

Women’s Group Information Pack

**Mowbray Gardens Library, Herringthorpe Valley Road, Rotherham, S65 2UH**



Aims

* To encourage women to socialise and reduce social isolation.
* To help women to access information about women specific, specialist services.
* To provide relaxation techniques to improve quality of life.
* To improve confidence and self-esteem.
* To promote independence and increase self-awareness of abilities.
* To increase skills and promote courses that are available, to improve quality of life and job prospects.
* To offer volunteering opportunities to increase experience.



Dates for your Diary

19th Feb – Positive relationships (session 1)

26th Feb – Positive relationships (session 2)

5th March – Self-esteem (session 3)

8th March – International Women’s Day Event

19th March – Trip out

16th April – Universal Credit/Housing Advice

14th May – Mental health awareness week

\*Dates and times may vary and additional dates may be added.



Name: …………………………………………:……………………

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | **Interest Checklist** | | | |  |
| Category | | Activity | Degree Of Interest | | | Do You  Currently participate?  (yes/no) |
| Strong Interest | Some  Interest | No Interest |
| **1** | **Health & Fitness** | Complimentary Therapies/Healthy living |  |  |  |  |
|  |  | Cycling |  |  |  |  |
|  |  | Exercise/Aerobics/Gym |  |  |  |  |
|  |  | Swimming |  |  |  |  |
|  |  | Yoga |  |  |  |  |
|  | *Other Health and Fitness* |  |  |  |  |  |
|  | |  | | | |  |
| **2** | **Sports** | Basketball/Netball |  |  |  |  |
|  |  | Table Tennis |  |  |  |  |
|  |  | Tennis/Squash/Badminton |  |  |  |  |
|  |  | Pool/Snooker |  |  |  |  |
|  |  | Darts |  |  |  |  |
|  |  | Bowling |  |  |  |  |
|  |  | Golf |  |  |  |  |
|  |  | Football/Rugby/Hockey |  |  |  |  |
|  |  | Cricket |  |  |  |  |
|  |  | Spectator Sports |  |  |  |  |
|  |  | Athletics |  |  |  |  |
|  |  | Martial Arts/Boxing/Fencing |  |  |  |  |
|  | *Other Sports* |  |  |  |  |  |
|  | |  | | | |  |
| **3** | **Creative** | Amateur Dramatics |  |  |  |  |
|  |  | Singing |  |  |  |  |
|  |  | Making music |  |  |  |  |
|  |  | Writing – letters/poems/stories |  |  |  |  |
|  |  | Fashion – incl. Clothes/Hair Care/Cosmetics |  |  |  |  |
|  |  | Photography |  |  |  |  |
|  |  | Painting/Drawing (Art) |  |  |  |  |
|  |  | Model building |  |  |  |  |
|  |  | Woodworking – including Picture Framing, Furniture Restoration |  |  |  |  |
|  |  | Needlework/crafts |  |  |  |  |
|  |  | Pottery |  |  |  |  |
|  | *Other*  *Creative:* |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Category | | Activity | Degree Of Interest | | | Do You  Currently participate?  (yes/no) |
| Strong Interest | Some  Interest | No Interest |
| **4** | **Productivity – at home** | Mending/DIY |  |  |  |  |
