



Autumn 2008

# FOLESHILL WOMEN'S TRAINING

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**"Working with women to achieve economic, social and health well being"**

## Introduction

Welcome to our newsletter. This edition brings you lots of information about the great work we are doing! It contains news & updates, and provides details of all the courses & programmes we are running.

Our employment project continues to be a great success, and has helped many women find employment. We offer lots of support, advice and guidance to help you find work, and we also run Personal Development, ICT and ESOL courses to help you gain the skills & confidence you need. If you need further information, please contact Mary - she can also help you write or update your CV, and help you with interview techniques.

Perhaps you would like to work for yourself? Why not turn a hobby or an idea into a business? We can support you and put you in contact with specialist business mentors. Call us and ask to speak to Tirth.

Mary & Tirth can be contacted on **(024) 7663 7693**.

Our child and maternal health project '**MAMTA**' continues to provide language supported parent craft classes and activities surrounding maternal and child health, working to support the national targets in reducing infant mortality. If you are expecting a baby or know someone who is or just had a child, then give the **Mamta** project a call on **7666 2611** or see inside for the services that this project can offer you.

Do you want to help your child with their school work or contact friends and family quickly, easily and at no cost? Then we can offer you free access to the internet and supported provision to help you take the first steps to accessing the worldwide web and emailing friends and family.

### **Message from the new Centre Manager**

*"I've been in the post since May 2008, and am delighted to be part of the team at FWT. The centre offers so much to women, and being new here myself, I'm hoping to see lots of new visitors to the centre over the coming months, as well as welcoming back our existing users.*

*We are dedicated to improving the lives of the women in Coventry, so come and find out about all the learning, employment, and training opportunities FWT can offer you!"*

**Christine McNaught , Centre Manager**

### Inside this issue:-

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### Thought of the day...

To love what you do and feel that it matters – how can anything be more fun?



# Mamta Project (Child & Maternal Health)

## The aim of MAMTA is to empower women from Black and Minority Ethnic groups to take control of their own, and their children's health

Mamta, which means "motherly love" in many south Asian languages, is a health project for black and minority ethnic women, funded by the Coventry PCT.

### Parent Craft session partnership with Community Midwifery

During a Parent Craft session women are given information on their own health during pregnancy and that of their baby's. The sessions cover diet and healthy eating, exercise, labour, breastfeeding, preventing cot death and the effects of smoking and passive smoking.

- Of the 130 women who accessed Parent Craft sessions between April and June 2008, 85% of the women reported an increase in knowledge and awareness from attending the sessions about healthy pregnancy.
- For women who gave birth between April-June 08, 62% were not aware of the benefits of breastfeeding before attending Mamta. 80% continued Breastfeeding after attending.

### Community Peer Support Workers: Improving Midwifery Practice to Reduce Infant Mortality

MAMTA project won an OSCA (Outstanding Achievement Service and Care Award) together with partners Maternity Services UHCW, Coventry University, and Coventry PCT, for the this project's work over the last two years and were presented with the award by the University Hospitals Coventry & Warwickshire NHS Trust, in the 'Working Together' category.

We would also like to say "Well Done!" to the Community Peers at Mamta for their efforts, and who are now working on the Mainstreaming Midwifery Project, with the Community Midwives in Foleshill to support healthy pregnancy outcomes since April 2008.

### Preconception Peer Support Workers

This multicultural team are working on a preconception care project with the PCT to deliver focus groups within different ethnic communities. They have been working on mapping organisations and consulting with women. The peers have begun delivering focus groups to find out women's views on preconception and pregnancy from across these continents to help shape future delivery of services.

### The Beacon Award

This year Coventry City Council were awarded a Beacon on the Health Inequalities theme. Mamta, the Coventry Primary Care Trust and other organisations were involved in the consultation leading up to the award representing Coventry.

### The following sessions are run regularly, for women by women

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health Advice for all women at FWT</b> (Foleshill Womens Training) Drop in</p>	<p><b>Quit Smoking in Pregnancy</b> 9.15am – 12.00pm FWT</p>	<p><b>Women only Swimming</b> Foleshill Leisure Centre Call to book 024 7625 2525 9.30am-11.00am</p>	<p><b>Women only Gym Fitness</b> at Foleshill Leisure Centre 024 7625 2525 11:00am-1:00pm</p>	<p><b>Pre-Conception Advice for all women at FWT</b> Drop in (starting soon)</p>
<p><b>Baby Clinic</b> with Broad Street Health Visiting Team 1:30pm – 3:00pm (Mamta support)</p>	<p><b>Parent Craft Pregnancy classes</b> including Support Group with Midwife and health visiting team at FWT 10:15am –12:15pm</p>		<p><b>Post Natal Sessions</b> with Community Midwife 'Postnatal Discharge Clinic' at FWT 12.30 pm – 3.30pm</p>	<p><b>Breast Feeding Support</b> Foleshill Children's Centre 10:30 – 12:00noon 024 7667 6580</p>

Ring Mamta for further details & to book a place on (024) 76 662611 or email [mamta.project@fwt.org.uk](mailto:mamta.project@fwt.org.uk)

## Training

At Foleshill Women's Training, we are able to put on courses by demand. So if you are interested in a particular course, and we have sufficient numbers of people also interested, let us know

### **Adult Education Courses at FWT – Starting September 08**

Courses include Maths, English, ITQ, Children's Social Development, & Children's Care, Learning & Development (NVQ Level 2). Please ring Adult Education on (024) 7660 3715

### **ESOL with embedded Citizenship aspects - £100 (10 weeks)**

#### **Starts September 08**

A course for those who are at Entry Level 2 or 3. A very popular course. This accredited course is for those who wish to have indefinite leave/ become UK citizens whose speaking, listening and writing skills are below Entry Level 3. This does not include the UK Citizenship test.

