

June to September 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 Monday 26th August 2024



FOLLOW US ON



Registered Charity - No - 1087995



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OPEN DAY

WEDNESDAY 28TH AUGUST 2024

10AM - 1PM

Shama Women's Centre

COUNSELLING

BEFRIENDING

EMPLOYMENT
SUPPORT

WELFARE RIGHTS
ADVICE

VOLUNTEERING

GYM / SAUNA

DRIVING THEORY

NURSERY

For further information please contact
Shama Women's Centre
Tel: 0116 251 4747
Email: info@shamawomenscentre.co.uk
www.shamawomenscentre.co.uk

ALL WELCOME

TEL: 0116 251 4747

COME ALONG
AND FIND OUT
ABOUT OUR
SERVICES

Refreshments
available



TEXTILES TRAINING

HAIR & BEAUTY /
MENDHI

BAKING

COOKING

ACCREDITED
ESOL / IT

PRE-ENTRY ESOL / IT /
MATHS

SEWING CLASSES

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/OQLOMELjNC>

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



Baking

Tuesday's
10.00am



Cooking

Wednesday's
10am



Hair & Beauty

Thursday's
10.00am

NOW RECRUITING VOLUNTEERS

Roles include:

Domestic Abuse Peer Support

Health Ambassadors

Befrienders

Textile Training

Nursery Worker

ESOL/IT Support

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

VOLUNTEERS NEEDED

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.

Befriending Service



Our befriending service offer companionship and support to you or the person you care for. They can help reduce isolation and tackling loneliness, anxiety and depression

Our dedicated volunteer would regularly call or visit you or the person you care for so that you can take a short break.

For more information
Please call 0116 251 4747
Shama Women's Centre,
39 - 45 Sparkenhoe St,
Leicester, LE2 0TD

shama
women's centre

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**

Welfare Advice

If you require assistance regarding welfare matters such as benefits, housing and immigration 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:

9.30am - 1.00pm - Shama Women's Centre, LE2 0TD

12.30pm - 2.30pm - St Matthews Centre, LE1 2PD

Every other Tuesday: 10.00am - 2.00pm

Belgrave Neighbourhood Centre, LE4 6LF

Wednesday 9.30am - 1.00pm

Shama Women's Centre, LE2 0TD

Thursday 10.00am - 2.00pm

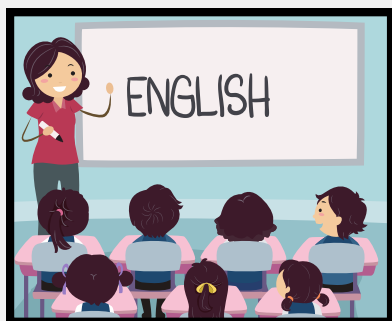
Belgrave Sure Start, LE4 6JD

Friday 10.00am - 2.00pm

African Caribbean Centre
Maidstone Road, LE2 0UA



ESOL CLASSES



Accredited Course

Fees Applicable

Tuesday

Time:9.30am-12.30pm

Wednesday

Time:9.30am-12.30pm

**Entry 1,2,3
& level 1**



COMPUTER COURSES



Fees Applicable

Tuesday

Time:1.00pm-4.00pm

Thursday

Time:9.30am-12.30pm

**Entry 1,2,3
& level 1**



ESOL- YOUR STAY IN HOSPITAL

Every Wednesday 10.00am – 12.00pm
**Improve your English,
Improve your hospital stay!**

- ✓ Admissions
- ✓ Your hospital stay
- ✓ Personal care
- ✓ Dietary requirements
- ✓ Your child's stay
- ✓ How to share your experience



and more...



PRE-ENTRY ESOL

**DO YOU WANT TO
IMPROVE
YOUR ENGLISH**

**Monday & Friday
9.30am – 12.00am**



For more information
please call:
0116 251 4747



NUMBERS FOR EVERYDAY LIFE

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

**Tuesday & Thursday 9.30am –
12.00am**



For more information
please call:
0116 251 4747



OVERLOCKING LOCKSTICHING MACHINIST TRAINING

Every Thursday & Friday
9.30am – 1.00pm

Call: 0116 251 4747
for more information



SHORT COURSE

£50 for 10 weeks

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

Sauna – £5/hour Member
Sauna – £6/hour Non Member
Gym – £3/hour Member
Gym – £4/hour Non Member



<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

Day
Thursday - Friday
9.30am – 2.30pm





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 till Friday
1 pm till 5 pm**



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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پر بدسلوکی (ایبوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۵۲۶۱۱۰

আপনি নি নিষ তানির নি র? ত হনে
মি ম উনমি সেণ্ট নরর ে নে সয গ সয গ
িরূপ। সটনেন মি মি বর: ০১১৬
২৫১৪৭৪৭ / 0116 2514747

GambleAware

**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**

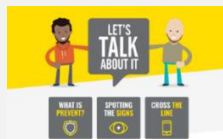
**27th June
25th July
26th September**

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**



**Are you self isolating?
Need someone to talk to?**



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
- Domestic Abuse
- 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

Up to 15 hours a week

(Subject to eligibility)

Curriculum Based Activities

Qualified, experienced and friendly early years staff

PRIVATE SESSION
£15 for 3 hour
session



OPENING TIMES
MONDAY TO FRIDAY
9.30 AM-12.30 PM

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: Monday
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

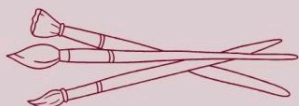
Thursday's - 1pm to 2pm



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,
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MACMILLAN
CANCER SUPPORT