|  |  | Gardening – incl. Indoor Plants |  |  |  |  |
|  |  | Cooking/Baking |  |  |  |  |
|  |  | Car Repair |  |  |  |  |
|  | Other  Productivity at  home |  |  |  |  |  |
|  | | | | | | |
| **5** | **Leisure – at home** | Computing – games/pc/internet |  |  |  |  |
|  |  | Table games – chess, scrabble etc. |  |  |  |  |
|  |  | Playing cards |  |  |  |  |
|  |  | Puzzles/Crosswords |  |  |  |  |
|  |  | Collecting |  |  |  |  |
|  |  | Television/video |  |  |  |  |
|  |  | Reading |  |  |  |  |
|  |  | Radio |  |  |  |  |
|  |  | Listening to music |  |  |  |  |
|  | Other leisure at home: |  |  |  |  |  |
|  | | | | | | |
| **6** | **Social:** | Going to the pub/bars |  |  |  |  |
|  |  | Eating out |  |  |  |  |
|  |  | Clubs: Social/Nightclubs |  |  |  |  |
|  |  | Inviting/visiting friends/family |  |  |  |  |
|  |  | Voluntary work |  |  |  |  |
|  |  | Church activities |  |  |  |  |
|  | Other social: |  |  |  |  |  |
|  | | | | | | |
| **7** | **Outdoor pursuits** | Fishing |  |  |  |  |
|  |  | Water sports incl. canoeing/rowing |  |  |  |  |
|  |  | Climbing |  |  |  |  |
|  |  | Walking |  |  |  |  |
|  |  | Gardening |  |  |  |  |
|  |  | Birdwatching/wildlife/ecology |  |  |  |  |
|  |  | Camping |  |  |  |  |
|  |  | Horse riding |  |  |  |  |
|  |  | Pets |  |  |  |  |
|  | Other outdoor pursuits: |  |  |  |  |  |
| Category | | Activity | Degree Of Interest | | | Do You  Currently participate?  (yes/no) |
| Strong Interest | Some  Interest | No Interest |
| **8** | **Out and About/ entertainment** | Visits places of interest/day trips |  |  |  |  |
|  |  | Jumble/car boot sales/charity shops |  |  |  |  |
|  |  | Travelling/holidays |  |  |  |  |
|  |  | Dancing |  |  |  |  |
|  |  | Driving |  |  |  |  |
|  |  | Cinema |  |  |  |  |
|  |  | Concerts/theatre |  |  |  |  |
|  |  | Shopping (incl. Markets) |  |  |  |  |
|  |  | Bingo |  |  |  |  |
|  |  | Museums/art galleries |  |  |  |  |
|  | Other out and about: |  |  |  |  |  |
|  | | | | | | |
| **9** | **Educational** | Antiques |  |  |  |  |
|  |  | Speeches/lectures |  |  |  |  |
|  |  | Courses/adult education |  |  |  |  |
|  |  | History |  |  |  |  |
|  |  | Science |  |  |  |  |
|  |  | Politics/philosophy |  |  |  |  |
|  |  | Foreign languages |  |  |  |  |
|  |  | Reading |  |  |  |  |
|  | Other educational: |  |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Personal details** | | |
| Surname: | Forename(s): | |
| Title: | Male / female (delete as appropriate): | |
| Date of birth: |  | |
| Home Address: | | |
|  | | |
|  | | |
| Postcode: | | |
| Home Telephone: | | |
| Mobile: | | |
| **Emergency Contact Details:** | | |
| Surname: | | Forename(s): |
| Title: | | Preferred Name: |
| Relationship: | | |
| Home Telephone: | | |
| Personal Mobile: | | |



