

Programme:- December 2021 - January - February - March 2022



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:

FRIDAY 24th DECEMBER 2021 –
 MONDAY 3rd JANUARY 2022
 CENTRE RE-OPENS TUESDAY 4th
 JANUARY 2022

PLEASE DONATE –

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



Registered Charity - No - 108795



This project is part funded by
 UK Community Renewal Fund

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

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

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 | 1030 - | 18.30 |
| 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> |
|------------|-------------|-------------|
| Tuesday | 10.30 - | 15.30 |
| Thursday | 10.30 - | 15.30 |
| Friday | 10.30 - | 14.30 |

STARTING SOON

Times are subject to change

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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**39-45 Sparkenhoe Street,
Leicester LE2 0TD
Tel/Fax: 0116 251 4747**

**www.shamawomenscentre.co.uk
[Email: info@shamawomenscentre.co.uk](mailto:info@shamawomenscentre.co.uk)**



આપણને યાદી ડોનવાત 3 હવકાપ્રકા મિલ્ય- હિલ્લિહ જા
શબ્દ મગજોભાત શબ્દ માર્ગે લોગાવ્યાજા વગ્ગા.
0800 011 3764 અથવા 101 લોગવાત શુનિમિત। જા
'હાડા' 3 કાઢા ઉભા લેગાવેલ- કાથ લોગાવ્યાજા વગ્ગા
4 વડાપાલ- વગ્ગા કાથ વગ્ગાવના વગ્ગા શુનિમિત।

اگر آپ کو بنیاد پرستی کی علامتیں نظر آئیں تو یہاں کریں ؟
اگر آپ کسی کے بارے میں فکر مند ہیں تو سرٹے مسٹرینی توہی روک
مشورے لائیں 01137640860 یا پولیس 101 پر لاہنگ کریں۔ اپنی گفتویش
کے بارے میں فورکھ سے بات کریں۔ مزید معلومات شمع ویس وینٹر
سے لاہنگ کریں۔

જો તમે ટેકીકવાઈએશનના સંકેતો શોધી કાઢો ?તો શું કરવું?

જો તમને કોઈની ચિતા હોય, તો કૂપા કરીને રાષ્ટ્રીય નિવારણ સલાહ વાઇન: 0800 011 3764 અથવા પોલીસ:
101 ને ટેલિફોન કરો. મહત્વપૂર્ણ છે કે તમે તમારી ચિતા વિશે કોઈની સાથે વાત કરો. વધુ માહિતી માટે કૂપા
કરીને સંપર્ક કરો: શમા વિમેન્સ સેન્ટર.

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 – March 2022

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 নিষ্যাতনের 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 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> | |
| <p>MORE CLASSES TO BE CONFIRMED</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





SAVE THE DATE

10.03.22

We'd love for you to celebrate
35 years of service with us!

Empire, Leicester
Banqueting & Conference Hall

For further information please contact:
Shama Women's Centre on 0116 251 4747



Confidential Advice Available

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

Advisor: Dimple Patel
Tel: 0116 251 4747
Every Wednesday – Thursday – Friday
Time: 9.00am – 2.00pm

Immigration & Benefit Advice on
Advisor: Yasmin Nathanie (MBE)
Tel: 07738212639
Every Tuesday
Time: 10am – 1.00pm

**Positive
Parenting**

**Group
sessions**



**Being a Parent
is such a
tough job**

**Shama is listening!
Let's build stronger.
families together.**

**ENQUIRE
& BOOK
NOW**

'Living with
teenagers - 7
week
programme

'Fun &
Families - 7
week
programme

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

Mindful Meditation & Relaxation



**6-WEEK
PROGRAMME**

**Monday OR Tuesday
Group
1:30 pm to 2:30 pm**

"Why not stop breathe and relax with us?
Create that body-mind connection to reduce
anxiety and stress
Let's increase your wellbeing and positive
thoughts together"

**Note: You can sit on a chair or bring your own cushion
or mat.**

£20 - Registration fee

Shama Women's Centre –

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Email: info@shamawomenscentre.co.uk

**REGISTER
TODAY**

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

Shama Creative Classes



Baking

Tuesday
10am -12pm



Cook/Arts & Crafts

Thursday
10am – 12pm



Hair & Make- up

Thursday
10am – 12pm

Please support and join our classes at Shama

Classes cost £22 for 9 sessions

Classes are subject
to change

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



Professional Courses

First Aid
From only £15



Pediatric First
Aid only £40

Food & Hygiene
from only £15



Health & Safety
from only £15

Please note: £15 (members) & £20 (non-members)

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



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

Do you feel lonely?



**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.shamawomenscentre.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

