

Partnership Working

Clune Park Centre works in partnership with
a variety of Service Providers, local agencies
and Community Organisations:

Inverclyde Council
Community Learning Development
Working Links
Inverclyde Leisure
Enterprise Childcare
Argyll & Clyde Health
Inverclyde Employability Trust
Financial Fitness
Working For Families
James Watt College
Inverclyde Alliance
Stepwell Inn
Work Able
Moving on Project
CVS
Phoenix Health Project
Job Centre Plus
SCVO
SAMH
Gateways 2
Your Voice Inverclyde Community Care Forum



Clune Park Resource Centre

April - June 2009
Programme

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Classes & Courses

Mens' Health Checks

Ran by Phoenix Health on the last Wednesday/Thursday of every month. Contact the centre to book an appointment.

Wednesday : 11am-1.30pm

Thursday : 5.30pm-7.30pm

Shape Up

Classes run by Inverclyde Leisure. A healthy eating and physical activity programme designed to assist you in achieving lifestyle goals. Weigh in and body measurements taken in weeks 1, 4 and 8. Activity voucher given each week on attendance to use in any Inverclyde Leisure Centre.

Sessions Start: Thurs 7th May

Time: 5pm-6pm

Runs For: 8 Weeks.

Carers and Toddlers:

Toddlers can interact and learn new things with other children. Mums, Dads and Carers can have a cup of tea or coffee and a wee chit chat with other parents.

Every Tuesday Mornings

Time: 10am-12pm

Cook School

Want to improve your cooking skills? Come along and join in.

Sessions Start: Friday 8th/22nd & 29th May

Time: 10am-12.30pm

Runs For: 4 Weeks

Bingo Night:

Come along and join to try and win some money. Pound coins are essential.

Every Wednesday Night

Time: 7pm-9pm

Jewellery Making

Learn to make beautiful necklaces, earrings, bracelets etc. Great to give as presents!

Sessions Start: Friday 8th May

Time: 12.30pm-2.30pm

Runs For: 8 Weeks

Art Class

Interested in art? Come along and join Pat Fulton.

Sessions Start: Thursday 1pm-3pm

Time: 1pm-3pm

Runs For: 6 Weeks

Salsa Dancing

Interested In A Little Salsa Come Along and Join In The Fun and Learn How To Salsa Dance, Or Simply Just To Improve Your Dancing Skills.

Session Starts: Thursday 7th May

Time: 7.15pm-8.15pm

Runs For: 6 Weeks

Art, Craft & Design

This course is ideal for anyone who wants to learn how to make cards of all descriptions; Birthday, Christmas, wedding invitations, calendars, business cards etc.

Sessions Start: Monday 11th May

Time: 10am-12pm

Runs For: 8 Weeks

Basic Digital Video Editing

Very Basic Video Editing where you can customise and improve your own videos.

Sessions Start: Monday 11th May

Time: 1pm-3pm

Runs For: 9 Weeks

Advanced Digital Video Editing

Digital Video Editing for the more advanced.

Sessions Start: Friday 8th May

Time: 10am-12pm

Runs For: 9 Weeks

Access to College

Information on basic skills to source information discussions and how to extract in the use of information based on Social Sciences and Psychology.

TBC

Basic Digital Photography

This course is great if you have, or are looking to buy a digital camera and want to get the most from it. The course covers taking pictures with both natural and artificial light as well as displaying and amending images.

TBC

Basic Computing

This course is ideal for beginners with little or no knowledge of IT who wish to improve their skills.

Sessions Start: Thursday 7th May

Time: 7pm-9pm

Runs For: 9 Weeks

Introduction to Counselling

An introductory course in counselling skills with Helen Orr.

TBC

Other Classes & Activities

ESOL Class - Offers basic English language lessons for Speakers of Other Languages.

Literacy & Numeracy - Helps you with your words and numbers.

PC Maintenance - Learn how to clean and care for your computer, how to get rid of viruses

To Be Confirmed.
