

The summer was really successful; thank you to everyone who joined in with activities. Pop in and see our summer display.

NEW COURSES AVAILABLE THIS SEPTEMBER

Access to Higher Education – Art & Design – Mon & Tues, all day

Starts 6th September (Application Form Required)

Personal Development through Arts & Crafts – Weds 9.30-12noon

Starts 29th September - 10 weeks (Enrol at First Class)

Introduction to Painting & Drawing - Weds 1pm-3.30pm

Starts 29th September - 10 weeks (Enrol at First Class)

The Psychology of Mental Health – Mon 1pm-4pm

Starts 6th September - 10 weeks – (Application Form Required)

First Steps in Computers – Fri 10am-12noon

Starts 24th September – 4 weeks (Enrol at First Class)

Self Esteem & Confidence Building – Weds 10am-12noon

Starts 29th September - (Enrol at First Class)

EDEXCEL Award in Parenting Skills – Weds 10am-12am

Starts 15th September – 1 year (Application Form Required)

ABC Certificate in Cake Decorating – Thurs 12.30-3pm

Starts 9th September - 1 Year (Application Form Required)

Introduction to Basic Cookery – Thurs 10am-12noon

Starts 9th September – 10 weeks (Enrol at First Class)

Personal Development through Creative Writing & Illustration –

Fri 10.00-12.30 Starts 1st October – 10 weeks (Enrol at First Class)

Gateway to Employability – Mon, Weds & Thurs

Starts 22nd September 9.30 -12noon (Pre-enrolment assessment required)

Maths and English courses are available, starting w/c 20th Sept - (Pre-enrolment assessment required).

For further information please contact St James Neighbourhood College on 0151 670 0359

JOB CLUB

EVERY THURSDAY

11am-1pm

FREE CONFIDENTIAL JOB SEARCH SUPPORT AND ADVICE

New Menu now

available at the

Open Door Café

In a hurry to school? Grab a piece of toast on the way - from 40p.

Fancy something more filling? Try our new 99p breakfast muffin range.

Our new menu is full of tasty hot and cold meals including £2.00 daily specials, sandwiches, wraps as well as our popular 99p saver menu.

Catering and takeaway's also available.

Starting on 23rd September, 12noon, join us for a **FREE health walk**, a 30-40 minute brisk walk around your local area.

This is the first of a series of monthly walks.

For more information contact Neil on 0151 201 4163

WHAT'S ON EVERY WEEK

MONDAY

9am-12noon—Smoking Cessation clinic (Call Clare on 0151 201 4163)

11am—Baby Bounce and Rhyme (for babies 18months and under)

1pm-2pm - Tai Chi (free)

3pm-3.45pm—Chair Exercise (£1)

5pm-6.45pm—Monday Night After-school Club (30p, for children aged 0-12years)

TUESDAY

10am—Story-time

12noon—3pm—Bag a Bargain fresh fruit and veg scheme (£3 per bag)

2pm-3pm Connexions drop-in (for 16-25yr olds)

WEDNESDAY

5pm-7pm—Ridgeway Morris Dancers (call 670 9974)

THURSDAY

10am –Adult Get into Reading Group

11am-1pm Job Club—free job search, CV writing and interview technique support

1pm-4pm—Birkenhead Social Project drop in (confidential drug and alcohol misuse help and advice)

4.30pm-6pm—Drop in to see the Health Trainers (providing lifestyle help and support 0151 201 4163)

6pm-7pm—Belly Dancing (£3 per class)

FRIDAY

10am-12noon—Wirral Dyslexia Association (see advert)

6pm-7pm—Local Councillor's surgery (no appointment necessary)

Lots of fun activities for parents & **children under 5.**

There's something for everyone each week at Brassey Gardens, Beechwood Children's Centre and Gautby Road Play and Community Centre.

Pop along to Brassey Gardens or the St James Centre to pick up the latest '**what's on**' or call the team on 0151 652 1916.

HEALTH TRAINERS NOW AVAILABLE!

Would you like to:

- *Lose weight
- *Eat & cook more healthily
- *Stop smoking
- *Feel more positive?

You can get all the support you need from our Health Trainers based at the St James Centre.

We offer lifestyle checks, mini health check and free 1:1 sessions to help you achieve your goals.

Drop in THURSDAYS 4.30pm-6pm or call 0151 201 4163 TODAY!

Wirral Dyslexia Association—providing support and advice for dyslexics as well as screening and resources.

St James Centre

Friday 10am-12noon

Call our Helpline on 653 4040.

Come along to our next talk on **Thursday 14th October, 7pm-9pm**

Kate Davies talks about Dyslexia in the Workplace.

St James Library

Macmillan Coffee Morning

23rd September 10.30am-12.30pm

Everyone welcome—help us to raise funds for a very good cause.

FREE computer courses.

Are you aged 16-60 years and currently unemployed? Register today for a FREE computer course.

Beginners IT, ECDL and more

Call 670 9974 to register