

Programme: February to May 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	
Monday	9.00am - 4.45pm
Tuesday	9.00am - 4.00pm
Wednesday	9.00am - 4.45pm
Thursday	9.00am - 4.00pm
Friday	9.00am - 4.45pm
Saturday & Sunday closed	

CENTRE CLOSED

Friday 29th March 2024	Monday 1st April 2024
Monday 6th May 2024	Monday 27th May 2024



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ANNUAL MEMBERSHIP

MEMBERSHIP FEE: £10.00 Adult / Lost card £3.00

Please produce membership card at the time of booking /attending sessions

PLEASE NOTE OUR FEES ARE NON REFUNDABLE

Membership cards MUST be produced at ALL TIMES

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>

Please support us today at <http://efraising.org/0QLOMELjNC>



**Start your membership
today and enjoy our
FREE classes**



Baking

Tuesday's
10.00am



Cooking

Wednesday's
10am



Hair & Beauty

Thursday's
10.00am

INTERNATIONAL WOMENS DAY

the future is
FEMALE

WOMEN IN BUSINESS & HEALTH EVENT

SATURDAY 9TH MARCH

11.00am - 3.00pm



GLENFIELD HOSPITAL

The School of Nursing and
Midwifery Practice, Groby
Road, Leicester, LE3 9QP



£5 ENTRANCE FEE

Sign up via Eventbrite
or scan the QR code



STALL HOLDERS

£30 fee, if you would
like a stall at the
event please call on
07989675283



 **shama**
women's centre


University Hospitals
of Leicester
NHS Trust



Introduction to Self Employment

Self Employment Workshop Enrolment

Monday 12th February 2024. | 9.15am - 1.00pm

Please bring your ID to the enrolment

Free onsite childcare is available for 2-4 year olds during the workshops. If required please bring your child to be enrolled along with their red book and birth certificate on the 12th.

The Self Employment Workshops will take place on:

Monday 4th, 11th & 18th March 2024 | 12.30pm - 2.30pm

CV Workshops

Building your confidence

Create a plan for your future

Free childcare during the workshop

Understand the barriers you may face

Understanding Tax for self employment

& much more

Location: 39-45 Sparkenhoe St, Leicester, LE2 0TD

For more information please call: 0116 251 4747

Email: info@shamawomenscentre.co.uk



JOB CLUB

EVERY TUESDAY 10AM TO 12PM

ARE YOU LOOKING FOR A JOB?



LANGUAGE SUPPORT HELP WITH INTERVIEW SKILLS
ONLINE APPLICATIONS CV WRITING JOB SEARCH

COME ALONG FOR our FREE sessions
at Shama Womens Centre
39-45 Sparkenhoe street, leicester, LE2 0TD

CALL SALMA ON: 07902 143630 / 0116 251 4747 OR
Email: employmentsupport@shamawomenscentre.co.uk

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.



Welfare Advice

If you require assistance regarding welfare matters such as benefits or housing, please schedule an appointment with Shama Women's Centre's welfare team.

For more information or to book an appointment email info@shamawomenscentre.co.uk or call us on 0116 251 4747

Monday:

10.00am - 2.00pm - Shama Women's Centre, LE2 OTD
12.30pm - 2.30pm - St Matthews Centre, LE1 2PD

Every other Tuesday: 10.00am - 2.00pm

Belgrave Neighbourhood Centre, LE4 6LF

Wednesday 10.00am - 2.00pm

Shama Women's Centre, LE2 OTD

Thursday 10.00am - 2.00pm

Belgrave Sure Start, LE4 6JD

Friday 10.00am - 2.00pm

African Caribbean Centre
Maidstone Road, LE2 OUA



ESOL CLASSES

Improve Your English

Entry 1,2,3
& Level 1

Accredited Course
City & Guilds



Fees Applicable

Computer Courses



Tuesday

Time: 1.00pm - 4.00pm

Thursday

Time: 9.30am - 12.30pm

Entry Level 1, 2,
3 and Level 1

Fees Applicable



THE WOMENS EMPOWERING PROGRAMME

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

12 Week

Beginners Level



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

12 Week

Beginners Level



Monday and
Friday
9.30am – 12.30pm

FREE COURSES
MEMBERSHIP FEE APPLIES



Wednesday
10am – 12noon



Monday, Wednesday &
Friday
10am – 12 noon

Call reception for
more details
0116 251 4747

Workers Rights & Labour Exploitation Course

FOR NON-SPEAKERS OF ENGLISH



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



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)

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**

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

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

Times are subject to change





STOP ABUSE

TAKE A STAND AGAINST ALL FORMS OF ABUSE

**A HOUSE WHERE
ANYONE IS UNSAFE
IS NOT A HOME**

**IF YOU NEED HELP TURN TO OUR
SUPPORT WORKER FOR ADVICE
Call: 07519 415370**

Monday / Tuesday 1pm – 4pm
Wednesday / Thursday 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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আপনি কি নিষাতনের শিকার? তা হলে
শামা উমেন সেণটারের সাথে যোগা যোগ
করণ। টেলিফোন নামবার: ০১১৬
২৫১৪৭৪৭ / 0116 2514747

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

To book your appointment
please call: 0116 251 4747

**Last Thursday of
Each Month
29th February
28th March
25th April
1.00pm – 3.00pm**

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



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

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

To book your session please ring:

07752 660 336 Wednesdays - 9.30am - 4.00pm

07715 423 452 Thursdays - 9.30am - 6.00pm

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?

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



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)



SUPPORT FOR GAMBLING HARMS



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

FOLLOW US ON    

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

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



CLASSES AT SHAMA WOMEN'S CENTRE

Driving Theory

Tutor: Sumeya
Day: Monday
Time: 9.30am – 12.30pm

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

Health and Wellbeing Programme for Women Affected by Cancer and their Carers

All sessions are **FREE** and travel costs can be covered

Multi-lingual staff to meet language and cultural needs

Music Therapy

Wednesday's

1st Session - 12.45pm

2nd session - 1.30pm



Yoga & Mindfulness

Monday's - 1pm to 2pm

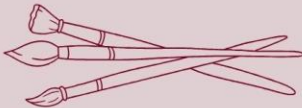
Thursday's - 1pm to 2pm



Arts & Craft

Tuesday's - 1pm to 2pm

Friday's - 12pm to 1pm



Free Health Checks

Monday's - 11am to 1.30pm



For more information ring Beena on 07756 595573
Shama Women's Centre, 39 - 45 Sparkenhoe St,
Leicester, LE2 0TD



MACMILLAN
CANCER SUPPORT