

TIMETABLE AUTUMN 2026

Course Title	Start Date	Day	Time	Duration
WELLBEING				
Building Self Confidence	07/09/2026	Monday	12.30pm - 2.30pm	6 weeks
Unlock Your DIY Potential	14/09/2026	Mon	9.45am - 12.45pm	4 weeks
Forest Bathing	14/09/2026	Mon	10.00am - 11.30am	4 weeks
Spotting Early Red Flags in Relationships	16/09/2026	Wed	10.00am - 12 noon	One off
African Drumming	16/09/2026	Wed	12.30pm - 2.30pm	6 weeks
Music Therapy Taster	22/09/2026	Tues	10.00am - 11.00am	One off
Respectful Relationships	23/09/2026	Wed	9.45am - 11.45am	4 weeks
Music Therapy	29/09/2026	Tues	9.45am - 11.45am	4 weeks
Mindset Matters (on Zoom)	12/10/2026	Mon	7.00pm - 8.30pm	4 weeks
Wellbeing Morning	08/10/2026	Thurs	10.00am - 2.00pm	One off
Holistic Self Care for the Menopause	02/11/2026	Mon	9.45am - 11.45am	6 weeks
Creative Connections	02/11/2026	Mon	12.30pm - 2.30pm	6 weeks
Chi Flow	03/11/2026	Tues	9.45am - 11.15am	6 weeks
Creative Writing	03/11/2026	Tues	12.30pm - 2.30pm	6 weeks
Holiday Spanish	04/11/2026	Wed	9.45am - 11.45am	9 weeks
Good for Me	04/11/2026	Wed	12.30pm - 2.30pm	3 weeks
What's Your Body Telling You?	25/11/2026	Wed	12.30pm - 2.00pm	3 weeks
Sound Bath	TBA			
ENGLISH				
English for Beginners	17/09/2026	Thurs	9.45am – 11.45am	Ongoing
ESOL Entry Level 1	07/09/2026	Mon & Tues	9.45am – 11.45am	Ongoing
ESOL Entry Level 2	07/09/2026	Mon & Wed	9.45am – 12.45pm	Ongoing
ESOL Entry Level 3	08/09/2026	Tues & Thurs	9.45am – 12.45pm	Ongoing
Improve Your English	09/09/2026	Mon & Wed	9.45am – 11.45am	Ongoing
EMPLOYABILITY				
Career Advice	14/09/2026	Mon	10.00am – 12.00pm	One off
CV Workshop	17/09/2026	Thurs	11.30am – 1.30pm	One off
Interview Skills	15/10/2026	Thurs	11.30am – 1.30pm	One off
Childcare Benefits	19/10/2026	Mon	10.00am – 11.00am	One off
Challenging Work Relationships	04/11/2026	Wed	10.00am – 11.00am	One off
Cost of Living	26/11/2026	Thurs	1.00pm – 3.00pm	One off

****All courses are subject to change****

Tel: 028 8772 7648 Email: thewomenscentre@gmail.com Apply: www.firststepswomenscentre.org/apply

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