

Spring 2019 Newsletter

On behalf of all the staff, trustees and volunteers we would like to wish everyone Happy New Year 2019! We hope you all had a lovely break and a well deserved rest. We would also like to take this opportunity to welcome new students who have decided to join our programme and wish them all the best on their new learning adventure. As well as our new students we would like to give a warm welcome to our 12 new volunteers who have kindly offered their spare time to help at the Centre. Shikha and Weni will be working in the office and the rest of the volunteers will be either assisting in the classroom or running the additional volunteer led activities. We are looking forward working with you all!

Our core programme restarts on Tue 15th Jan 19. We are very pleased to announce that all the classes are fully recruited including our Employability course. As well as that we are delighted to inform you that our ESOL Café will be running again with its first session starting on Tue 22nd Jan. This is a volunteer led class providing another opportunity to practice English run by our lovely new volunteer, Lindsey. If you are interested in taking part, please speak to Petra as places are limited!

If you are bringing your little one for the first time in our creche, please ensure you come on time to allow enough time to settle your child in the creche as well as to fill in a creche registration form. We understand that some of you might feel quite apprehensive about leaving your child for the first time with someone else. Feeling like this is completely natural and therefore we would like to reassure you that we will do our best to settle your child in and will come and find you in the class if it is necessary. Your child will benefit from attending our creche as it contributes to his language, social and emotional development as well as it helps him to prepare for the nursery. Please feel free to speak to the creche staff if you have any questions or concerns.

MHFA – Mental Health First Aid

With an increased demand for mental health training RCLC ran another MHFA course last Dec. This is a 12 hour nationally recognized accredited course which will teach you to recognize early signs of mental health issues, provide help on first aid basis and guide the person to the right support. It covers depression, anxiety disorder, alcohol & substance misuse, panic attacks and eating disorders. RCLC has managed to subsidize the cost to £130 per place. If you are interested in attending this course please contact Petra/Shahen to book a place. The next course will run on the following dates:

2nd & 3rd April 19 from 9:30 am to 5 pm
23rd, 24th, 30th & 31st July 19 from 9:30 am to 1:30 pm
22nd & 23rd Oct 19 from 9:30 am to 5 pm



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Charity
Registration No.
1123017

CONVERSATION WITH WOMEN at Quakers Meeting House

Conversation with Women brings together women migrants, refugees, and women who just want to practice their English with native speakers over lunch on an informal setting. There is no need to book. Just turn up with a small dish to share with others on the following dates:
28th Jan, 25th Feb and 25th March 19 from 11.30am to 2.30pm.



SPRING KEY DATES

TBA - Visit to Walk in Health Centre

5th, 12th Feb and 5th March - Breast & cervical cancer/ screening

TBA - visit to Swallowfield Coffee Club to practice English

TBA - Swallowfield ladies to visit RCLC learners

TBA - Read & Write class visit to library

26th & 27th March 19 - ND visits to classes to discuss progression routes

ENROLMENT DATES FOR SUMMER 19

Mon 11th & Tue 12th March 19
from 9.30am to 1pm

Term starts on Tue 7th May 2019
Term ends on Wednesday 17th July 2019
Half term: Mon 27th to Fri 31st May 2019

SUMMER 19

PROGRAMME

PRE-ENTRY ENGLISH

Tue 12:30 - 2:30pm

ENGLISH CONVERSATION

Beginners:

Tues & Wed 9:30 - 11:30 am

Improvers:

Tues & Wed 12:30-2:30 pm

READ & WRITE Beginners:

Wed 12:30 - 2:30 pm

READ & WRITE Improvers:

Wed 9:30- 11:30 pm

Looking good, feeling

good

Tue 12:30-2:30pm

SEWING SKILLS Beginners:

Tue 9:30-11:30 am

SEWING SKILLS Improvers:

Wed 9:30-11:30 am

EMPLOYABILITY

Wed 12:30-2:30 pm

VOLUNTEER LED GROUPS

KNITTING CLUB

Wed 11:30 am - 1:30 pm

ESOL CAFE

Tue 11.30am - 12.30pm

*All classes offered at RCLC
are for women only EXCEPT
for the Employability course*