

Programme:- October 2023 to January 2024



Shama Women’s Centre
39-45 Sparkenhoe Street,
Leicester, LE2 0TD
Tel: 0116 251 4747
www.shamawomenscentre.co.uk
 Email: info@shamawomenscentre.co.uk

OPENING HOURS

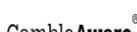
Mon. & Tues 9.00am - 4.00pm
 Wednesday 9.00am - 4.00pm
 Thursday 9.00am - 4.00pm
 Friday 9.00am - 3.00pm

 Saturday & Sunday closed

CENTRE CLOSED

Monday 25th December 2023 – Monday 1st January 2024
Centre will re-open
Tuesday 2nd January 2024

FOLLOW US ON



Registered Charity - No - 1087995



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ANNUAL MEMBERSHIP

Passport size photograph required for Membership.

(Existing photo from an old membership card can be re-used)

MEMBERSHIP FEE: £10.00 Adult / Lost card £3.00

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

PLEASE DONATE – www.shamawomenscentre.co.uk

Your donations allows us to continue supporting women from all across the country. We appreciate your generous contribution. You can donate via Paypal link

<https://www.paypal.com/biz/fund?id=QE9VMS52KT8M6>

**Sauna - Member £5 for 1 Hour
Sauna - Non Member £6 for 1 Hour
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 – Member £3 for 1 hour
Gym – Non Member £4 for 1**

<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
upto 15 hours a week
(subject to eligibility)**

Curriculum Based Activities
Qualified, Experienced & Friendly Early Years Staff

LIMITED SPACES

**Private
session**
£15 for 3
hour sessions



**OPENING
TIMES**
Monday
To Friday
9.30am - 12.30pm

**For more information contact:
Nursery Manager – Sultana Miah
0116 251 4747**



CELEBRATION EVENT

ANNUAL GENERAL MEETING

30th Thursday November 2023
11am – 2pm



Everyone Welcome
Refreshments will be provided

**For more information please contact:
Shama women's Centre:
0116 251 4747**

ESOL CLASSES

Improve Your English

Entry 1,2,3
& Level 1

Accredited Course
City & Guilds



Fees Applicable

Computer Courses



Entry Level 1, 2,
3 and Level 1



Tuesday

Time: 1.00pm - 4.00pm

Thursday

Time: 9.30am - 12.30pm

Fees Applicable

THE WOMENS EMPOWERING PROGRAMME

**Improve Your English Skills
(For Non-Speakers of English)**

**12 Week
Beginners Level**



**Monday and
Friday
9.30am – 12.30pm**

**FREE COURSES
MEMBERSHIP FEE APPLIES**



**Improve Your IT and
Social Media Skills
(For Non-Speakers of English)**

**12 Week
Beginners Level**



**Wednesday
10am – 12noon**

WELFARE AND IMMIGRATION ADVISORY SUPPORT FOR WOMEN



**Monday – Friday
10am – 2pm**



Workers' Rights Champion Programme

**Volunteer to help advise workers
We can train and support you
Starting October 2023**



**Monday, Wednesday &
Friday
10am – 12 noon**

**Call reception for
more details
0116 251 4747**

Workers Rights & Labour Exploitation Course

FOR NON-SPEAKERS OF ENGLISH



Shama Creative Classes

Cook/Arts & Crafts
Wednesday
10am – 12pm

Baking
Tuesday
10am -12pm



**Make new friends
 & learn
 new skills**

**Hair & Make-
 up / Mendhi**
Thursday
10am – 12pm

**Membership Fee Applies
 (Donation Welcome)**

Professional Courses

First Aid
From only
£15



**Paediatric First
 Aid only £40**

Food & Hygiene
from only £15



**Health &
 Safety from
 only £15**

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

NUMBERS FOR EVERYDAY LIFE

**DO YOU WANT
 TO IMPROVE
 YOUR MATHS?
 Pre – entry,
 Entry 1 and Entry 2**

Tuesday & Thursday
9.30am – 11.30am

**For more information
 please call:
 0116 251 4747**



OVERLOCKING LOCKSTICHING MACHINIST TRAINING

Every Friday
9.00am – 4.00pm

Call: 0116 251 4747
for more information.

**SHORT
COURSE**
£50 for 10 weeks



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



CLASSES AT SHAMA WOMEN'S CENTRE

Driving Theory

Tutor: Sumeya
Day: Monday
Time: 12.30pm to 2.30pm

Step into Textiles

Tutor: Tasneem
Day: Tuesday
Time: 9.30am – 2.00pm

Dressmaking Skills

Tutor: Tas Ali
Day: Thursday
Time: 9.30am – 1.30pm

Knitting and Crochet for improvers

Tutor: Tas Ali
Day: Wednesday
Time: 9.30am – 2.00pm

For more information -Call WEA on:

0116 255 6614 / 07825 120633

Email: leics@wea.ac.uk

Register your name at reception

FREE COURSES: Subject to status – courses are free for unemployed, job seeker and people on low income

NOW RECRUITING VOLUNTEERS

Roles include:

- Domestic Violence Support
- Support Bereaved Women
- IT Support
- Textile Training
- Nursery Worker
- ESOL Support
- IT and Administrative Assistant
- Do you have a skill you would like to share with others ie. henna / cooking/ art and craft/ flower arranging etc
- Or are you a professional who wants to offer your expertise as a Board Member



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.

