



# West Bann News

COMMUNITY DEVELOPMENT, EDUCATION,  
HEALTH, EARLY YEARS, ELDERLY



## ISSUE CONTENTS

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- New Flower Arranging Workshops
- Nail Art Class



**£5.00  
incl Meal**

## Bus Trip

**Thurs 5th May 2016**



**FLORENCE COURT  
ENNISKILLEN  
and  
ERNSIDE  
SHOPPING CENTRE**

**MEAL IN KILLYHEVLIN HOTEL  
BEFORE RETURN JOURNEY**

Residents of Heights/Killowen area only

**Bus leaves West Bann Development  
Centre at 8:15 am - return to  
Coleraine approximately 6:45 pm**

First Come First Served. To secure your place complete enrolment form on page 6 and return with fee and evidence of address

## Spring into Action at West Bann!

Spring is a happy time of growth and renewal and as nature begins to show the first signs that spring is coming we look forward to warmer and brighter times. As you start to make plans for the months ahead consider the opportunities for your own growth through one of the varied courses available at West Bann Development.

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

*Maria Robinson* (Early Years Author)

West Bann are offering a range of courses and activities aimed at helping to improve your health, encourage more social interaction and provide the opportunity to gain new skills or qualifications, please check out the timetable and an enrolment form is included for your convenience.

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who **keeps learning** stays young. The greatest thing in life is to keep your mind young."

*Henry Ford*



## Join us for a *Coffee* morning

**to help us celebrate**

**Good Morning Causeway's 5th Birthday!**

**Tuesday 22nd March**

**10.00 am - 12.00 noon**

**West Bann Development Centre**

*Cake tastes better with friends!*



# West Bann Development - Part-Time Courses (Starting in April 2016)

Course Title	Course Description/Content	Course Code	Start Date	Finish Date	Course Holidays	Duration	Day	Time Slot	Standard Tuition Fee	Reduced Fee	Fee for Residents of Heights/ Killowen
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## Computer Courses

OCR Stage 2/3 - Word Processing (Formerly RSA)	The industry standard Text Production/Word processing qualification for working in an office environment. Study any unit at Level 2 or 3.	WP23/16/02	11 April 2016	27 June 2016	02/05/16 30/05/16	10 weeks	Monday	6:30pm - 9:30pm	£50	£40	Free
									Exam Fee = £25 to £30		
Level 1 & Level 2 Essential Skills ICT	Level 1 & Level 2 award and certificate is tailored to your current IT skills and will develop these skills even further giving you greater confidence.	ESIT/16/01	13 April 2016	06 July 2016		13 weeks	Wednesday	9:30am - 1:00pm	Free	N/A	Free
C & G Entry Level Award for IT Users (Beginners)	New to IT? With this course you can build your skills and confidence to work confidently with computers.	ELA/16/01	13 April 2016	29 June 2016	-	12 weeks	Wednesday	6:30pm - 9:00pm	Free	N/A	Free

**Note:** The additional exam fee can be paid at enrolment or during the course

## Employability Skills/Courses

<b>Level 2 Award in Emergency First Aid at Work (C&amp;G)</b>	The course focuses on key life-saving skills. Learn the first aid response to the most common accidents/situations.	FA/16/02	05 May 2016	26 May 2016	-	4 weeks	Thursday	6:30pm - 9:00pm	£25	£25	Free
									Additional Exam Fee = £19		
<b>CIEH - Level 2 - Food Safety Catering (Basic Food Hygiene )</b>	A food safety qualification aimed at all those who prepare food or work within any sector of the food industry.	FSC/16/02	05 May 2016	26 May 2016	-	4 weeks	Thursday	6:30pm - 9:00pm	£35	£25	Free
									Price includes Exam Fee		
<b>Level 1 &amp; 2 Award in Creative Crafts - Basic Fashion Skills (Nail Art)</b>	Learn Nail Art Techniques and how to maintain effective health, safety and hygiene practices. Progress to other Fashion & Beauty classes.	NA/16/01	20 April 2016	22 June 2016	-	10 weeks	Wednesday	6:30pm - 9:00pm	£48	£30	Free
									Additional Exam Fee = £32		

