

Programme:- August - September - October - November 2022



**Shama Women's Centre**  
**39-45 Sparkenhoe Street,**  
**Leicester LE2 0TD**  
**Tel/Fax: 0116 251 4747**  
[www.shamawomenscentre.co.uk](http://www.shamawomenscentre.co.uk)  
 Email: [info@shamawomenscentre.co.uk](mailto: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 29<sup>th</sup> August 2022**

**PLEASE DONATE –**

**[www.shamawomenscentre.co.uk](http://www.shamawomenscentre.co.uk)**

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

**FOLLOW US ON**    



## 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 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	10.30 -	14.30
Thursday	10.30 -	14.30
Friday	10.30 -	13.30

**Gym £1.50 for ½ Hour**

<u>Day</u>
Monday - Friday
9.30am – 2.30pm

**Times are subject to change**

## 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

# 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](http://www.shamawomenscentre.co.uk)

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



# 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.

**STARTING: Thursday 8<sup>th</sup> September 2022, 10am – 12pm**

**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 02514040



Take a stand against all forms  
of abuse

# STOP ABUSE



A house where anyone is unsafe is not a home

Monday / Tuesday 1pm – 4pm  
Wednesday / Thursday 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 / 0116 2514747

اگر آپ کے ساتھ کسی قسم کی گھر یا کام  
پر بدسلوکی (ایبوز) ہو رہا ہے تو  
شمع ویمن سنٹر سے رابطہ کریں  
۷۴۷۴۱۵۲۶۱۱۰

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

**Email: [DV@shamawomenscentre.co.uk](mailto: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

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<p><b>knitting and Crochet for improvers</b> Tutor: Tas Ali Date: To be confirmed Time: To be confirmed Duration: 10 weeks</p>	<p><b>Dressmaking Skills</b> Tutor: Tas Ali Date: To be confirmed Time: To be confirmed Duration: 10 Weeks</p>
<p><b>Sewing Class</b> Tutor: Talent Nyandro Date: To be confirmed Time: To be confirmed Duration: 8 Weeks</p>	<p><b>Cake Decorating</b> Tutor: Jamila Khabani Date: To be confirmed Time: To be confirmed Duration: 6 weeks</p>
<p><b>Level 1 award in Creative Craft (Textiles)</b> Tutor: Talent Nyandro Date: To be confirmed Time: To be confirmed Duration: 20 Weeks</p>	<p><b>Level 2 award in Creative Craft (Textiles)</b> Tutor: Talent Nyandro Date: Sept 2022 (to be confirmed)</p>
<p><b>Next Information &amp; Advice Event:</b> <b>Wednesday 7<sup>th</sup> September 2022 at 11.30am – 2.00pm</b></p>	
<p align="center"><b>Register your name at reception</b> <b>FREE COURSES</b> <b>Subject to status – courses are free for unemployed, job seeker and people on low income</b></p>	



## OVERLOCKING LOCKSTICHING MACHINIST TRAINING

**Every Friday**  
**9.00am – 4.00pm**

Call: 0116 251 4747  
for more information.



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

**SHORT COURSE**  
**£50 for 10 weeks**





**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

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

**Benefit Advice**  
**Advisor: Dimple Patel**  
**Tel: 0116 251 4747**

**Pre-booked appointments**  
**Every Thursday**  
**Time: 9.00 – 2.00pm**  
**Coleman Neighbourhood  
Centre**  
**Balderstone Close,  
Leicester, LE5 4ES**

**Every – Friday**  
**Time: 9.00am – 2.00pm**  
**Shama Women's Centre**  
**39-45 Sparkenhoe Street**  
**Leicester, LE2 0TD**



Fees Applicable

# CORE20 PLUS

## Recruiting Community Connectors

With lived experience of  
Cancer  
Hypertension (High Blood Pressure)  
& Respiratory



For more information please contact:  
Dimple (Connector Coordinator) 0116 251 4747



## 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](http://www.shamawomenscentre.co.uk)  
or contact us: 0116 251 4747  
or email: [info@shamawomenscentre.co.uk](mailto:info@shamawomenscentre.co.uk)

## **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**

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## **Annual General Meeting**



**Tuesday 29<sup>th</sup> November 2022**  
**Time: 12.30pm**

**All members welcome**  
**Refreshments will be provided**



## 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

**Getting Help**  
**In Neighbourhoods**  
Leicester, Leicestershire & Rutland  
Mental Health & Wellbeing Fund

## 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](mailto: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



Getting Help  
in Neighbourhoods  
Leicester, Leicestershire & Rutland  
Mental Health & Wellbeing Fund

### 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?

Healthy Minds  
Healthy Lives

# **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](mailto:sumeya.btoa@hotmail.com)

LLOYDS BANK FOUNDATION   
England & Wales

## **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](mailto:swcvolunteercoordinator@hotmail.com)

Please contact Reception for more information or download an application pack from our website: [www.shamawomenscentre.co.uk](http://www.shamawomenscentre.co.uk) or call 0116 251 4747

Healthy Minds  
Healthy Lives

# ESOL CLASSES

## Improve Your English

Entry 1,2,3 & Level 1

Accredited Course  
City & Guilds



Fees Applicable

Dates to be confirmed

Getting Help  
In Neighbourhoods  
Leicester, Leicestershire & Rutland  
Mental Health & Wellbeing Fund

# Computers for Beginners



**Tuesday**

Time: 1.00pm - 4.00pm

**Thursday**

Time: 9.30am - 12.30pm

OCR Entry Level  
1,2,3 & Level 1

Fees Applicable

Getting Help  
In Neighbourhoods  
Leicester, Leicestershire & Rutland  
Mental Health & Wellbeing Fund



**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      Wednesdays - 9.30am - 4.00pm**

**07715 423 452      Thursdays - 9.30am - 6.00pm**

Healthy Minds  
Healthy Lives