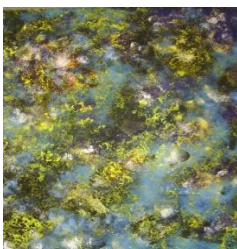




Waddington Street Centre Courses 2010/2011



New College Durham



Courses at Waddington Street Centre

Waddington Street Centre is committed to the provision of interesting, challenging and enriching programmes of education and training. We offer activities through New College Durham, WEA, Durham County Council and Volunteers.

Our courses are aimed at learners who have Mental Health Problems and may experience barriers to mainstream education and venues.

All of our teaching and classroom support staff have training in Mental Health awareness and in most instances a great deal of hands on experience.

When enrolling on courses (except volunteer classes) it is important that you provide proof of benefits. All courses do cost money but it is government policy that people in receipt of means tested benefits get education for free.

An example of a means tested benefit is; Housing or Council Tax benefit, JSA, Tax Credits and Income Support.

DLA and Incapacity benefits are not means tested

Please be aware that Incapacity benefits can sometimes have a small component of Income support. If this is the case for you, it becomes a means tested benefit.

If you are unsure, speak to a member of staff at Waddington Street Centre or Benefits Agency

We don't want to exclude anyone from courses. If you are unsure about your benefits and how they affect course fee remission please speak to Ali Lee on 0191 386 0702 or email: alee@waddingtoncentre.co.uk, or best of all in person.

Courses available at the Centre

Art and Design Workshops – Joan Hutchinson (NCD)

A fun and informal course where you can explore your creative side. If you enjoy or want to learn about; drawing, painting, collage or mixed media this is the course for you. No previous experience necessary.

Exploring Art Forms – Joan Hutchinson (NCD)

Got a great idea for a painting or drawing but not sure about how to go about it? Then come along and meet with Joan. You can learn at your own pace in a friendly and informal environment. No previous experience necessary.

Music – Ian Mathews (NCD)

There is something for everyone with this class. You can learn how to play guitar or generally join in with percussion or singing. This class is aimed at all levels of ability and Ian is really keen to see new members. Everyone who joins – loves it.

Healthy Lifestyles – Pauline Craddock (NCD)

We all want to be healthier but how do we go about it? Join Pauline and learn about diet and exercise, relaxation, food contents, complimentary foods, hygiene and general well-being. This is a very friendly group and has the potential to help you make positive changes in your life.

Confidence Building – Pauline Craddock (NCD)

Low self esteem, want to be able to speak in front of others, need to have more belief in yourself? If this sounds like you – join Pauline and work on some techniques that can really help you to become more confident. Go on, take the first step on the road to finding confidence, and join up.

Creative Writing (beginners) – Steve Urwin (NCD)

Writing isn't as scary as you think. Most of us have a story to tell and this could be your chance to explore in writing your own thoughts and ideas. Steve Urwin is a published North East poet. As an experienced writer himself he can give you the tools and support you need to create your own creative writing pieces. Very enjoyable sessions. No previous experience necessary.

Creative Writing (intermediate) – Steve Urwin (NCD)

For the slightly more experienced writer. This session builds upon pre-existing skills and offers a more challenging range of writing exercises and the chance to work towards producing your own poetry anthology, sending work to possible publishers or even performance work. Some previous experience is recommended.

Writing for All – Steve Urwin (NCD)

A really fun session set outside of the classroom environment. The group takes place in the lounge area and aims to be collaborative and inclusive. Join in for two hours or chip in with the odd contribution. Some of the most unique, inventive and fun poems are written in this session. No previous experience needed.

Hands On Graphics – Julie Shaw (NCD)

Graphic design, what's that? Well Graphic Design is the process and art of combining text and images and communicating an effective message in the design of logos, brochures, newsletters, posters, signs, cards etc . Join Julie (a fantastic Graphic Designer) and produce your own piece of design work. You will use computer packages such as Photoshop but if you prefer, you can do it the old fashioned way, by hand. No previous experience needed.

Design and Reality – Julie Shaw (NCD)

It's Graphic Design again. A chance to develop your skills or try something new. If you enjoy making functional items, using computers and design/art packages such as Photoshop, why not give it a go. Your new found interest and skills could even lead to some work based training in our very own print shop.