### **Life in the UK – Citizenship - £200 (10 weeks)**

#### **Starting September 08**

This course is for those who need to take the test for UK Citizenship. The 10 week course will cover all sections of the Life in the UK: A Journey to Citizenship 2007 book and will include practice assignments. You will need to purchase the book before attending the course.

*For information on any of these courses, ring (024) 7663 7693*

### **Learndirect Courses**

We're starting online courses in Maths, English, Customer Care & IT. Drop-in sessions every Wednesday from **September 17<sup>th</sup>, 9.30-1.00**. You can even gain a qualification!

Come along to the Learndirect open day on **August 27<sup>th</sup>, 9.00-12.30**. For further information, please ring Lorraine at Numidia Education on (024) 7646 6368

## Employment

The Employment Project is funded by Connecting Communities and Local Government. This project supports a number of courses and advice and guidance sessions at our centre.

Since the start of the project in June 2006, many women have benefited from this service and have received help with CV and letter writing, interview techniques, completing application forms and general advice and support. We run a Job Club every Thursday between 1.30 – 2.30pm.

The sessions are free and include guidance and support on job search – on the internet and in the local papers; completing application forms (looking at personal statements)- on the internet and on paper, CV writing – using the correct layout, looking at what should go into a CV, interview techniques online and paper based – how to prepare yourself for that important interview.

The employment project is a pilot project at Coventry Central Library every Monday, 1.30 – 4.30pm, from 4<sup>th</sup> August to 1<sup>st</sup> September 2008. The activities in this project include; one to one career advice; workshops on CV writing; cover/application letters; completing forms; and interview tips.

We hope to secure future funding, and start the project again every Monday at Central Library from 29 September 2008 to 30<sup>th</sup> March 2009.

**Speak to Mary Enaw to find out more 7663 7693 or email [mary.enaw@fwt.org.uk](mailto:mary.enaw@fwt.org.uk)**

## Social Enterprise (setting up your own business)

The Social Enterprise Project, funded by Connecting Communities and Local Government is for BAME (black, asian and minority ethnic) women who are interested in setting up their own business. **Tirth Hyare**, our Social Enterprise Development Worker, has been supporting and signposting women who have expressed an interest in setting up their own business – or have questions and want to find out more.

So far, a number of women have been referred to Coventry City Council's LEGI programme (Local Enterprise Growth Initiative), and have been assigned a mentor. Many have gone onto training sessions on business set up.

*"I didn't know where to go, couldn't go to the bigger named places as didn't have the confidence and I thought they might laugh at my idea"*

*"I'm glad my friend recommended FWT as Tirth and Mary were really helpful and our meeting was very relaxed".*

## UK Online

In April 2008 our UK online centre had 10 new flat screened computers installed, which were provided through Coventry Adult Education Service. **Tirth** is our UK Online Coordinator (she's a very busy woman!). She can help you to get started on UK Online courses, and give you lots of help & support as you progress. UK Online courses are completely free of charge, and you can learn all about 'getting started' on computers, to 'moving on' and improving your skills.

You can also 'drop-in' and use the computers free of charge.

- Students currently doing UK Online courses now have email addresses, and have been emailing friends and family across the world! Many have achieved an accredited beginner's computer course.
- Women have used our computers to fill in online job application forms, search for holidays, shopping, and even enrolling for library cards.
- All have accessed the Government website 'Direct Gov' for vital public services information, such as childcare, education & training options.

Monday 12.30pm – 3.30pm

Tuesday 9.30am – 12.30pm

Wednesday 1.00pm – 4.00pm

Thursday 1.00pm – 4.00pm

Friday 10.00am – 1.00pm

**Please note** that the during the holiday period or event days, opening times may vary. Therefore, it is always advisable to contact the centre beforehand to book in time to use the computers.

## Forthcoming events...

- Tuesday mornings – **Quit Smoking** in Pregnancy Clinic with Smoking Cessation team
- Thursday mornings – **Postnatal sessions** – health checks for new mums and babies
- **OPEN DAY** Monday 8<sup>th</sup> September 08 - Come and see what we have to offer, and register on one of our courses. Pay on the day. Free refreshments! Events! Goodies!
- **"My Voice in Europe"** Women coming together – 12<sup>th</sup> September 9.30-12.30 (for more details contact the centre on 02476 637693)
- **Learndirect** courses – every Wednesday 9.30-1.00. Ring Lorraine (024) 76466 368.

Funded by...

UK **onlinecentres**

