192

COURSE TITLE	LEVEL	DAY	TIME	COST
Preparing for Work		Monday	09.45 - 12.15	FREE*
Computer Skills	Beginner to Intermediate	Monday	10.00 - 11.00	FREE
Computer Skills	Beginner to Intermediate	Monday	11.15 - 12.15	FREE
English Literacy	Entry 1 - 3	Monday	12.30 - 2.30	FREE
Computer Skills	Beginner to Intermediate	Tuesday	10.00 - 11.00	FREE
Computer Skills (WEA)	Beginner to Intermediate	Tuesday	12.30 - 02.30	FREE*
Computer Skills	Beginner to Intermediate	Thursday	10.00 - 11.00	FREE
Computer Skills	Beginner to Intermediate	Thursday	11.15 - 12.15	FREE
Expert Patient Programme		Thursday	10.00 - 12.30	FREE
English Literacy	Level 1 - 2	Friday	09.45 - 12.15	FREE*
Numeracy (Maths)	Basic to Intermediate	Friday	12.30 - 02.30	FREE*

ACTIVITY	DAY	TIME	COST
Yoga & Meditation	Tuesday	7.00pm - 8.00pm	£3.00
Counselling Sessions	Mon to Fri by appointment only	10.00 - 2.00	FREE
Advice & Info Service	Wednesday	10.00 - 12.00	FREE

DESCRIPTION OF COURSES-

Preparing for Work

The thought of going back to work can be both exciting and daunting. Develop new skills such as communication and interview techniques, C.V and cover letter writing, as well as effective job search skills. This course will also guide the individual through the stresses of work with coping strategies and knowledge of gaining employment.

Computer Skills

These courses are flexible, bite-size courses with one-to-one support. Develop your understanding in practical IT skills and Office applications or 'brush-up' your existing knowledge, with the option to gain a qualification. The courses are suitable for beginners and intermediate level.

English Literacy

This course will help improve your communication skills as well as build your confidence and assertiveness. The course will cover reading and writing, punctuation and grammar, with the opportunity to take the literacy national accreditation. Separate class for women only available.

Expert Patient Programme

Self-management course for anyone suffering from any long term condition such as depression, stress, diabetes, mild mental health problems and other conditions. The course lasts six weeks (two and a half hours a week) and gives people the confidence, skills and knowledge to manage their condition better and take control of their lives.

Numeracy (Maths)

Ideal for anyone wishing to brush up their every day maths. Classes ranging from entry level to intermediate, with the option to gain OCR qualifications.

Yoga and Meditation

Working on mind, body and spirit for helping people to relieve stress and improve their general health and well-being.

Counselling Sessions

Private and confidential counselling sessions for helping with bereavement, depression, family or difficulties, personal crisis and for any one who may be distressed or experiencing dissatisfaction with life or loss of a sense of direction and purpose.

Advice and Information Service

Provided by Birmingham City Council, neighbourhood advisors. Get help with form filling, benefit review, debt advice, housing or other general enquires.