



## What's on Now !

Monday's		
Activity	Time	Where
<b>Award in ESOL Skills for Life</b> English language classes to improve your conversational, written and reading skills (Free) <b>You can enrol anytime now for September 2022 term</b>	9.15am to 12.00pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL
<b>Walk in the Park - West Park Wolverhampton (meeting point by the Bandstand)</b> Walk and chat with our well-being champions and other women	10am to 11am	West Park: Park Road West, Wolverhampton WV1 4PH
<b>Stay and play ESOL Class</b> <b>£1.00 per child (staying for play)</b> Free English language class to improve your conversational English, you can bring your children who will be looked after by our staff while you attend the session.	9.30am to 11.30am	Newhampton Art Centre (NAC): Dunkley Street, Wolverhampton WV1 4AN
<b>Empowering Women Programmed (5 week programme)</b> <b>Supporting women into positive outcomes</b>	12.30pm to 2.30pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL

Tuesday's		
Activity	Time	Where
<b>Internet Café for basic skills Digital Support for 50+</b> Improve your digital skills by attending our internet cafe	10.30am – 11.30am	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL
<b>Arts and Craft ESOL for fun, At Aspiring Futures</b> Share your skills with others, learn new skills and have fun	11.30 – 1pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL
<b>Group Counselling Coping with Depression and Anxiety</b> Join other women to talk about what worries us and how to cope with every day stress, depression and anxiety. Group is facilitated	11am to 12.15pm	Join Zoom Meeting <a href="https://zoom.us/j/95068134760?pwd=azUyQWFIRGdtbXErajNiU2ZjNEIxQT09">https://zoom.us/j/95068134760?pwd=azUyQWFIRGdtbXErajNiU2ZjNEIxQT09</a> <b>Meeting ID: 950 6813 4760</b>

by Aspiring Futures Counsellor		Passcode: 635482
<b>Walk in Park - Heath Town Park (Meeting point opposite the Holy Trinity Church)</b> Walk and chat with our well-being champions and other women	10am to 11am	Heath Town Park: Church Street, Wolverhampton WV10 0LU
<b>Empowering Women programme (5 week programme)</b> These twice a week sessions are a good way to improve your health, well-being and employability skills. We offer mentoring and coaching with these sessions.	12.30am to 2.30pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL
<b>Book Club (every other Tuesday)</b> Come and share a book with a cuppa	4.30pm to 6pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL
<b>Girls Rock – Girls afternoon club (every other Tuesday)</b> For ages 12 to 16 Fun packed session to improve confidence, emotional resilience and social skills	4.30pm to 6pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL

### Wednesday's

Activity	Time	Where
<b>Functional Skills – English</b> The functional skills qualifications in English assess three components: speaking, listening and communication; reading; writing <b>Enrol now for next year starting in September 2022</b>	9.15am to 10.45am	The Old School: 73 Dudley Road, Wolverhampton WV2 3BY
<b>Functional Skills – Maths</b> Rounding, recognising patterns and using fractions, but the focus will be on how you can use these skills in real life <b>Enrol now for next year starting in September 2022</b>	10.45am to 12.30pm	The Old School: 73 Dudley Road, Wolverhampton WV2 3BY
<b>Walk in Bantock Park Wolverhampton (meeting by the café)</b> Walk and chat with our well-being champions and other women	9am to 10am	Bantock Park: Finchfield Road, Wolverhampton WV3 9LQ
<b>Wellbeing Support Group Join Zoom Meeting</b> This peer support group is an excellent way to get to know other women, make friends, share and support each other. Session is facilitated by Aspiring Futures Counsellor	10am to 12 noon	Zoom Meeting <a href="https://zoom.us/j/98388369790?pwd=dWdrTHZ6dkgvcU9NTDN2aTlvcHhuQT09">https://zoom.us/j/98388369790?pwd=dWdrTHZ6dkgvcU9NTDN2aTlvcHhuQT09</a> <b>Meeting ID: 983 8836 9790</b> <b>Passcode: 597461</b>
<b>Stay and Play Chatty Café</b> Join our stay and play session to get to know other parents in your area, an opportunity for you and your child to have fun and learn new skills	9.30am to 11am	Wildside: Hordern Road, Whitmore Reans, Wolverhampton WV6 0HA
<b>Stay &amp; Play café</b>	12pm to 13.30pm	Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL

Join our stay and play session to get to know other parents in your area, an opportunity for you and your child to have fun and learn new skills		
<b>KIDS Roblocks vs Minecraft, Ages 8-16</b> An afternoon club for children to learn new skills, improve confidence and make new friends	<b>3.45pm to 5pm</b>	<b>Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL</b>

### Thursday's

Activity	Time	Where
<b>Award in ESOL Skills for Life</b> English language classes to improve your conversational, written and reading skills (Free) <b>Enrol now for next year starting in September 2022</b>	<b>9.15am to 12.00pm</b>	<b>Aspiring Futures: The Saplings, Parkfield Road, Wolverhampton, WV4 6EL</b>
<b>Northwood Park (meeting by the playground)</b> Walk and chat with our well-being champions and other women	<b>9am to 10am</b>	<b>Northwood Park Rd, Bushbury Hill, Wolverhampton WV10 8EU</b>
<b>Fun Packed Session for Women &amp; Children 5 and under</b> Conversational English, Cooking and Eating A fun way to taste other cultures food, learn the recipe and improve your social networking	<b>11am to 1pm</b>	<b>The Al Amin Centre: Heath Town, W10 0PG</b>

### Friday's

Activity	Time	Where
<b>Feel Good Friday</b> <b>Discussing Self-care and Well-being 9.30 – 10.40 (Rm 4)</b> Zumba class <b>10.45 – 11.30 (Studio)</b> £1.00 per person for Zumba	<b>9.30am to 11.30</b>	<b>Newhampton Art Centre (NAC): Dunckley Street, Wolverhampton, WV1 4AN</b> <b>Room 4 - Health and Wellbeing topics</b> <b>Studio - Zumba Class</b>

**Look out for other events and activities – International Women's Week in March and Holiday Club during Easter**

**Please phone us to book your place as spaces are limited. Call us on 01902 458770/ text us on 07557667609 or email**



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