

October 2024 to January 2025



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 FROM 25th December till 1st January 2025



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shama
women's centre

CELEBRATION EVENT

Annual General Meeting



26th Tuesday November 2024

11am – 2pm

Everyone Welcome

Refreshments will be provided

For more information please contact:

Shama women's Centre:

0116 251 4747



ANNUAL MEMBERSHIP

MEMBERSHIP FEE: £12.00 Adult / Lost card £4.00

**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

PayPal link

[https://www.paypal.com/biz/fund?
id=QE9VMS52KT8M6](https://www.paypal.com/biz/fund?id=QE9VMS52KT8M6)

Please support us today at

<http://efraising.org/0QL0MELjNC>

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



Baking

Tuesday's 10.00am - 12.00pm



Cooking

Wednesday's 10am - 12.00pm



Hair & Beauty

Thursday's 10.00am - 12.00pm

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

- Sauna - £5/hour Member**
- Sauna - £6/hour Non Member**
- Gym - £3/hour Member**
- Gym - £4/hour Non Member**

Sauna Timings

<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 Timings

Thursday-Friday 9.30am-2.30pm

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.



Are you or your family member feeling lonely?



Through our befriending services we offer

- Companionship
- Someone to talk to
- Signposting information

Our befriending volunteers

- Are fully trained
- Can call or visit you regularly
- Speak languages such as Gujarati,
- Hindi, Urdu, Punjabi and Bengali

For more information ring 0116 251 4747
Shama Women's Centre,
39 - 45 Sparkenhoe St,
Leicester, LE2 0TD
www.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**

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 and appointment email info@shamawomenscentre.co.uk or call us on 0116 251 4747

Monday

9.30am - 1.30pm - Shama Women's Centre, LE2 0TD

Every other Tuesday

10.00am - 1.30pm Belgrave Neighbourhood Centre, LE4 6LF

10.00am - 1.30pm Shama Women's Centre, LE2 0TD

Wednesday

9.30am - 1.30pm Shama Women's Centre, LE2 0TD

Thursday

9.30am - 11.30am Shama Women's Centre , LE2 0TD

10.00am - 1.30pm Belgrave Sure Start, LE4 6JD

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

Friday

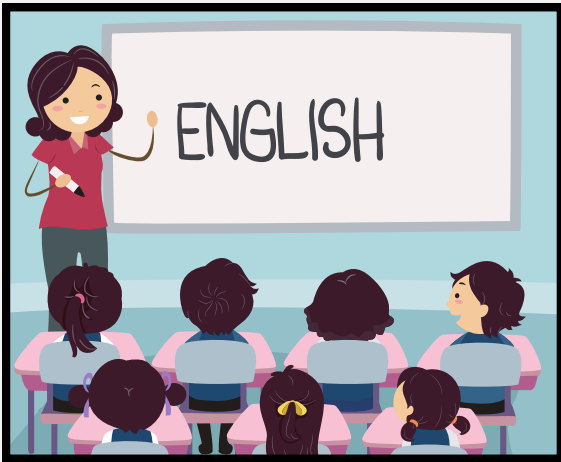
10.00am - 2.00pm African

Caribbean Centre Maidstone Road

LE2 0UA



ESOL CLASSES



Accredited Course

Admin Cost:
£15 for 18 wks

Tuesday

Time: 9.30am-12.30pm

Wednesday

Time: 9.30am-12.30pm

Entry 1,2,3
& level 1



COMPUTER COURSES



Accredited Course

Admin Cost:
£15 for 18 wks

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 - 12.00pm



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 - 12.00pm



For more information
please call:
0116 251 4747





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women's centre

Dressmaking Programme

Beginners

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

Every Thursday & Friday
9.30am - 1.00pm

Advanced Dressmaking

- Pattern cutting
- Body measurements
- Alterations

Every Wednesday
9.30am - 1.00pm

SHORT COURSE

£50 for 10 weeks



Shama's Alteration & Tailoring Service

We provide a low cost alterations and tailoring services



- Garment alterations
- Sleeves
- Punjabi/Other garments
- Simple dress
- Trousers
- Neck lines



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



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**



آگر 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

আপনি নি নিষ ত্নির নি র? ত হনে
ি ম উনমি সেগট নরর ে নে সয গ সয গ
িরুণ। সটনেন ি ি মব র: ০১১৬
২৫১৪৭৪৭ / 0116 2514747



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

OUR FAMILY LAW CLINIC CAN HELP

WITH:

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

**Last Thursday of
Each Month**

**31st October
28th November**

1.00pm -3.00pm

To book your appointment
please call: 0116 251 4747





- **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:

07715 423 452 Wednesday - 9.30am - 6.00pm

07842 610 247 Thursday - 9.30am - 4.00pm

07752 660 336 Friday - 9.30am - 4.00pm

Healthy Minds
Healthy Lives

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 Friday from: 10.00am to 3.00pm



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



Self Harm & Suicide Awareness for Parents of Children and Young People

**Help provide a safe environment for your children
(Online and in house workshops)**



- Improve your understanding of mental health in Children and Young People
- Spot signs, symptoms & risk factors
- Society & cultural factors, stigma that may impact on their mental health
- Where & how to seek support



For more info call 0116 251 4747 or email shamawomenscentre.workshops@gmail.com

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

Step into Textiles

Tutor: Taz Ali
Day: Monday
Time: 9.30am – 2.00pm

Dressmaking Skills

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

Knitting & Crochet for Improvers

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

Driving Theory -
(To be Confirmed)

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



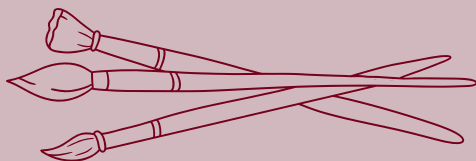
Arts and Crafts Session

Starting Tuesday 8th October 2024

11:30 am to 12:30 pm

Location:

Sue Young Cancer Support
Helen Webb House,
35 Westleigh Road,
Leicester, LE3 0HH



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