Stepping Out – Pauline Craddock (NCD)

This one is all about getting out into the community and finding out about the wonderful educational, cultural and social venues on our doorstep. Would you benefit from accessing these places with support whilst learning more about your local community? If so this is a really interesting new course for those of you put off by desks and classrooms.

Film Studies – Nick Ryan (NCD)

Well we all love a good film don't we? An informal and popular course that explores a range of themes, styles and the history of film. Come along to watch, discuss and even debate issues around some of the most interesting films ever made.

Everyone welcome but this class definitely needs more girls!!

Creative Mythology – Mike Watts (NCD)

What is Mythology, where does it come from and why do stories thousands of years old continue to enthrall and inspire us? Explore the social impact of Mythology and its role across a range of cultures. Never a dull moment in a Mike Watts course, absolutely not to be missed.

Intermediate IT David Murton (NCD)

So you know the basics but want to know a bit more. Why not join David's friendly and supportive group. You can work at your own pace and choose your projects. IT is the future, come on join in!! A small amount of previous experience is useful.

IT Workshops David Murton (NCD)

Are you frightened of computers but want to learn what all the fuss is about? Well this is the class for you. Learn how to; switch it on, create a document, shop on-line, send an email, type a letter or just browse the internet. All levels are catered for. You can work at your own pace with lots of support from the very patient and friendly, David Murton.

It really isn't as hard as you think!

Absolute beginners very welcome.

Skills for Life Christine Davies (NCD)

This course is designed for those of you who may want to develop your numeracy skills. You will take part in a simple diagnostic assessment that will allow Christine to support you at the right level. All levels of ability are welcome. You can even do your National Test, a GCSE equivalent qualification for adults. So it may help you get that job you want.

A friendly and supportive class for those of you brave enough to take on numbers!

Relaxation Workshops Pauline Craddock (NCD)

The relaxation workshops work on the principle that we all have different methods of relaxing. Whether it's shopping, chatting, sewing, drawing, reading or cloud gazing Pauline Craddock will help you discover your personal method and how to relax to the max.

An enjoyable session in a friendly and supportive environment

Stress Busting Pauline Craddock (NCD)

We all get stressed and we all need to chill out. If you would like to learn how to do this more effectively in a supportive and friendly environment this course may be for you. Some of the activities include; meditation, breathing exercises and aromatherapy. Some people find that it really helps and provides them with skills that can be used at home or shared with others.

European Thought and Culture Mike Watts (NCD)

History, philosophy, art, religion and innovation all rolled into one fabulous package. What Mike Watts doesn't know – never happened. A truly interesting look at the history of western civilisation and why the world is the way it is now. Truly great. Everyone welcome

Language Studies Mike Watts (NCD)

Where does our language come from, why do we use the words that we do? How and why do words hold so much power and meaning to us? A really fascinating insight into the richness of the English language – a must for the curious and anyone after something a little bit different. Anyone welcome!

Cooking for Health – Andrew Richardson (volunteer)

Can't be bothered to cook? Not sure what to do? On a tight budget? Andrew has the answers and enthusiasm to get you over these hurdles. Learn how to make simple, healthy and affordable meals then round the class off with a lovely social meal where you get to eat what you have made.

Card Craft – Soo Illingworth (volunteer)

Never mind Moon Pig and Clinton's get yourself along to this seriously creative session. A really warm, inviting and friendly group where you can make your own beautiful handcrafted cards. No previous experience required. £1 payment for materials per 2 hour class.

Digital Photography – Gerry Bateson (volunteer)

This course caters for those of you who don't know how to switch the 'darn' thing on to those of you who know what you are doing. You can also learn how to enhance and manipulate your images using packages such as Photoshop.

A very friendly and supportive atmosphere, everyone welcome.

Quotes from Previous and Current Learners

“I was made to feel very welcome and enjoyed learning how to send an email. I can now communicate with family who live outside of the area.”

“I was really bad at art when I was at school. In the art class I have been shown simple techniques and even had my work published in a magazine.”

“What I have learned in only 10 weeks is amazing. Small changes in my lifestyle have made me feel more well than I have in years.”

“I don't know what I'd do without the courses. I really look forward to them.”

“I never used to have much to look forward to. I really enjoy doing the classes and I have made new friends.”