**Note:** The additional exam/material fee can be paid at enrolment or during the course

## Early Years Courses/Activities

<b>Mini Explorers Crèches</b> (0-4 year olds) Places are limited - must be booked in advance	High quality childcare designed to meet all developmental milestones. Children will enjoy fun activities including imaginative play, sing along and physical activities.	MEC/16/03	04 April 2016	20 June 2016	02/05/201 30/05/206	Ongoing	Monday	9:30-12:30	Heights and Killowen residents only	Free
		MEC/16/04	07 April 2016	23 June 2016		Ongoing	Thursday	9:30-12:30		Free
<b>Wiggle &amp; Jiggle</b> (New Music & Movement Workshop for parents & toddlers)	Wiggle & Jiggle is a fun and energetic music and movement class incorporating action songs using musical instruments.	WJ/16/01	11 May 2016	15 June 2016		6 weeks	Wednesday	10:00am - 11:30am	Heights and Killowen residents only	Free
<b>Parent and Toddler Group</b> (Booking not necessary, turn up any Friday morning) (0-4 Year Olds)	An opportunity to meet and have fun with other parents of children in your area. Interactive play and activities for young children. Enjoy a cuppa and a chat.	P&T/16/02	08 April 2016	24 June 2016		Ongoing	Friday	10.00am - 11.30am	Heights and Killowen residents only	Free

**Note:** Early Years Enrolment Forms are available from [www.westbann.com](http://www.westbann.com) or from West Bann Development Reception

## Health and Well Being Courses/Treatments

<b>Zumba Exercise Class</b> (Suitable for Beginners and Experienced participants)	Our Zumba programme fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience. Burn calories, tone and energise your body.	ZUM/16/02	18 April 2016	20 June 2016	-	10 weeks	Monday	7:00pm - 8:00pm	£35	n/a	£10
<b>Meditation Class</b>	Learn how to meditate, make your mind calm and peaceful.	MED/16/02	12 April 2016	24 May 2016	-	7 weeks	Tuesday	11:30am - 12:30pm	£10	n/a	£10
<b>Pilate Beginners</b>	Non-impact exercise class that can help increase strength, stamina, flexibility, tone muscles, improve posture, relieve back pain, reduce stress levels and prevent injury.	PILB/16/02	05 April 2016	21 June 2016	-	12 weeks	Tuesday	8:30-9:30pm	£42	n/a	£10
<b>Pilate Improvers</b>		PILI/16/03	05 April 2016	21 June 2016	-	12 weeks	Tuesday	6:30-7:30pm	£42	n/a	£10
<b>Pilate Improvers</b>		PILI/16/04	05 April 2016	21 June 2016	-	12 weeks	Tuesday	7:30-8:30pm	£42	n/a	£10
<b>Soft Ball Tennis Exercise Class</b>	A new Soft Ball Tennis Exercise Class for over 50's age group. Get into the swing of some gentle exercise this spring.	SBT/16/01	06 April 2016	11 May 2016	-	6 weeks	Wednesday		Heights and Killowen residents only		Free
<b>Human Energy Chelation Therapy (HECT)</b>	A gentle non-invasive healing therapy which frees-up blocked energy in the body, resulting in a feeling of wellbeing.	HECT/16/02	Treatment dates: 15th April, 13th May 17th June 2016		(1 Treatment per month for 3 months)		Friday	1 hour (11am-1pm)	£15	n/a	£15
<b>Nutrition</b>	A Healthy Diet Explained? Top Tips for Healthy Eating! Small Changes: Big Gains	AFN/16/01	Dates: 14th April, 21st April & 28th April 2016				Thursday	1 hour (7pm-9pm)	£5	n/a	Free
<b>Reflexology</b>	Massaging of reflex areas in feet/hands which can help restore balance in the body and promote healing.	REF/16/03	Treatment dates: 12th April, 10th May & 14th June 2016		(1 Treatment per month for 3 months)		Tuesday	1 hour (7pm-9pm)	Heights and Killowen residents only		£15
		REF/16/04	Treatment dates: 13th April, 11th May & 15th June 2016		(1 Treatment per month for 3 months)		Wednesday	1 hour (7pm-9pm)			£15
<b>Podiatry</b>	Treatment to maintain feet in a healthy condition.	POD/16	Every week		-	Ongoing	Monday	9am-1pm			£6 per treatment



Early Years Activities



Computer Courses



Pilates Exercise Class



Ballroom Dancing

## How to Register?

To secure your place on any course please complete the registration form overleaf and return with the appropriate fee (If applicable) to: **WEST BANN DEVELOPMENT, 8 Killowen Court, Coleraine, BT51 3TP.**

If you require any further information or guidance please do not hesitate to contact us on 028 7032 7859, [info@westbann.com](mailto:info@westbann.com) or by calling into the West Bann Centre.

