

WOMEN'S LIVES

Starting in January 2017

Run in partnership between Derbyshire County Council and UNISON

Women's Lives is a women only course designed to build your confidence as well as help you to develop your study skills. It is exciting and fun as well as being challenging!

WHO IS THE COURSE FOR?

Women's Lives is for women of all ages and from all walks of life who would like to take up new learning opportunities. The course is offered to Derbyshire County Council employees as part of a partnership agreement.

HOW WILL THE COURSE HELP ME?

The Women's Lives course will help to increase your confidence and self-esteem as you develop new skills and brush up on old ones.

You'll find that the course not only helps you in your job but also outside work with participating in group activities, helping the kids/grandchildren with homework, making yourself heard and finding new opportunities.

The course will help you to:

- i) **Develop Study Skills** – get into the swing of following a course of study. This will include reading and understanding texts, note taking, writing, research skills and being better able to analyse things.
- ii) **Develop your understanding of issues which relate to women** – culture, tradition, opportunities (or lack of them), expectations, hopes and fears.
- iii) **Enjoy studying with a group of like-minded women.** In the study sessions you will discuss and debate a variety of topics. The sessions are run in a relaxed and informal way and you will have the opportunity to share experiences. No-one will be put on the spot or made to feel uncomfortable.

During the course you will be Studying Women's Experiences, Exploring Images of Women and choosing a topic of your own to investigate. There are no tests or exams.

HOW IS THE COURSE DELIVERED?

You will join a regular study group which will meet on Thursdays between 10.30 - 12.30pm for 8 weeks at the Parkwood Centre, Alfreton. To start on Thursday 5 January 2017 and finish in March with an information session on 15 December.

You will need to seek permission from your manager to attend this course if you would normally be at work on Thursday mornings.

WILL I NEED TO DO SOME WORK IN MY OWN TIME?

Yes! There are 8 group sessions to attend and much of the preparatory work will be done in class but you will need some personal study time in order to complete the 3 course assignments – no more than 2 hours per week.

SUPPORT FROM YOUR TUTOR

The course will be delivered by a tutor from the Workers' Educational Association (WEA) who is a very experienced adult trainer. As well as running the study group meetings, the tutor will also be available to talk to you on the phone when you need help or advice and to give you individual feedback on your work.

WHAT HAPPENS AT THE END OF THE COURSE?

At the end of the course, many students decide to sign up for other courses including qualifications in English and maths; or opportunities at college or university. Some seek promotion at work or a new job. The majority of learners say their confidence and self-esteem has increased. The WEA provide a Certificate of Achievement.

WANT TO FIND OUT MORE OR APPLY FOR A PLACE?

A Women's Lives information session is being held on 15 December 2016 at 12-1pm and repeated again at 1-2pm in the Learning and Development room 1 at the Parkwood Centre, Alfreton. Come along and meet the tutor and have a look at the course materials. To book your place, please contact:

Learning and Development Contact:

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