



north west
regional college
Derry-Londonderry • Limavady • Strabane



Our future starts
with NWRC 🌟

FROM HERE TO CAREER

Community Courses **2025/26** Summary Guide

COURSE CHOICES AT A GLANCE

We are passionate about delivering courses that make a difference, that bring communities together and help you take the next step towards the career and life you want. We provide quality education and training for everyone, regardless of age, background and ability. Improve your job prospects, learn new skills and meet new people in a friendly and welcoming setting. We offer a variety of short, part-time courses delivered in community centres across the North West region – Roe Valley, Strabane, Derry-Londonderry (Cityside & Waterside).

The following course areas are a selection of what we have on offer through our partners in regional community venues:

Basic Essential Skills

Essential Skills Literacy

Essential Skills Numeracy

Conversational ESOL

OCN Level 2 Award in Business Administration Skills

IAB Level 1 Award in Computerised Book-Keeping

ILM Level 3 Leadership & Management

ILM Level 5 Leadership & Management

OCN Level 2 Award in Volunteering Skills

Communicating through Social Media

Introduction to Community Podcasting

Introduction to YouTubeing

Introduction to Spanish

City & Guilds Level 2 Award in Food Safety in Catering

Introduction to Cookery

OCN Level 2 Award in Bakery & Patisserie Techniques

CPCAB Level 2 Award in Introduction to Counselling Skills

CPCAB Level 2 Certificate in Counselling Skills

CACHE Level 2 Unit in Understanding Autism Spectrum Conditions

Safecert Level 3 Emergency First Aid & Defibrillation Training

OCN Level 2 Award in Understanding Mental Health & Well-being

Introduction to Sign Language

OCN L3 Award in Introduction to Phlebotomy

OCN Level 1 Award in Dementia Awareness

Introduction to Holistic Therapies

OCN Level 3 Award in Holistic Health & Complementary Approaches

Personal Development

Introduction to Beauty

City & Guilds Level 2 Unit in Make-Up

Introduction to Back, Neck & Shoulder Massage

Introduction to Brows & Lashes

Introduction to Indian Head Massage

Introduction to Hair Plaiting/Upstyling/Blowdrying

Introduction to Nail Art

OCN Level 3 Award Working with Children & Young People with Special Needs

OCN Level 2 Award in Introduction to Learning through Forest Schools

OCN Level 2 Award in Introduction to Mindfulness & Reducing Anxiety in Children

OCN Level 2 Award in Managing Challenging Behaviour in Children

CSR

City & Guilds Level 1 Award in Cycle Mechanics

IMI Level 1 Award in Electric/Hybrid Vehicle Awareness

Introduction to Home Maintenance

Introduction to Painting & Decorating

Introduction to Tiling

Introduction to Woodwork

Introduction to Horticulture/Gardening

Digital Photography

Flower Arranging

Introduction to Quilting

Introduction to Music Production

Recreational Art

Recreational Pottery

Upstyling Furniture

Yoga

For further course information,
including where these courses will be available,
scan the following QR code or visit
www.nwrc.ac.uk/community



MEET YOUR NWRC COMMUNITY OUTREACH CONTACTS

Contact us today to discuss your learning requirements, or ideas for new courses!

JOHN HUESTON

Co Ordinator Community Outreach,
CITYSIDE AREA & WATERSIDE AREA
Email: john.hueston@nwrc.ac.uk



DIANE NICHOLL

Community Outreach Administrator,
LIMAVADY, DUNGIVEN & COLERAINE AREAS
Email: diane.nicholl@nwrc.ac.uk



CLARE MCCROSSAN

Community Outreach Administrator,
STRABANE TOWN AREA
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DAN PATTON

Community Outreach Administrator,
AREAS SURROUNDING STRABANE TO INCLUDE:
CASTLEDERG, NEWTOWNSTEWART,
PLUMBRIDGE, DONEMANA, AUGHABRACK,
CLADY AND SION MILLS
Email: daniel.patton@nwrc.ac.uk



EILISH REID

Community Administrator,
Email: eilish.reid@nwrc.ac.uk



Special Educational Needs (SEN) Courses

If your organisation works with clients or service users who have Special Educational Needs (SEN), NWRC offer a range of bespoke training courses designed to support each group's unique abilities.

With experienced staff and tailored learning approaches, our courses empower learners to develop new skills and build confidence whilst being fun and interactive.