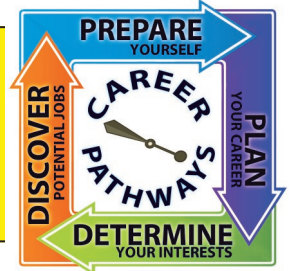


Careers,  
Information,  
Advice & Guidance



## Free Careers Advice/Guidance Session

Wednesday 16th March 2016  
2:00pm — 3:30pm  
West Bann Development Centre



Register for our **free** Careers Advice/Guidance session where a fully qualified Employment and Learning Advisor will be giving an informal talk on career options available. You will also have the opportunity to book a **free** one to one session which will help you further explore your options and develop a plan to achieve your goals.

Heights & Killowen  
Residents Only



Department for  
Employment  
and Learning  
[www.delni.gov.uk](http://www.delni.gov.uk)

For further information please refer to timetable in middle pages of this newsletter,  
Telephone : 028 7032 7859 or alternatively visit our website: [www.westbann.com](http://www.westbann.com)

### ST. PATRICKS DAY CELEBRATION

IN

West Bann Development Centre



# DANCE

Music by Frances Faulkner

● Free Event ● Refreshments ● Everyone Welcome

Thursday 17th March  
6pm to 9.30pm  
No Booking Necessary -  
Just turn up on the Day!



For More information Contact  
West Bann Development on 028 703 27859

OCR  
Oxford Cambridge and RSA

Bold  
Print Check  
Text Columns  
Insert ClipArt  
Processing  
Spelling MS Word  
Thesaurus  
Toolbar  
Accredited Course

Accredited Course

Update your C.V.

### OCR Stage 2/3 Word Processing Course

Starting Monday 11th April  
West Bann Development Centre  
6:30pm — 9:30pm (10 weeks)

*Free to Residents of Heights & Killowen*

See timetable on centre page of newsletter for further details.  
or visit our website [www.westbann.com](http://www.westbann.com)

# Wiggle & Jiggle



**NEW**

New Music & Movement Class for  
parents & toddlers.  
Action songs - Musical Instruments  
Dance!!

Starting Wednesday 11th May  
10:00am — 11:30am  
West Bann Development Centre  
(6 weeks)

Heights & Killowen  
Residents Only



Registration required before start date — see timetable enclosed

# Tańce & Wygibańce



**NOWŚĆ**

Muzyka Oraz Zajęcia Taneczne  
Dla Maluchów i Rodziców.  
Muzyka Połączona z Tańcem  
Wraz z Instrumentami Muzycznymi

Startujemy w Środę 11 Maja  
10:00 — 11:30  
West Bann Development Centre  
(6 tygodni)

Tylko Dla Mieszkańców  
Heights & Killowen



proszę o zgłoszenie się przed rozpoczęciem programu

# Parent & Toddler Group

in

West Bann Development Centre



Drop in and  
meet other  
parents/carers  
over a cup of  
tea/coffee and  
biscuits

Friday Mornings 10:00am to 11:30am

Children  
0—4 years

No Registration  
necessary

Contact Pamela for further information:

Tel: 028 7035 1984 or E-Mail: [earlyyears@westbann.com](mailto:earlyyears@westbann.com)

Are you looking  
for a new way of keeping fit?

# Soft Ball Tennis Classes

Starting April 2016



Have Fun!

Keep Fit!

Every  
Wednesday

Make new friends!

Starting Wednesday 6th April  
West Bann Development Centre  
11:00am—12:00noon  
(6 weeks)

For further information Tel: 028 703 27859





# WEST BANN DEVELOPMENT

## Enrolment Form 2016

Please complete all sections using BLOCK Capitals

### COURSE DETAILS

Course Title: \_\_\_\_\_ Start Date: \_\_\_\_\_ Finish Date: \_\_\_\_\_  
Course Code: \_\_\_\_\_ Duration: \_\_\_\_\_ Day: \_\_\_\_\_ Time Slot: \_\_\_\_\_

### PERSONAL DETAILS

Title: \_\_\_\_\_ Forenames: \_\_\_\_\_ Surname: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Gender: ☐ Male ☐ Female  
Age: ☐ 16-20 ☐ 21-30 ☐ 31-40 ☐ 41-50 ☐ 51-60 ☐ 61-65 ☐ 66+  
Address: \_\_\_\_\_ Telephone Numbers: Home: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Postcode: \_\_\_\_\_ E-mail: \_\_\_\_\_

