

CENTRE INFORMATION: The Centre has a very informal, positive and friendly atmosphere, encouraging everyone from the local community to return to learn in the heart of the city.

CRÈCHE FACILITIES:

SWC Crèche is committed to providing a safe, educational, stimulating and secure environment for all children. Crèche leaders are fully qualified and the facility is inspected by OFSTED. Crèche places are available not only to mothers but to all carers of children under the age of 5yrs.

Crèche Costs

£2.00 per child per session

Remember to book your childcare at enrolment.

ACCESS TO LAPTOPS AND INTERNET:

Available Monday - Thursday 10-12 and 1-3

Come and use our Wi-Fi and laptops for any job applications or form filling you may need to do..

Follow us on Facebook and Instagram for information about new courses that start throughout the year.

**SWC is funded & supported
by**

The Womens Fund
The Kellett Fund
Barchesters Charitable Foundation
Sir James Knott Trust
The Molitor Charitable Trust
The Bernicia Foundation
1989 Willan Trust
The St Kieran Trust
The Batchworth Trust
The Wellbank Foundation



**SUNDERLAND
WOMEN'S
CENTRE**

Learning Opportunities for
the Community

Enrolment week

20th–23rd April 2026
10am–12pm & 1pm–3pm

Courses Commence

27th April 2026

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*Charity No. 1108695
Company No. 5252285*

MONDAY	
CRIME, PSYCHOLOGY AND CHAT CLUB: Old and new crimes discussed and why people commit the crimes they do, also how to keep yourself safe from crime	10:00-12:00
YARN AND YAP: Peer led group of keen Knitters, Crochets and stitch's	10:00-12:00
CREATIVE WRITING: How to write a (cosy) crime: Get your imagination flowing into words, we will focus on cosy crimes such as settings, characters and enhancing descriptive skills and more...	1:00-3:00
BASIC ESOL: Absolute beginners for English for speakers of other languages	1:00-3:00
ACCESS TO LAPTOPS: use our laptops and Wi-Fi for any job searches, applications and form filling online	1:00-3:00
TUESDAY	
BASIC ESOL: English grammar, speaking and listening for ESOL students.	10:00-12:00
BRUSH UP MATHS : Improve your basic Maths skills..	1:00-3:00
CRAFTS AND CHATTER GROUP: Peer led social group with mindful colouring and seasonal craft sessions	1:00-3:00
WEDNESDAY	
ESOL: Pre-entry reading, writing, speaking and listening..	10:00-12:00
DIGITAL SKILLS: Introduction to using computers and the internet.	10:00-12:00
BRUSH UP ENGLISH : Improve your basic literacy skills..	1:00-3:00
HISTORY: Pre-War Edwardian history will be this terms topic	1:00-3:00
PEACEFUL PACERS: A social walking group for all fitness abilities	1:30-2:30
THURSDAY	
ANXIETY SUPPORT GROUP: Join people with similar experiences to connect and support each other.	10:00-12:00
MENOPAUSE CAFÉ: Peer lead group of women going through perimenopause and menopause supporting each other.	1:00-3:00

You must attend one of the enrolment sessions to secure your place.

Enrolment fee £3 per course

Some of our courses have fees attached. Please check at enrolment for any fees.

We now have childcare sessions also available for parents/carers who are not attending the courses and would just like to access our childcare facility

**Monday—Wednesday
10am-12pm and 1pm-3pm**

£5 per session

All children welcome giving parents some free time