

Tow Law Tattler

September

Tow Law Community Association AGM

Thursday 23rd September at 7.30 in the meeting room. All members are welcome. Refreshments will be served after the meeting. There are still vacancies on the Board any member wishing to stand please contact Jenny Flynn on 01388 730525 or the centre on 01388 731444.

Adults, Well – Being and Health Adult Learning



Preparation for the National Tests in Maths & English

**Do you want to gain a national
qualification in Maths and / or
English?**

This course will:

- **Improve your career prospects**
- **Boost your confidence**
- **Fill that gap in your CV**
- **Help you to help your kids with homework**
- **Gain you a nationally recognised certificate**
- **(Equivalent to the level of a GCSE)**

**Come along to the Tow Law
Community Centre**

**Thursdays 9.30 to 11.30am
Starting 16^d September 2010**

**Places now available on this FREE
course!!**

**To book a place or for more information
please ring Katie Graham on
07825341245 or Focus on Learning on
0191 3728594**

Tow Law celebrates World's Biggest Coffee Morning



On Friday September 24th, between 10.00 and 1.00 p.m., Tow Law Community Centre will hold a Coffee Morning as part of the Macmillan Cancer Charity's World's Biggest Coffee Morning.

The Tow Law Community Association is holding this as part of an information-giving session to highlight what is on offer at the Centre. As well as tea, coffee and biscuits, there will be members of staff on hand to answer any questions about the Programme at the Centre and there will be a raffle with prizes donated by local businesses as well as tombola, a cake stall and a sale of second hand books. Members of our IT Drop-In Group will be selling Christmas Cards that they have made (and excellent they are too!), the whole proceeds going to the Charity.

The World's Biggest Coffee Morning is one of the biggest fundraising events in the UK, with an estimated 2 million people raising their mugs for Macmillan last year.

This year's event takes place on Friday 24 September and with the public's help we aim to raise money towards a predicted total for the Charity of over £7 million for people affected by cancer. Every year 270,000 people are diagnosed with cancer in the UK. We want to support every one of those people and their friends and families too. We can only do this with the public's help and we are hoping the public of Tow Law will turn out in full to support this event. At last year's event, we raised over £600 for the Charity and this year we would like to raise even more.

Community Centre PROGRAMME

Monday

10:00 - 12:00 IT Drop-in
1:00 - 3:00 IT Drop-in
1:00 - 3:00 Baby & Toddler Group
4:30 - 6:00 Solicitors surgery (Hodgson & Angus)
4:15 - 5:00 Street Dance (under 11)
5:00 - 5:45 Street Dance (over 11)
6:00 - 7:00 Karaoke Choir/Make up under 11's
6:00 - 7:00 Pilates
7:00 - 8.30 Youth Club/Football/Film/Karaoke Choir/Make up/IT

Tuesday

4:15 - 5:45 Art
6:00 - 7:30 Boxing Fitness
6:00 - 8:30 Music Club
6:30 - 8:30 Film Making and IT
7:15 - 9:15 Keep Fit Class

Wednesday

10:00 - 12:00 IT Drop-in
1:00 - 3:00 IT Drop-in
2:00 - 3:00 Home Housing surgery (fortnightly)
4:00 - 6:00 Homework / Drop-in Club
5:00 - 6:00 Rainbows
6:00 - 7:15 Brownies
7:30 - 9:00 IT/Youth Club/Dance/DJ'ing/
Karaoke/Art/Sport/Cooking

Thursday

10:00 - 12:00 Baby & Toddler Group
4:00 - 5:30 c-card
5:30 - 6:30 Accredited Sport under 11's
6:00 - 8:30 Music Club
6:45 - 7:45 Accredited Sport over 11's
8:00 - 10:30 Sequence Dancing

Saturday

10:30am - 12:00 Boys Club ages 6 to 8
10:30am - 12:30 Internet Café
11am Film Club every 4 weeks (check with the Centre)

the activities are £1 per session please check
with the Community Centre 731444

New to Computers ?? Dip In and Try IT

As part of a new 'Dip In and Try IT' campaign we are hoping to attract as many newcomers and computer beginners as possible. Each new learner will be given tuition free of charge to develop new skills such as letter writing, making posters, designing spreadsheets and presentations, etc and for those who wish to learn how to use the Internet e.g. how to e-mail, how to shop on line, etc there'll be individual help for this as well and it's all for free. That's the sessions not the shopping – you'll have to pay for that yourselves!!

We shall also be registering people for My Guide, a free Government sponsored website which enables users to learn quickly about Banking Online, Digital Photography, Using Public Services Online and Job Hunting Online to name but a few of the courses that are available – you can even research your family history online. Again, there is no cost for doing any of this!

Times of the sessions are every Monday and Wednesday, 10.00 - 12.00 pm, and 1.00 – 3.00 pm; alternative times can be arranged to suit you by calling Alan on 01388 731444.

Get on the right track, it's Your Choice...

• work experience • new skills • confidence • qualifications
• volunteering • contacts • support • self esteem • good cv...

Are you unemployed and on Jobseekers allowance? Are you looking to rejoin the workforce? The Your Choice programme enables you to access opportunities through training and volunteering please contact Denise or Alan at the centre and we can make arrangements for you to be signed up if you qualify. Vouchers worth £25 for a retailer of their choice are being given to those signing up in September. The best contact days are Monday and Wednesday after 10.00 and Friday mornings. Both Alan and Denise will be there on Friday 24th September at the Worlds Biggest Coffee morning event so why not come along and join as well.