

COMMUNITY DEVELOPMENT AND HEALTH COURSES STARTING IN FEBRUARY 2016

- All our courses are open to everyone unless stated otherwise on the list
- Participants do not have to pay for a place on these courses.
- Any questions please contact CD&H Programme Coordinator, Mai Mustaphanin. Do leave a message if Mai is unable to answer.

2930686 / 0773 679 3272 / mai.mustaphanin@sheffield.gcsx.gov.uk

COURSE & AREA	VENUE
<p>Wish PARKWOOD ACADEMY</p>	<p>PARKWOOD ACADEMY Longley Avenue West, Sheffield S5 8UL</p> <p>Thursday 21 Jan 2016, 12.00- 3.00, 8 weeks.</p> <p>Contact Janet Charlton, Community Learning Co-ordinator 07872415956, janet.charlton@parkwoodacademy.org.uk</p>
<p>Wish BROOMHALL</p> <p>CRECHE available.</p>	<p>BROOMSPRING COMMUNITY CENTRE Broomspring Lane, Sheffield, South Yorkshire S10 2FD</p> <p>Wed 3 February 2016, 9.30-12.30, 8 weeks Contact Mai Mustaphanin, CD&H Programme.</p>
<p>MAKING MEN (men only) <i>in partnership with Making Men Training</i></p>	<p>SHIPSHAPE The Stable Sharrow Lane, Sheffield S11 8AE</p> <p>Friday 19 February 2016, 12.00 - 4.00, 4 weeks. TBC</p> <p>ShipShape 2500222 Email sbrewer.shipshape@gmail.com</p>
<p>ICDH</p> <p>CRECHE available.</p>	<p>BURNGREAVE VESTRY HALL 2 Burngreave Road, Sheffield S3 9DD</p> <p>Tuesday 16 February 2016, 9.30 - 2.30, 16weeks Contact Mai Mustaphanin, CD&H Programme.</p>
<p>ICDH</p>	<p>SHIPSHAPE The Stable Sharrow Lane, Sheffield S11 8AE</p> <p>Thursday 10 March 2016, 9.30 - 2.30, 16 weeks.</p> <p>Contact ShipShape 2500222 Email sbrewer.shipshape@gmail.com</p>

WE ARE TAKING REGISTRATION OF INTEREST FOR THE FOLLOWING COURSES.
THEY WILL BE ORGANISED **IF** WE HAVE ENOUGH PEOPLE INTERESTED.

PROPOSED COURSE & AREA	PROPOSED VENUE <i>WisH Courses are organised in partnership with WEA</i>
WisH HEELEY	HEELEY INSTITUTE Contact Heeley Development Trust 2500613 info@heeleydevtrust.com
WisH UPPERTHORPE	ZEST 54-56 Uppertorpe Rd, Sheffield S6 3EB Contact Jack Dunn 2702042, Jack.Dunn@Sheffieldworks.org.uk
WisH TINSLEY	TINSLEY COMMUNITY CENTRE 1a Ingfield Avenue, Tinsley S9 1WZ Contact Zahira Naz, 0793 132 8617
WisH DARNALL	Venue TBC Contact Darnall Wellbeing 249 6315
WisH ARBOURTHORNE and STOCKSBRIDGE	Venues TBC Start: September 2016 Contact Mai Mustaphanin, CD&H Programme.

ABOUT THE COURSES

What is ICDH?

ICDH stands for **Introduction to Community Development and Health**.

The course starts with a half day Taster session at 9.30 - 12.30. During the Taster session, you will meet the tutor, find out what the course is about and how the course is delivered. This is followed by 15 full sessions, one day a week from 9.30 - 2.30. You will have comfort breaks through-out the day and 1 hour for lunch. We will not be providing food, so you will need to bring a packed lunch. On this course, you will explore 5 Topics:

What is Health

- What being healthy and being well means to you and different people

Power and Powerlessness

- How is power used? Identify your own strengths as a person and group power.

Recognising and Building on the Strengths of Communities

- How do you feel about where you live? There are valuable people, groups and facilities out there that can help us improve our health and wellbeing.

Achieving Change for Health

- Is about people using their powers together to change situations and develop their community. Creating opportunities to do activities that raise health and wellbeing.

Skills for working with others

- Keeping strong, supporting friends and family or getting a group going requires particular skills. On this part you will identify and work on yours.

What is WisH?

WisH stands for **What is Health?** This is a mini version of the above course, delivered in 8 short sessions, from 9.30 - 12.30. You will learn about what influence health and wellbeing.

Topics include:

- What is wellbeing?
- What is power?
- What is community?
- What is a label? What do people mean by 'stereotype'?
- What am I good at? What is ambition? Is it different from hopes and dreams?
- What do I want to do (in my life)?



What is Making Men?

This course is specifically organised for men only and is for 4 session. On the course you will learn about

- masculinity and self esteem
- relationships, behaviour and assertiveness
- wellbeing and different aspects of health
- barriers to men being healthy and helping men improve health
- action planning

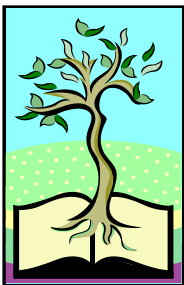
How are these courses delivered?

We'll get creative using drawings, cutting and pasting magazines and taking photos to explore issues.

You will be guided to reflect and analyse issues in group discussions and if you wish, write a reflective journal.

You will be doing individual work as well as group activities during the session.

All the tutors have done the course themselves, made changes in their own personal lives and now have greater involvement in the area where they live.



Is this course for me?

Don't worry if you have not been in education for some time or have no formal qualifications. You will be assisted by supportive tutors and there will be opportunity to discuss with tutors the pace or level that is comfortable for you or if the course suit your needs. If you need more explanation about the course, just ring or email us. Contact details below.

Childcare or creche

In some cases, where we have the funding to do so, a creche is provided and there is no charge. Alternatively childcare arrangements through a nursery are made. However, you will need to check with course organisers whether it is available and book with the creche or childcare provider first. Availability of children places is subject to the capacity and terms and conditions of childcare providers. Most providers have places for children from 2 years old and special arrangements have to be made with childcare providers for babies from 6 months to 2 years. We are unable to offer or arrange any childcare for babies under 6 months old.

If you wish to enquire further about these courses, contact
Mai Mustaphanin, 0114 2930686 or email Mai.mustaphanin@sheffield.gcsx.gov.uk