Sample courses include:

- **Art** – Express creativity through painting, drawing, crafts, looming and mixed media projects.
- **Sports & Wellbeing Activities** – From team games to individual fitness classes, promoting health and teamwork.
- **Personal Development** – Building self-awareness, social skills, communication, and goal setting.
- **Horticulture** – Hands-on gardening skills, environmental care, and outdoor learning.
- **Yoga & Relaxation** – Encouraging mindfulness, balance, and emotional regulation.
- **Cookery Skills** – Learn to prepare nutritious meals, explore new recipes, and build independence in the kitchen.
- **Holistic Therapies** – Discover relaxation techniques and sensory experiences for well-being.
- **Beauty & Hair Basics** – Introductory skills in hair, beauty skincare, and grooming with a focus on confidence and self-care.
- **Crafts** – such as Woodwork and Painting & Decorating – building confidence through practical projects.

**The majority of these courses are delivered at the Centres,
providing students with a safe and familiar
learning environment.**

If your organisation would like to find out more,
PLEASE CONTACT:

**Clair Barton, Community Outreach Administrator
for SEN, Cityside & Waterside Areas
Phone 028-7127 6505 or email clair.barton@nwrc.ac.uk**





Starting
September
25

Step Up offers a range of new learning and skills courses suited to a range of people

If you are aged between 16-24, not in employment, education or training or over 25 and in education, and thinking about what's next? Consider College Connect + which offers flexible education/employment/training/placement interventions up to Level 3.

DARE (Disability Access Route to Education and Employment) – is a programme of courses which targets young people and adults with SEN to enhance skills and offer experience to create pathways into Further Education and employment.

WRAP (Women Returners Access Programme) – this programme will have flexible duration of delivery depending on the learner needs. Applicants will receive support in getting: refresh skills, build confidence, job coaching, mentorship as well as Higher Education access bursary.

Most courses will be delivered face-to-face and will provide an opportunity to build on existing skills, gain qualifications and to benefit from one-to-one mentorship. Other courses will provide supported work experience, action planning and careers.

Courses vary in duration depending on course type, so you can choose what is right for you.



Scan for
further details

CONTACT

Una O'Doherty
Step Up Administrator

Tel: 07527 389 281
Email: step.up@nwrc.ac.uk



Step Up



The Inspire, Enthuse, Equip Project

offers accredited courses relating to community development and youth work from Level 1 to Level 3, as well as the provision of cross-community site visits and community awareness sessions.

Courses include Community Development, Volunteering Skills, Youth Work, Diversity, Good Relations, Equality, Community Health Facilitation and others relevant to the sector.

The aim of the project is to help participants gain qualifications to support them with employment opportunities in the Community and Voluntary sector within Derry City and Strabane District areas.



WE OFFER

COURSES IN:

Community Development
Youth Work
Volunteering



Team-building & C.V. Workshops



Cross-community/border site visits



Good Relations



SCAN TO REGISTER

FOR MORE INFORMATION
OR TO REGISTER INTEREST

Email:
inspire.enthuse.equip@nwrc.ac.uk



A project supported by
PEACEPLUS,
a programme
managed by the
Special EU Programmes
Body (SEUPB)."

FOLLOW IN THE FOOTSTEPS

LAURA MAGUIRE, STRABANE

From Community Course to Qualified Nail Technician



Laura Maguire, from Strabane has always been passionate about art and creativity. After struggling with anxiety and depression, she found the confidence to take her first step back into learning through a North West Regional College community course offered at the Fountain Street Community Centre in the town.

She said: "At the time, I wasn't ready for a full college class. But the community course was perfect for me, small groups, a relaxed setting, and a really supportive environment. It was exactly what I needed."

"Taking part in the Introduction to Nail Art course at the Fountain Street Community Centre has helped me cope with depression and anxiety. It gave me something to focus on and reminded me how much I enjoy being creative."

Encouraged by her experience, Laura progressed to the Level 3 Award in Nail Technology with Nail Art & E-file at NWRC's Strabane Campus—a big step forward that helped her turn a personal interest into a professional qualification.

She said: "The tutors were fantastic and encouraged me every step of the way. I've just completed the Level 3 course and I'm now a qualified Nail Technician."

Laura's advice to anyone thinking about taking a course?

"I'd absolutely recommend it—especially if it's been a while since you've studied. It's never too late to start something new, especially if it's something you love."

BRENDA CUNNINGHAM COLERAINE

*Introduction to Counselling,
West Bann Development*



As the manager of a care home and a busy mum, finding the time to study seemed almost impossible for Brenda Cunningham but taking the North West Regional College's Introduction to Counselling course in the evenings at West Bann Development made it achievable.

She said: "Studying in the evenings in a welcoming community hub allowed me to balance full-time work and family life. From day one, I was hooked on the course. It not only deepened my understanding of counselling but also enhanced my communication skills—something that's vital in my role managing staff and supporting residents."

