

Programme:- April - May - June - July 2022



<p>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</p>	<p>OPENING HOURS</p> <p>Mon. & Tues 9.00am - 4.00pm Wednesday 9.00am - 4.00pm Thursday 9.00am - 4.00pm Friday 9.00am - 3.15pm</p> <p>Saturday & Sunday closed</p>
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<p><u>CENTRE CLOSED:</u></p> <p>Friday 15th April & Monday 18th April 2022</p> <p>-----</p> <p>Monday 2nd May 2022</p> <p>-----</p> <p>Thursday 2nd & Friday 3rd June 2022</p>	<p>PLEASE DONATE – www.shamawomenscentre.co.uk</p> <p>Your donations allows us to continue supporting women from all across the country. We appreciate your generous contribution.</p>
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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.**

- o Management reserves the right to cancel or change the programme at short notice
- o Please note our fees are NON REFUNDABLE
- o Limited spaces are available for each course – Sign up early to avoid disappointment
- o Membership cards MUST be produced at ALL TIMES
- o **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 to Shama

Please Stay Safe

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 -	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>
Tuesday	10.30 -	15.30
Thursday	10.30 -	15.30
Friday	10.30 -	14.30

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:

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



આપણને યાદી ડોનવાત 3 હવકાપ્રકા મિલ્ય-લિલિલ ૭૪
૨૯૫૫ મગજોભાત લેખન માર્ગેલે લોગાલવાજા વલકા. ૫
૦૬૦૦ ૦૨૨ ૭૧૫૪ અથવા ૨૦૨ લોગાત મુનિલિલ ૭૪
'હાડા' 3 કાકા ડેલમ લેલેલેલ - કાથ લોગાલવાજા વલકા
૫ વલપાલ - વલકા કાથ વલપાલ લલકાલ મુનિલિલ ૫

અગર આપ કલ બનિલ યેસ્ટી કી લેમલિલ નલર આલેલ ડો યેલ કલેલ
અગર આપ લેલેલ કલેલ મેલ કલેલ મેલ ડો લેલેલ મેલેલ ડો લેલેલ મેલેલ
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જો તમે ટેકીકવાઈઝેશનના સંકેતો શોધી કાઢો? તો શું કરવું?

જો તમને કોઈની ચિતા હોય, તો કૃપા 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 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.

START DATE: To Be Confirmed

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 بدسنوکی (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>knitting and Crochet for improvers Tutor: Tas Ali Date: Weds 27th April – 6th July 2022 Time: 9.30am – 1.30pm Duration: 10 weeks</p> 	<p>Dressmaking Skills Tutor: Tas Ali Date: Thursday 28th April – 7th July 2022 Time: 9.30am – 1.30pm Duration: 10 Weeks</p> 
<p>Summer Sewing Class Tutor: Talent Nyandro Date: Monday 5th May – 4th July 2022 Time: 9.30am – 12.30pm Duration: 8 Weeks</p> 	<p>Cake Decorating Tutor: Jamila Khabani Date: Wednesday 18th May – 29th June 2022 Time: 10.00am – 12.00 noon Duration: 6 Weeks</p>
<p>Level 1 award in Creative Craft (Textiles) Tutor: Talent Nyandro Date: Started Jan 2022 – ends July 2022, Tuesdays & Wednesdays Time: 9.30am – 1.30pm Duration: 20 Weeks</p>	<p>Level 2 award in Creative Craft (Textiles) Tutor: Talent Nyandro Date: Sept 2022 (to be confirmed)</p>
<p>Next Information & Advice Event: Wednesday 22nd June 2022 at 11.30am – 12.30pm</p>	
<p align="center">Register your name at reception FREE COURSES Subject to status – courses are free for unemployed, job seeker and people on low income</p>	



**OVERLOCKING LOCKSTICHING
MACHINIST TRAINING**

Thursdays and Fridays
9.30am – 1.00pm
1.15pm – 4.15pm
Call: 0116 251 4747
for more information.



**SHORT
COURSE
£50 for 10
weeks**

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

This project is part funded by UK Community






Chai & Chat Sessions
Shama Women's Centre
Mondays 11am – 12pm

- ❖ Relax, chat and enjoy a cup of tea or coffee
 - ❖ Make new friends
 - ❖ Learn more about Shama
- ❖ Get support and advice & much more....

Come Join Us! Everyone Is Welcome!

For more information please contact
Beena at Shama Women's Centre
39-45 Sparkenhoe Stree, Leicester, LE2 0TD



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

This project is part
funded by
UK Community



 HM Government

ONLINE Mindful Meditation & Relaxation

**FACEBOOK
& YOUTUBE**



**TO BE
CONFIRMED**

"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"

Shama Women's Centre –

Call: 0116 251 4747

39-45 Sparkenhoe St, Leicester LE2 0TD

Email: info@shamawomenscentre.co.uk

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

Business Start-Up Workshop



4 Week course

For more information please ask at reception or contact

Shama Women's Centre

0116 251 4747

info@shamawomenscentre.co.uk

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Level 1 Award

Workers' Rights and Labour Exploitation

5 week course

Tuesday's 10am – 12 noon at

Shama Women's Centre

For registration and information contact

Shama Women's Centre

39-45 Sparkenhoe Street

Leicester, LE2 0TD

0116 251 4747

Info@shamawomenscentre.co.uk



Baking

Tuesday
10am -12pm



Cook/Arts & Crafts

Thursday
10am – 12pm



Hair & Make- up

Thursday
10am – 12pm

Please support and join our classes at Shama

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



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

Roles include:

- 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

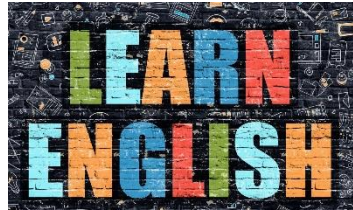
ESOL CLASSES

Improve Your English

Entry 1,2,3 & Level 1

Accredited Course
City & Guilds

Wednesday & Friday
9.30am to 12.30pm



Fees Applicable

This project is part
funded by



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COMMUNITY
FUND



Bereavement to
Achievement PLUS

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

This project is part
funded by



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Bereavement to
Achievement PLUS



LOST A LOVED ONE
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:

07874 082 663

Wednesday - 9.30am-4.00pm

07715 423 452

Thursdays - 9.30am -6.00pm