**Are there any medical conditions we should know about in the case of an emergency?**

**Yes/No\* Delete as appropriate**

**Details..............................................................................................................................................................................................................................................................................**

**Photography & Video** consent form

**This consent applies to images taken using cameras, mobile phones or any other equipment.**

|  |
| --- |
| **Customer Client Colleague Other** |

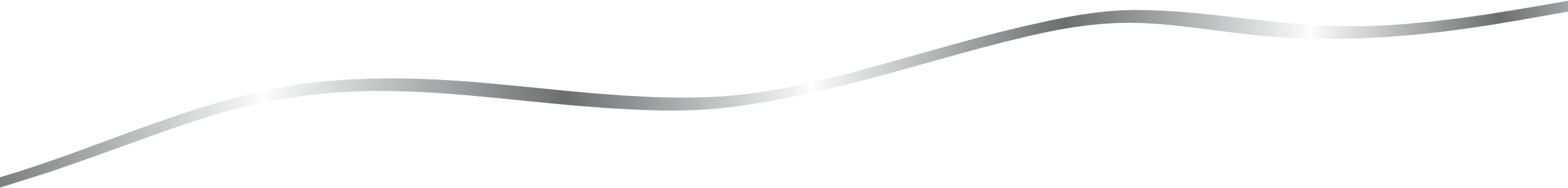
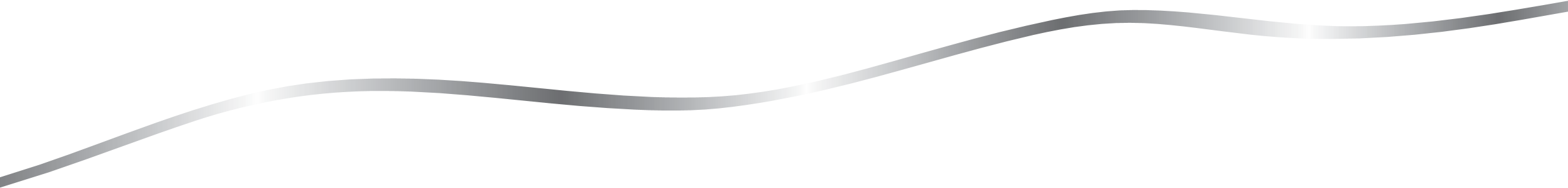
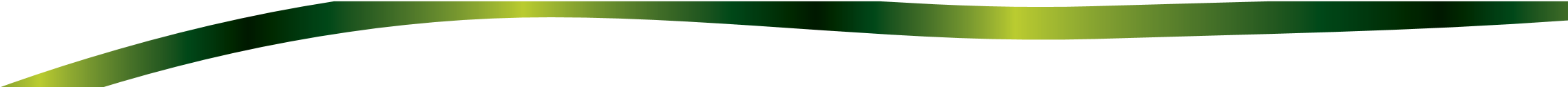
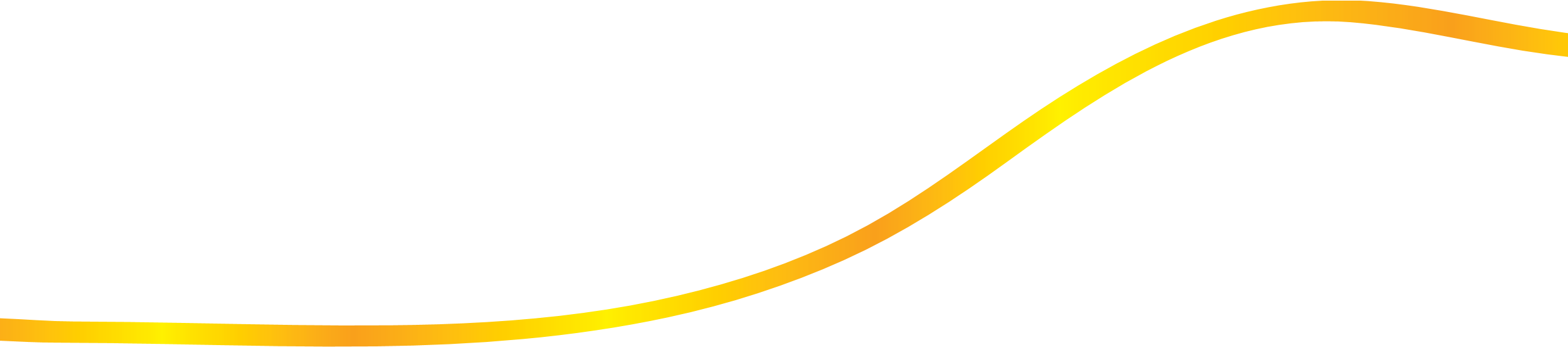
Full name: ……………………………………………………………………………………………

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Signed ………………………………………………………………......…… Date …………………… If under 16 years a parent or guardian must also consent and sign their name.



**Parent or guardian signature Parent or guardian full name**

……………………………………………………………………………………………………......……………………………

Location/Event details ……………………………………………………………………...………........

Your address………………………………………………………………………………………....…………..