### FEE DETAILS

Fee Type (Please Indicate): ☐ Full Fee ☐ Reduced Fee Tuition Fee Payable: £ \_\_\_\_\_ Payment Method: ☐ Cash ☐ Cheque  
Indicate below if requesting a reduction from the standard rate of tuition. Please bring evidence when enrolling (i.e. a letter dated within the last 3 months confirming that you receive a benefit listed below, or an official letter/bill addressed to you as proof you are a resident of the Heights/Killowen area)  
☐ Resident of Heights/Killowen ☐ Working Tax Credit Single Income (Working 16-29 hrs) - £11,048 ☐ Income Support  
☐ Job Seekers Allowance (Income Based) Single Income (Working 30 hrs) - £12,980 ☐ Pension Credit  
☐ Income Based Employment Support Allowance Joint Income (Working 30 hrs) - £17,787 ☐ Long Term Incapacity Benefit

### EMPLOYMENT STATUS

Please indicate your current employment status

- ☐ Employed  
☐ Self Employed  
☐ Unemployed  
☐ Full Time Education  
☐ Unemployed and not seeking Employment

### HEALTH STATUS

Please state any medical details we should be aware of in the event of an emergency (Diabetes, epilepsy etc)

Please provide details of someone we could contact in the event of an emergency

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

### EDUCATION/QUALIFICATIONS

Please indicate the highest qualification which you have attained:

- ☐ GCSE or equivalent (Grades A-C) - State Number: \_\_\_\_\_  
☐ GCSE or equivalent (Grades D-G) - State Number: \_\_\_\_\_  
☐ GCE 'AS' Level - State Number: \_\_\_\_\_  
☐ GCE 'A' Level - State Number: \_\_\_\_\_  
☐ NVQ - Please Indicate Level: \_\_\_\_\_  
☐ First Degree  
☐ Higher Degree  
☐ Other (Please Specify) \_\_\_\_\_

### HOW DID YOU HEAR ABOUT WEST BANN DEVELOPMENT ?

- ☐ Coleraine Chronicle ☐ Facebook ☐ Posters ☐ Internet ☐ Word of Mouth  
☐ Coleraine Times ☐ Used us Before ☐ West Bann Newsletter ☐ Other (Please Specify): \_\_\_\_\_

#### Refunds Policy:

Refunds will not be provided after the start date of any course.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### For Office Use Only

Date Received: \_\_\_\_\_ Amount Paid: \_\_\_\_\_  
☐ Cash ☐ Card ☐ Cheque Receipt No: \_\_\_\_\_  
Received By: \_\_\_\_\_ Place Secured: \_\_\_\_\_

### EQUAL OPPORTUNITIES

Please complete the following sections. This information is necessary as part of our monitoring responsibilities and to measure our progress towards widening the diversity of our users. The information that you provide will be used for statistical monitoring purposes only, and released to our funders through anonymous statistics. (Please note: this section will be separated from your enrolment form when we have recorded the information).

<b>DISABILITY</b> Do you consider yourself to be Disabled ? <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>COMMUNITY BACKGROUND</b> <input type="checkbox"/> Perceived Protestant <input type="checkbox"/> Perceived Roman Catholic <input type="checkbox"/> Other: _____	<b>MARITAL STATUS</b> <input type="checkbox"/> Single <input type="checkbox"/> Married/Co-habiting <input type="checkbox"/> Separated/Divorced <input type="checkbox"/> Widowed	<b>ETHNIC ORIGIN</b> <input type="checkbox"/> White <input type="checkbox"/> Traveller <input type="checkbox"/> Chinese <input type="checkbox"/> Black/African Caribbean <input type="checkbox"/> Indian <input type="checkbox"/> Mixed Ethnic Group <input type="checkbox"/> Pakistani <input type="checkbox"/> Other: _____ <input type="checkbox"/> Asian	<b>DEPENDANTS</b> Number of Dependant Children: _____ Number of Dependant Adults: _____
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## Age Concern Causeway activities in the West Bann Development Centre



### GENTLE EXERCISE (55+)

Mondays - 1:00pm — 2:00pm

(£1 per person per session)



### LUNCH CLUB (55+)

Wednesdays - 1:00pm — 2:00pm

(Lunch costs £3.50 per person)



### REMINISCENCE (55+)

(Taking a stroll down memory lane)



Wednesdays - 2:00pm — 4:00pm



(£1 per person per session)

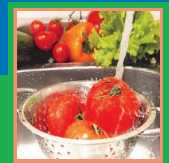
For further information contact  
Age Concern Causeway, Tel: 028 7035 7966

## Level 2 Certificate in Food Hygiene



A food safety qualification aimed at all those who prepare food or work within any sector of the food industry

