

Programme:- April - May - June - July 2021



Shama Women's Centre
39-45 Sparkenhoe Street,
Leicester LE2 0TD
Tel/Fax: 0116 251 4747
www.shamawomenscentre.co.uk
 Email: info@shamawomenscentre.co.uk

OPENING HOURS

Mon. & Tues 9.00am - 4.00pm
 Wednesday 9.00am - 4.00pm
 Thursday 9.00am - 4.00pm
 Friday 9.00am - 3.15pm

**Restricted opening times due to
 Covid 19**

Saturday & Sunday closed

Centre Closed:

Friday 2nd April 2021
 Monday 5th April 2021
 Monday 3rd May 2021
 Monday 31st May 2021



FreeChildcare

For 2 to 4 years old

“GOOD” Ofsted Registered Nursery

up to 15 hours a week (subject to eligibility)

Private sessions available also*

Curriculum based activities

Qualified, experienced & friendly Early Years Staff

LIMITED SPACES

OPENING TIMES

Monday to
Friday
9.30am - 12.30pm



*** PRIVATE SESSIONS**

Only £15 for 3
hour sessions
(5% sibling
discount)

Contact Sultana Miah Nursery Manager

Tel: (0116) 251 4747 Mobile: 07982688782

39-45 Sparkenhoe Street, Leicester, LE2 0TD

IMPORTANT NOTICE

ANNUAL MEMBERSHIP

Passport size photograph required for Membership.
(Existing photo from an old membership card can be re-used)

MEMBERSHIP FEE:

£10.00 **Adult**

£3.00 **Lost membership card**

**Please produce membership card at the time
of booking /attending sessions.**

- Management reserves the right to cancel or change the programme at short notice
- Please note our fees are NON REFUNDABLE
- Limited spaces are available for each course – Sign up early to avoid disappointment
- Membership cards MUST be produced at ALL TIMES
- **This programme can be provided in larger font if required. Please contact Shama Women's Centre**
*We are a charity and welcome any donations.
Thank you*

Welcome

Shama Women's Centre Would like to take this opportunity to welcome everyone back.

Covid – 19 - Please stay safe

When entering the Centre please ensure that you wear a face covering and sanitise your hands.

(If you have come to the centre and develop any symptoms or have been in contact with anyone with symptoms of the virus, please contact the centre ASAP)

SAUNA £3 FOR 1 HOUR

<u>Day</u>	<u>From</u>	<u>Last</u>
Monday	10.30 -	14.30
Tuesday	10.30 -	14.30
Wednesday	9.30 -	18.30
Thursday	10.30 -	14.30
Friday	10.30 -	13.30

GYM £1.50 FOR 1 HOUR

<u>Day</u>	<u>From</u>	<u>Last</u>
Monday	9.30 -	15.30
Wednesday	10.30 -	17.30

Take a stand against all forms
of abuse

STOP ABUSE



A house where anyone is unsafe is not a home

Monday / Tuesday 1pm – 3pm
Wednesday 1pm – 4pm
Friday 1pm – 3pm

اگر آپ کے ساتھ کسی قسم کی گھر باکام
پر بدسنوکی (ابیوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۵۲۶۱۱۰ / 0116 2514747

**IF YOU NEED HELP TURN TO OUR
SUPPORT WORKER FOR ADVICE.**
Email: DV@shamawomenscentre.co.uk

আপনি কি নিষ্যাতনের শিকার? তা হলে
শামা উমেন সেনটারের সাথে যোগা যোগ
করণ। টেলিফোন নামবার: ০১১৬
২৫১৪৭৪৭ / 0116 2514747

Call: 07519415370

For more information please call: Shama Women's Centre – 0116 251 4747

<p>Asian Dressmaking Tutor: Amina Seedat Duration: TBC Day: <u>Tuesday</u> Time: TBC</p>		<p>Digital skills Tutor: Nutan Duration: TBC Day: <u>Thursday</u> Time: TBC</p>	
<p>Asian Dressmaking Tutor: Amina Seedat Duration: TBC Day: <u>Wednesday</u> Time: TBC</p>		<p>For further details contact Shama reception for more information</p>	
<p>Register your name at reception. Free for students on income Related benefits or £3.35 per hour.</p>			



OVERLOCKING LOCKSTICHING MACHINIST TRAINING

**Thursdays and
Fridays**
9.30am – 1.00pm
Call: 0116 251 4747
for more information.



- *Employability skills
- *Speed training
- *Sewing machine skills
- *Quality control

**SHORT
COURSE**



Adult Social Care	Equality & Diversity
Behaviour that Challenges	Falls Prevention Awareness
Business Administration	Infection Control
Business Start-Up	Information, Advice & Guidance
Care Planning	Lean Organisation Management
Caring for Children & Young People	Learning Disabilities
Children & Young Peoples Mental Health	Personal Exercise, Health & Nutrition

Please note: Many more courses to choose from, contact reception for more information and to put your name on the waiting list. Call 0116 251 4747
Learner must be over 19 and lived in the EU for 3 years on a full visa.

