

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



Shama Women's Centre 39-45 Sparkenhoe Street, Leicester LE2 OTD 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 3<sup>rd</sup> JANUARY 2022 CENTRE RE-OPENS TUESDAY 4<sup>th</sup> 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.





# **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.

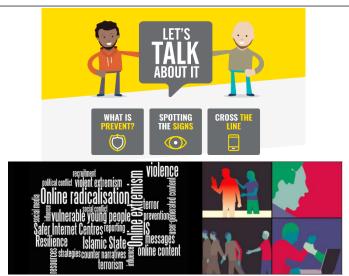
(If you have come to the centre and develop any symptoms or have been in contact with anyone with symptoms of the virus, please contact the centre ASAP)

SAUNA £3 FOR 1 HOUR		<mark>GYM £</mark>	
Day	From	Last	Day
Monday	10.30 -	14.30	Tuesday
Tuesday	10.30 -	14.30	Thursday
Wednesday	1030 -	18.30	Friday
Thursday	10.30 -	14.30	STAR1
Friday	10.30 -	13.30	Times are s



# 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:

Shama Women's Centre

39-45 Sparkenhoe Street, Leicester LE2 OTD Tel/Fax: 0116 251 4747 www.shamawomenscentre.co.uk Email: info@shamawomenscentre.co.uk







भ यहायात्वा कारवा आखा कया ज्यात्या कार्यात्व कार्या आख्य कार्या के यहा कार्यात्व कार्या का कार्या क विद्या कार्या कार्य कार्या क

الگر آب کد بنیاد پرستی کی علامتیں نظر آیش تر کیا کریں ؟ الر آب سی بی با رہے میں تکرمند میں تد مرد فی مدین ن تو می روی مشور ب لائن 0080/10 با بولیں 101 بر لابط کریں - ابنی تشویش سی با دے میں وراکس سے با 20 کریں - مزید مدارسات تنکمع ویمن فینلا

#### જો તમે રેડીકલાઈઝેશનના સંકેતો શોધી કાઢો ?તો શું કરવું?

જો તમને કોઈની ચિંતા હોય, તો કૃપા કરીને રાષ્ટ્રીય નિવારણ સવાહ વાઇન: 0800 011 3764 અથવા પોલીસ: 101 ને ટેલિફ્રોન કરો. મહત્વપૂર્ણ છે કે તમે તમારી ચિંતા વિશે કોઈની સાથે વાત કરો. વધુ માહિતી માટે કૃપા 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 8<sup>th</sup> 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





### A house where anyone is unsafe is not a home

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

IF YOU NEED HELP TURN TO OUR SUPPORT WORKER FOR ADVICE. Email: <u>DV@shamawomenscentre.co.uk</u>

Call: 07519415370

آگر آپ کے ساتھ کسی قسم کی گھر یاکام پر بدسنوکی (ابیوز) ہو رہا ہے تو شمع ویمن سنٹر سے رابطہ کرین ۷۴۷۴۱۵۲۶۱۱۰

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আপনি কি নিযা্তনের শিকার? তা হলে শামা উমেন সেণটারের সাথে যোগা যোগ করুণ। টেলিফোন নামবার:০১১৬ ২৫১৪৭৪৭ / 0116 2514747

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



WWW.SHAMAWOMENSCENTRE.CO.UK

Registered Charity No 1087995 Company LTD Guarantee Reg. No 2514040



# **CLASSES AT SHAMA WOMEN'S CENTRE**

Asian Dressmaking Tutor: Amina Seedat Duration: TBC Day: <u>Tuesday</u> Time: TBC	Digital skillsTutor:NutanDuration:TBCDay:ThursdayTime:TBC			
Asian Dressmaking Tutor: Amina Seedat Duration: TBC Day: Wednesday Time: TBC	For further details contact Shama reception for more information			
Register your name at reception. Free for students on income Related benefits or £3.35 per hour. MORE CLASSES TO BE CONFIRMED				



### **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



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Achievement



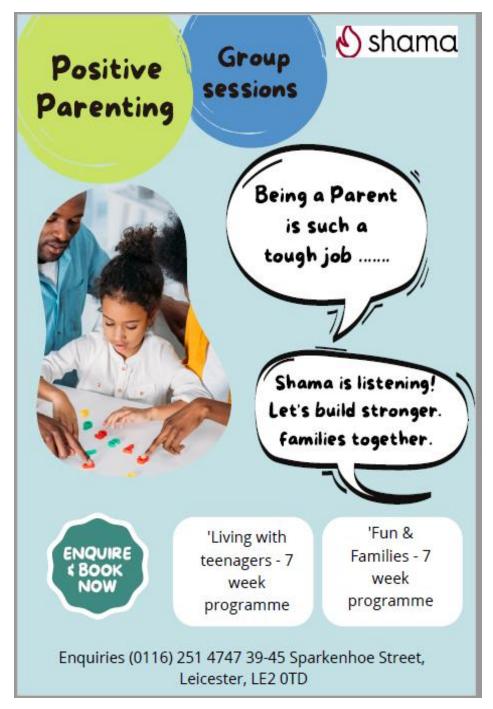
Shama Women's Centre on 0116 251 4747

# Shama 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





# 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

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

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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: <u>shama.btoa@gmail.com</u>

> 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

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#### 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

### **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



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# **Computers for Beginners**







# 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 - 5.00pr	
	-	9.00am - 2.00pm
07715 423 452	Thursdays -	9.30am - 5.30pm
07595 966 464	Mondays - Wednesday -	5.30pm - 7.30pm 2.00pm - 6.00pm

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



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