

# Trinity Women's Services: Timetable of Activities

	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00
Monday	Counselling					DV Support group 12.30-2pm							
									Art 2-4 pm				
	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00
Tuesday		Freedom programme 10:30am-12noon					Empowerment Course 1-3 pm Runs termly						
									Computers 2-4 pm				
	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00
Wednesday	Counselling			Serenity group for women over 50 11.45am-1pm Runs termly		Counselling							
	Therapeutic Massage 10am-1pm (45 minute sessions)						Cookery Workshops as advertised 1.30-4 pm						

For further details of the groups outlined above, and further services we offer, please see the reverse of the timetable. This also gives details of whether groups need to be booked or if you can just drop-in.

**Opening Hours:** We are open from 10am – 3pm Mondays, Tuesdays and Wednesdays.  
(Administrator available Tuesdays/Wednesdays 10-3pm – messages can be left at all other times)

Trinity Women's Services, Bradbury House, Durngate Place, Winchester, Hampshire, SO23 8DX  
Tel: 01962 828632 Email: [women@trinitywinchester.org.uk](mailto:women@trinitywinchester.org.uk)

**Art:** An eight week course encouraging creative expression, using a variety of materials and methods including paint, clay, photography and computer art. The emphasis is on having fun and experimenting. No experience needed. Accreditation\* possible.

**Computers:** Work at your own pace in our friendly group to understand more about the internet, email, word processing and more. An eight week introductory computer course, up to level 2, which offers the opportunity to work towards accreditation should you wish to.

For those already familiar with computers we are able to offer learning more advanced skills including animation, blogging, building a website.

**Cookery:** Enjoy cooking with others and expand your skills in the kitchen.

**Counselling:** We believe it is possible for people to change. Individual counselling is available for women who have issues in their life that they are ready to share. 50 minute sessions are offered on a weekly basis for up to 6 weeks (with a possibility of a further 6 sessions). Counselling is provided by a psychotherapist and volunteer counsellors.

**DV support group:** This support group is for women who have experienced domestic abuse currently or in the past. A chance to gain support from, and offer support to others, who are in a similar situation. The group is facilitated by staff members and different topics addressed each week.

**Empowerment group:** encourages change and personal growth and development in a safe and fun way. Different issues that can affect our everyday lives, and how positive change can be made are looked at using group-based and participatory activities.

**English and Maths support:** If you would like to improve your reading and writing skills we offer one-to-one support with a trained tutor to help you in a relaxed and informal setting. Gain accreditation\*.

**Freedom Group:** A 12 week programme specifically designed for women who have experienced domestic abuse or violence, either currently or in the past. The group sessions explore characteristics of abusive behaviour and support women to develop ways of thinking and behaving to protect themselves, and their children, from harm.  
(Please ring for details of course times: 01962 828632)

**Serenity Group:** Get to know other women in a relaxed atmosphere over coffee; aimed at our more mature clients. There is a weekly programme of activities and discussions decided by the clients. Runs on a termly basis of ten sessions per term. Clients are asked to commit to the full term.

**Therapeutic Massage:** Experience a relaxing therapeutic hand and shoulder massage. Appointments last for 45 minutes and need to be booked in advance.

\* NCFE accreditation for Art, Computers, Cookery, Literacy and Numeracy. Can lead to further learning or training, voluntary work or employment

Charges: Please note that all of our services are offered free of charge although we do have a contribution tin should you wish to make a contribution.