

Programme:- August - September - October - November 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
 Saturday & Sunday closed

Centre Closed:
Monday 30th August 2021

PLEASE DONATE – www.shamawomenscentre.co.uk

Your donations allows us to continue supporting women from all across the country. We appreciate your generous contribution.



Free Childcare

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 -	14.30
Thursday	10.30 -	14.30
Friday	10.30 -	13.30

GYM £1.50 FOR ½ HOUR

<u>Day</u>	<u>From</u>	<u>Last</u>
Monday	9.30 -	15.30
Wednesday	10.30 -	14.30

Starting Soon

What is Prevent?

PREVENT IS ABOUT SAFEGUARDING AND SUPPORTING THOSE VULNERABLE TO RADICALISATION



WHAT TO DO IF YOU SPOT THE SIGNS?

If you are worried or concerned about someone, you should call **National Prevent Advice Line: 0800 011 3764 or 101** to get in touch with your local Police team. If you don't want to speak to the police it's important you speak to someone about your concerns. For more information please Contact:

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آپ اپنی ذاتی اور جسمانی اور نفسی صحت کو بحال رکھنے کے لیے بہتر غذا کھائیں اور
 روزانہ سونا لگیں اور صحت مند زندگی بسر کریں۔
 0800 017 3764 پر کال کر کے یا 101 پر لاہنگ کر کے اپنی تشویش
 کے بارے میں فوراً سے بات کریں۔ مزید معلومات کے لیے ویب سائٹ
 پر سرچ کریں۔

اگر آپ کو کسی شخص کی عادات سے شک ہے تو اسے روکیں
 اگر آپ کو کسی شخص کے بارے میں فکر مند ہیں تو سرٹے سہرائی تو کسی روک
 ستور کے لائن 01137640800 پر پولیس 101 پر لاہنگ کریں۔ اپنی تشویش
 کے بارے میں فوراً سے بات کریں۔ مزید معلومات کے لیے ویب سائٹ
 پر سرچ کریں۔

جی تو تمہیں ڈیڑھی بجے کا کال کرنا سیکھنا سیکھو؟

جی تو تمہیں کوئی بات ہے، تو ڈیڑھی بجے کا کال کر کے یا 101 پر لاہنگ کر کے
 اپنی تشویش کے بارے میں فوراً سے بات کریں۔ مزید معلومات کے لیے ویب سائٹ
 پر سرچ کریں۔

Que faire si vous repérez les signes de radicalisation?

Si vous êtes préoccupé par quelqu'un, veuillez appeler la ligne nationale de
 prévention 0800 017 3764 ou la police: 101. Il est important que vous parliez à
 quelqu'un de vos préoccupations. Pour plus d'informations, veuillez contacter le
 Centre des femmes Shama.

Freedom Programme



Have you been a victim of domestic abuse?
Through the Freedom Programme (12 Weeks)

Created by Pat Craven

We can empower you to:

- Recognise traits, personas & warning signs of abusive behaviour.
- Be better informed about healthy & unhealthy relationships.
- Help women gain self-esteem & the confidence to improve their lives & be safe.

Starts: Thursday 8th October 2021, 12.30pm – 2.30pm

Limited spaces available
To Book your place contact:

Shama Women's Centre – 0116 251 4747
Registration fee of £10

A minimum donation of £2.50 is appreciated per session as we are a charity
(Discretion is available if an individual is on low income)
Onsite childcare available (2-4 years) £10 per session

Shama Women's Centre is a registered charity in England 1087995. Company Registration

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 یا کام
پر بدسلوکی (ایبوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۵۲۶۱۱۰

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۷۴۷۴۱۵۲۶۱۱۰

IF YOU NEED HELP TURN TO OUR
SUPPORT WORKER FOR ADVICE.

Email: DV@shamawomenscentre.co.uk

Call: 07519415370

আপনি কি নিষাতনের শিকার? তা হলে
শামা উমেন সেণটারের সাথে যোগা যোগ
করুন। টেলিফোন নামবার: ০১১৬
২৫১৪৯৪৯ / 0116 2514747

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

<p>Asian Dressmaking</p> <p>Tutor: Amina Seedat</p> <p>Duration: TBC</p> <p>Day: <u>Tuesday</u></p> <p>Time: TBC</p> 	<p>Digital skills</p> <p>Tutor: Nutan</p> <p>Duration: TBC</p> <p>Day: <u>Thursday</u></p> <p>Time: TBC</p> 
<p>Asian Dressmaking</p> <p>Tutor: Amina Seedat</p> <p>Duration: TBC</p> <p>Day: <u>Wednesday</u></p> <p>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>	
<p align="center">WEA OPEN DAY</p> <p align="center">At Shama Women's Centre</p> <p align="center">Thursday 16th September 2021 – 10.00am – 1.00pm</p> <p align="center">ALL WELCOME</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**
£50 for 10 wks





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
<p>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</p> <p>Learner must be over 19 and lived in the EU for 3 years on a full visa.</p>	



Confidential Advice Available

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

Contact: Yasmin Nathanie (MBE)
Tel: 07738212639

Every Tuesday
Time: 10am – 1.00pm

Professional Courses

First Aid
From only £15



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Pediatric First Aid
Only £40



.....

Health & Safety
From only £15



.....

Food & Hygiene
From only £15



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Please note: £15 (members) £20 (non members)
For more details contact Shama Women's Centre
On (0116) 251 4747

Mindfulness programme



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



Mental Health Workshops For Businesses

- Mental Health & Emotional Wellbeing
- Anxiety Awareness
- Emotions & 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.shamawomenscentre.co.uk or contact us: 0116 251 4747 or email: info@shamawomenscentre.co.uk





Cake baking / Baking

Tuesday

10am -12pm

Classes cost £22 for 9 sessions

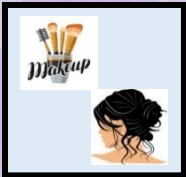


Arts & Crafts

Wednesday

10am – 12pm

Classes cost £22 for 9 sessions



Hair & Make- up

Thursday

10am – 12pm

Classes cost £22 for 9 sessions



Mindfulness Classes

Face to Face (6 Weeks - £20)

Monday OR Tuesday

1.30pm – 2.30pm

Please support and join our classes at Shama

For more information please call:

**Classes are
subject
to change**

Shama Women's Centre on: 0116 251 4747



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 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



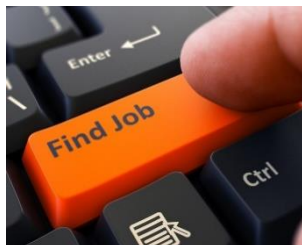
Are you self isolating?
Need someone to talk to?

DO YOU NEED HELP WITH FINDING WORK?

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

ESOL CLASSES

Improve Your English

Entry 1,2,3 & Level 1

Accredited Course
City & Guilds

Wednesday & Friday
9.30am to 12.30pm

Fees Applicable



Computers for Beginners



OCR Entry Level
1,2,3 & Level 1

Monday

Time: 9.30am –12.30pm

Tuesday

Time: 1.00pm - 4.00pm

Fees Applicable





**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