"The tutors were incredibly patient and supportive, and the mix of ages in the class made for a really encouraging environment. I've learned so much and now I'm excited to continue my journey by progressing to Level 2 in Counselling."

"I would recommend a community course like this. The Introduction to Counselling gives you a real insight into what studying involves and helps you decide if it's the right path for you."

WEALTH
HEALTH
LIFE
PRACTICE
CAREER
HAPPY
AWARENESS
WEALTH
FAMILY
STRENGTH
DEVELOPMENT
TALENTS
CAREER
GOALS
POTENTIAL
STRENGTH
KNOWLEDGE
PLANNING
SUCCESS
DEVELOPMENT
HEALTH



IN THE HEART OF THE NORTH WEST COMMUNITY

We partner a number of community venues in the following regional areas to deliver learning opportunities



ROE VALLEY (LIMAVADY, DUNGIVEN ETC)

Name	Contact
Benedy Community Association	028 7774 2423
Bovalley Community Association	028 7776 7195
Coolessan Community Association	078 7490 5128
Dromboughil Community Association	028 7774 1247
Feeny Community Association	028 7778 1876
Glens Community Association	028 7772 9046
Glenshane Community Development	028 7774 2494
Hands That Talk	028 7774 2776
Magilligan Community Association	028 7775 0803
Roe Valley Residents Association	028 7776 9996
West Bann Development	028 7032 7859

STRABANE

(inc Artigarvan, Aughabrack, Castlederg, Newtown Stewart, Plumbridge and Sion Mills)

Name	Contact
Aughabrack and District Community Association	AughabrackCommunityHall@gmail.com
Churchtown Community Association	(028) 8167 0652
Clady Cross Community Development Association	cladycrosscommunity@gmail.com
Derg Valley Care	(028) 8167 0764
Fountain Street Community Development Association	(028) 7188 5100
Glenelly Development Trust	078 6408 1551
Lisnafin/Ardnalee/Trust Community Association	(028) 7188 0658
Melmount Community Forum	admin@melmountcommunityforum.org
Newtown Stewart Centre 2000	(028) 8166 2555
Sion Mills Community Association	sionmillscommunity@gmail.com
Strabane AYE (Access Youth Engagement)	(028) 7188 0023
Strabane Community Unemployed Group	(028) 7138 3927
Strabane Community Unemployed Group - Digital Hub	(028) 7138 3927
Strabane Ethnic Community Association	(028) 7188 6419
Strabane Community Project	(028) 7188 3102
Strabane Health Improvement Project (SHIP)	(028) 7138 3557.

HOW TO ENROL Start your learning journey with us!

- **Choose your course** – Browse our website and discover the exciting range of courses we offer in your area. Need help choosing? Contact our Community Outreach Team.
- **Enrolment** – Contact the relevant community centre for further details using the contact information as advertised in the course guide or contact the NWRC representative for your area.
- **Payments** – Many of our courses are free or offered at a reduced fee for those receiving benefits. Contact us to discuss payment options. We also offer a range of financial packages to assist with course-related expenses.
- **Attend your course** – Remember learning support is available. Contact our Student Services team if you require support during your studies.
- **Progress** – Many of community courses offer opportunities for you to progress on to our college courses or gain qualifications to improve your career prospects. Speak with our Careers Team to discuss your next step.

DERRY~LONDONDERRY (CITYSIDE)

Name	Contact
BHCP Neighbourhood Renewal Partnership	028 7137 7422
Cathedral Youth Club	028 7126 0483
Creggan Pre School Training Trust	028 7126 7060
Culmore Community Hub	028 7116 3713
Galliagh Women's Group	028 7135 6092
Greater Shantallow Area Partnership - Clon Dara	028 7135 8787
Greater Shantallow Area Partnership	028 7135 8787
The Women's Centre	028 7126 7672

DERRY~LONDONDERRY (WATERSIDE)

Name	Contact
Caw / Nelson Drive Action Group	028 7131 8100
Diamond Centre, Claudy	028 7133 8005
Lettershandoney District and Development Group	028 7187 6434
Lincoln Courts Youth and Community Association	028 7134 1353
Newbuildings Community & Environmental Association	028 7131 2252
St. Colmcille's Primary School and Nursery Unit, Claudy	028 7133 8419
Strathfoyle Women's Activity Group	028 7186 0733
The Vale Centre, Greysteel	028 7181 2253
Waterside Neighbourhood Partnership	028 7134 2959
Waterside Women's Centre	028 7134 1579



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For further course information
including where these
courses will be available,
SCAN THE QR CODE



028 7127 6000



info@nwrc.ac.uk



nwrc.ac.uk/**community**

