

GOAL programmes

➤ **Ladies English classes**

- (Pre-entry, Entry Level 1, 2, 3)

➤ **Support & Guidance**

- Help completing forms

➤ **Life in the UK**

45 hours of tutor-led training including:

- Teaching Time
- Revision
- Test questions per session

➤ **Mehndi classes**

Beginners 6-week course

Learn how to:

- Use techniques to create a cone
- Make your own Mehndi paste
- Design & Apply patterns

➤ **Sewing Hub**

Basic 10-week course

Learn how to:

- Use the machine, cut and sew Kameez and Trousers.

Intermediate 10-week course

Learn how to:

- Make fancy necks
- Apply zip, ribbon and piping.

Advanced 6-week course

Learn how to:

- Make a Stroke Dress
- Cut and sew a stroke dress.

➤ **Basic Beauty**

6-Week course covering:

- Cleansing & Toning
- Steaming & Exfoliating
- Applying basic Foundation
- Blushers

➤ **DOSTI Group**

- A safe space for the elderly and their carers to meet, share and develop new skills.

➤ **Internet Café**

Sessions run once a week to help:

- Search for jobs
- Surf the net for information or to practice on the computer

➤ **Computer classes**

Computer sessions providing an overview on 'Getting Online'.

Learn how to:

- Use the Internet
- Shopping
- Use mouse and keyboard

➤ **Early Years**

- Parent and Toddler - A place to have fun with your child using arts and crafts
- Bumps and Bundles - For mums, from the start of their pregnancy to the early months of babyhood

➤ **Well-being Programmes**

- Walking with Words
 - Healthy Eating
 - Promote physical/mental health

➤ **Keep Fit Class**

- Exercise for beginners

➤ **Food for Thought**

- Join us for lunch and share everyday worries (every Tuesday & Thursday 12 - 1pm)

And much more...

For more information call GOAL on 0121 327 2997

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