Professional Courses

First Aid

Only £15

Health & Safety

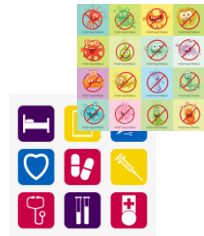
Only £15

Food & Hygiene

Only £15

Peadiatric First Aid

Only £40



(please note: £15 for Member and £20 for Non Member)

Refreshments will be provided



Confidential Advice Available

- Welfare Benefits
- Immigration
- Housing
- Debt
- Education
- General Advice
- Form Filling

Every Tuesday
Time: 10am – 1.00pm

Contact: Yasmin Nathanie (MBE)
Tel: 07738212639

Opening Minds & Community Programme

Classes are currently running **online**
Please support and join our classes



Cake Baking

Tuesdays
10.30am - 12.30pm



Cooking

Wednesdays
10am - 12pm



Arts & Crafts

Thursdays
10am-12.00pm



Hair & Make up

Thursdays
10am-12pm

For more information please call:
Shama Women's Centre on: 0116 251 4747
Come and look up Shama Women's Centre

Classes are subject to change



Mindfulness programme online



I choose to be joyful

Learning to Stop Breathe and Relax



You are a unique & beautiful soul



Tuesdays, and Fridays

10.00am – 10.30am



Come and look up Shama Women's Centre

For more information please call:
Shama Women's Centre on:
0116 251 47 47



Leicester Adult Skills and Learning Service

English for Everyday

ESOL Classes

English
for Speakers
of Other
Languages

Practical English for everyday life

- Conversation classes
- Beginners - Learn to read and write
- Improve your reading and writing

Learn about Leicester

- Visit museums
- Go shopping
- Go to a restaurant or a cafe



Who can Join?

- People who are unemployed
- People who have lived in UK for a Short /long time
- No minimum residency period

Why you should

- ✓ Local ESOL classes in your community
- ✓ Fun and practical
- ✓ Make friends
- ✓ Free
- ✓ We will pay for childcare
- ✓ Short course – 10 weeks (you can join other classes after 10 weeks)

Assessment: Friday 26th March 2021 – 9.30am – 1.30pm

Sessions Start: Coming soon
(10 week course)

For more information please contact:
Shama Women's Centre – 0116 251 4747



www.leicester.gov.uk/adult-education

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Ministry of Housing,
Communities &
Local Government

LASALS

Leicester
City Council

Are You A Carer? Are You Looking After a Loved one?

Ring to book your confidential
Counselling session
(0116) 251 4747 or
Email: shama.btoa@gmail.com

General enquiries
(0116) 251 4747
39-45 Sparkenhoe Street
Leicester, LE2 0TD

- Do you feel isolated or lonely?
- Would you like some emotional support?
- We offer FREE Counselling



Do you feel lonely?

WE CAN HELP:

our friendly volunteers speak a range of languages and can signpost you to other services in your local area.

Contact Beena on
0116 251 4747 or
07756 595 573

Corona Comrades are available
Monday to Sunday from:
10.00am to 3.00pm
6.00pm to 9.00pm



Are you self isolating?
Need someone to talk to?

DO YOU NEED HELP WITH FINDING WORK?

FREE

Confidential information, advice and guidance available weekly

Our IAG Officer can help you with:-

- *Writing a CV / Workshops*
- *Job search / Applications*
- *Interview skills*
- *Confidence Building Workshops*
- *Training*
- *Volunteering*
- *Help you setting up a business*
- *Job Placements*



For an appointment ring Sumeya
07902 143630 / 0116 251 4747
Email: sumeya.btoa@hotmail.com

LLOYDS BANK FOUNDATION
England & Wales 

 COMMUNITY
FUND

 Bereavement to
Achievement PLUS

NOW RECRUITING VOLUNTEERS

In the following areas:-

- **Domestic Violence Support**
- **Support Bereaved Women**
- **IT Support**
- **Textile Training**
- **Nursery Worker**
- **ESOL Support**
- **Catering Assistant**
- **IT and Administrative Assistant**
- **Or do you have a skill you would like to share with others**
ie. henna / cooking/ art and craft/ flower arranging etc.



For over 18's who would like a challenging yet enjoyable volunteering experience, gain valuable new skills, and boost CV. Full training and support will be provided.

Email: swcvolunteercoordinator@hotmail.com

Please contact Reception for more Information or download an application pack from our website: www.shamawomenescentre.co.uk or call 0116 251 4747

 COMMUNITY
FUND

 Bereavement to
Achievement PLUS

Mental Health Workshops For Businesses

Free taster
sessions from
**April – May
2021**

- Mental Health & Emotional Wellbeing
- Anxiety Awareness
- Emotions and Feelings
- Depression
- Self Esteem

We have a
range of
workshops
For you and
your employees

For more information on our workshops and other services, visit our website
www.shamawomencentre.co.uk or contact us:
0116 251 4747 or email: info@shamawomenscentre.co.uk



ESOL CLASSES

Improve Your English

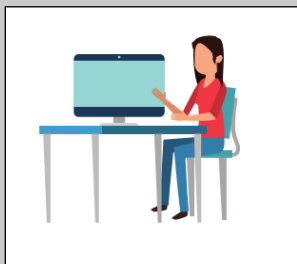
Entry 1,2,3 & Level 1

Accredited Course
City & Guilds

Tuesday & Thursday
9.30am to 12.30pm



Computers for Beginners



OCR Entry
Level
1,2,3 &
Level 1

Tuesday
Time: 1.00pm – 4.00pm
Wednesday
Time: 9.30am – 12.30pm





**LOST A LOVED ONE
THROUGH COVID-19?
OR
FEELING ANXIOUS OR
DEPRESSED?**



- We are here to help.
- Our qualified Counsellors can support you through this difficult time.

To book your session please ring:

07564755503	Mon. & Tues. - 3.00pm - 5.00pm Wednesday - 9.00am - 2.00pm
07715 423 452	Thursdays - 9.30am - 5.30pm
07595 966 464	Mondays - 5.30pm - 7.30pm Wednesday - 2.00pm - 6.00pm

For more information please call
Shama Women's Centre:-
0116 251 4747