**Starting Thursday 5th May**  
**West Bann Development Centre**  
**6:30pm - 9:00pm**  
**(4 weeks)**



**£35 per person (includes certificate)**  
**Free to residents of Heights & Killowen**

**For further information Tel: 028 703 27859**

## Be Prepared



for Emergency First Aid situations at Work



with the  
**City & Guilds**

### Level 2 Award in Emergency First Aid at Work

**Starting Thursday 5th May**  
**West Bann Development Centre**  
**6:30 pm—9:00pm**  
**(4 weeks)**

**£25 per person (£19 exam Fee)**  
**Free to residents of Heights & Killowen**

**For further information Tel: 028 703 27859**

**Heights/  
Killowen  
Residents  
Only**

### Flower Arranging

## Floral Workshops

Hands on workshop with all materials, foliage and accessories provided free of charge.  
Class suitable for all ages.

**Starting Wednesday 4th May**  
**West Bann Development Centre**  
**7:00pm — 9:00pm**  
**(4 weeks)**

**Free 4 week Course!**

*Come and create unique displays  
to treat yourself or give  
as a gift!*

**For further information Tel: 028 703 27859**

**KUGB**  
SHOTOKAN KARATE

Good All-Round Exercise  
Promotes Good Health  
Develops Confidence  
Exciting & Enjoyable  
Improves Reactions  
Meet New Friends  
Relieves Stress  
Self-Defence

**Special Offer!**

# ZANSHIN SHOTOKAN KARATE

**NO MEMBERSHIP FEE! FIRST SESSION FREE! CLASSES ONLY £3**

(Free set of Karate Mitts after 5 sessions)

(Free Karate suit after 10 sessions)

Offer is available to residents of the neighbourhood renewal areas of Heights/Killowen, Ballysally and Millburn only

(Please bring proof of address when registering)

## WEST BANN DEVELOPMENT CENTRE

Every Thursday Afternoon — 4:00pm until 5:00pm  
(Ages 4 to 11 years only) Sensei Zachary Geddis

Contact Sensei Terry Geddis: 07931981962

Or visit our Facebook Page: **Zanshin Shotokan Karate Club**



## FOOD and NUTRITION

**NEW**



Come and hear a nutritional consultant give simple recommendations to improve your health and maintain a healthy weight plus hear some guidance and tips to put a healthy diet into practice.

14th April — A Healthy Diet Explained?  
21st April — Top Tips for healthy eating!  
28th April — Small Changes: Big Gains

### West Bann Development Centre

**7:00pm — 8:00pm**

See timetable for further details



Diana Dihmis BSc. RNutr.

For further information Tel: 028 7032 7859

## Wednesday Morning Club

Every Wednesday in  
West Bann Development  
11:30am to 1:00pm

**Have a chat  
and a cuppa**

Come and try

- ♦ Boccia indoor bowls
- ♦ New-Age curling
- ♦ Armchair exercises

**FREE**

For more information contact  
West Bann, Tel: 028 7032 7859



## Easter Closing Dates

West Bann Development Centre



Closed 4pm Friday 25th March  
Re-opens Wednesday 30th March, 9am

**We wish you all a  
Happy Easter!**



## Photocopying Service

	Community Rate	Corporate Rate
A4 Black and White Copy (Single Side)	5p	10p
A4 Black and White Copy (Double Side)	7p	15p
A4 Colour Copy (Single Side)	15p	30p
A4 Colour Copy (Double Side)	25p	50p
A3 Black and White Copy (Single Side)	7p	15p
A3 Black and White Copy (Double Side)	10p	20p
A3 Colour Copy (Single Side)	30p	60p
A3 Colour Copy (Double Side)	45p	80p
A4 Laminate	50p	£1.00
A3 Laminate	£1.00	£2.00

## Internet Access & Computer Usage

(Available 1pm – 5pm Monday to Friday)

Heights/Killowen residents = FREE  
Those receiving benefits = £1.00 per hour  
General Public = £2.00 per hour

## Fax Service

Local Rate Fax (Per Page) 10p 30p  
National Rate Fax (Per Page) 30p 50p  
International Rate Fax (Per Page) 60p £1.00

(Ask at Reception for further details)



Causeway Older People's Active Strategic Team

## CONTACT DETAILS

If you would like to advertise your event/activity in the next edition of this newsletter or require further information or guidance, please contact West Bann Development:

**Tel:** 028 7032 7859

**E-Mail:** [info@westbann.com](mailto:info@westbann.com)