Please contact Reception for more Information or download an application pack from our website: www.shamawomenscentre.co.uk or call 0116 251 4747

Healthy Minds
Healthy Lives

DO YOU NEED HELP WITH FINDING WORK

Confidential Information, Advice and Guidance Available Weekly

Tuesday's – 10am – 12noon

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 call Salma
07902 143630 / 0116 251 4747
Email: iag.shama@hotmail.com

BENEFITS ADVICE

**CONFIDENTIAL
ADVICE AVAILABLE**

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

SHAMA WOMEN'S CENTRE

Benefit Advice

Advisor: Dimple Patel /

Taslim Umarmia

**Pre-booked
appointments**

BELGRAVE

NEIGHBOURHOOD CENTRE

**Every OTHER Tuesday
10am to 1.00pm**

**Immigration
& Benefit Advice**

**Advisor: Yasmin Nathani
(MBE)**

Tel: 07738 212639

**Every Tuesday
Time: 9.00am – 12.00pm**

ARE YOU OVER 65?

**DID YOU KNOW YOU CAN
CLAIM CERTAIN BENEFITS?**

TO FIND OUT MORE ABOUT:

- Pension Credit
- Attendance Allowance
- Cost of Living Benefits
- Energy Saving & More



Fees Applicable

**For more information
Please contact:
Shama Women's Centre
0116 251 4747**

GambleAware®  **Independent
Age**



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

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

**Call:
07519 415370**

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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۰۱۵۲۶۱۱۰۷۴۷۴

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
Email: info@shmawomenscentre.co.uk





**FEELING ANXIOUS /
DEPRESSED?
OR
LOST A LOVED ONE**

- **We Are Here To Help**
- **Our Qualified Counsellors Can Support You Through This Difficult Time**
- **Carers Counselling Support**


To book your session please ring:

07752 660 336

Wednesdays - 9.30am - 4.00pm

07715 423 452

Thursdays - 9.30am - 6.00pm

FOLLOW US ON 

**Healthy Minds
Healthy Lives**

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?

Recruiting Community Connectors

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

CORE20 PLUS

For more information please contact:
Beena (Volunteer Coordinator) 0116 251 4747

Are You A Carer?

Are You Looking After a Loved one?

- Do You Feel Isolated or Lonely?
- Would You Like Some Emotional Support?
- We Offer Counselling

Call 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

FOLLOW US ON    

Healthy Minds
Healthy Lives

MENTAL HEALTH

Suicide and Self Harm
Awareness Workshops

Learn About Self Harm

Learn About Suicide Awareness

For more information
please contact:
Shama women's Centre:
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
or contact us: 0116 251 4747
or email: info@shamawomenscentre.co.uk

ARE YOU OR A FAMILY MEMBER AFFECTED BY GAMBLING

We are here to help and support you

WE OFFER:

- **Counselling**
- **Befriending**
- **Welfare Rights / Debt Management**
- **Confidence Building**
- **Specialist Advice Available (NGTS)**



For more information please contact:
Shama Women's Centre – 0116 251 4747
39-45 Sparkenhoe Street , Leicester , LE2 0TD
Email: info@shamawomenscentre.co.uk

DO YOU REQUIRE HELP WITH FAMILY COURT MATTERS AND DON'T QUALIFY FOR LEGAL AID

OUR FAMILY CLINIC CAN HELP WITH:

- Free legal advice
- Applying for divorce
- Applying for injunction orders
- Applying for child contact arrangement



Last Thursday of

Each Month

26th October

30th November

1.00pm – 3.00pm

To book your appointment
please call: 0116 251 4747

LOOKING FOR VOLUNTEERS



For more information please email:
volunteering@shamawomenscentre.co.uk
or call: 0116 251 4747

Court Companions Needed

Do you want to
support women
through family
courts?

6 Weeks Training
provided

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

Health and Wellbeing Programme

For cancer patients and carers
Regular health checks with professionals
Range of activities to support your wellbeing

Music
Therapy

Yoga &
Mindfulness



Free Health
checks

Arts and
Crafts

Free
Refreshments
provided

Starting Soon

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

Make new friends
and share
experiences

MACMILLAN
CANCER SUPPORT

 **shama**
women's centre