

June to September 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 ON 25th August 2025



FOLLOW US ON



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EMPLOYMENT
SUPPORT / JOB CLUB

WELFARE RIGHTS
ADVICE

VOLUNTEERING

COUNSELLING

BEFRIENDING

NURSERY

GYM / SAUNA

ACCREDITED

ESOL / IT

PRE-ENTRY ESOL / IT / NUMBERS FOR
EVERYDAY LIFE

SEWING CLASSES & MACHINE SKILLS

HAIR & BEAUTY /
MENDHI

BAKING

COOKING

Shama Womens Centre

Open Day

ALL WELCOME

Wednesday 27th August 2025

10am - 1 pm

TEL: 0116 251 4747

ENROL AND
SECURE YOUR
PLACE - LIMITED
SPACES

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

Refreshments
available



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/0QLOMELjNC>

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

Monday - Wednesday - 2.00pm - 4.00pm

Thursday - Friday - 9.30am - 4.00pm



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

EVERY WEDNESDAY 10AM TO 12PM

ARE YOU LOOKING FOR A JOB?



**HELP WITH INTERVIEW SKILLS
ONLINE APPLICATIONS
JOB SEARCH
CV WRITING**

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

**CALL SALMA ON: 07771550890 / 0116 251 4747 OR
Email: employmentsupport@shamawomenscentre.co.uk**

Welfare Advice

ARE YOU 65+?

Friendly support for pensioners

If you're 65 or over and need help with:

- ✓ **Pension & Benefits Support**
- ✓ **Housing & Energy advice**
- ✓ **Welfare support**

Book an appointment by calling 0116 251 4747 or email info@shamawomenscentre.co.uk

Monday: 9.30am - 1.30pm

📍 Shama Women's Centre, LE2 0TD

Tuesday: 10.00am - 1.30pm

📍 Shama Women's Centre, LE2 0TD

📍 Belgrave Neighbourhood Centre, LE4 6LF

Wednesday: 9.30am - 1.30pm

📍 Shama Women's Centre, LE2 0TD

Thursday:

9.30am - 1.30am

📍 Shama Women's Centre, LE2 0TD

10.00am - 1.30pm

📍 Belgrave Neighbourhood Centre

12.30pm - 2.30pm

📍 St Matthew's Centre, LE1 2PD

(Note: call 0116 222 1045 for appointment)

Friday: 10.00am - 2.00pm

📍 African Caribbean Centre, LE2 0UA

**We also offer
home visits**

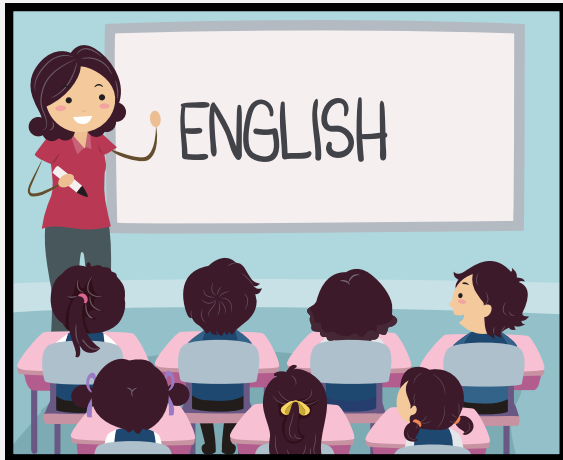


 **shama**



**Independent
Age**

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**

Every Tuesday

Time: 9.30am-12.30pm

Time: 1.00pm -4.00pm

**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



Workers Rights & Labour Exploitation Course

**Every Wednesday
10.00am – 12.00pm**

**FOR NON-SPEAKERS
OF ENGLISH**



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



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 call: 0116 251 4747

Shama Women's Centre,

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Leicester, LE2 0TD

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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:

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

CLASSES AT SHAMA WOMEN'S CENTRE

Dressmaking Skills	Step into Textiles	Knitting and Crochet for improvers
Tutor: Tas Ali Day: Thursday Time: 9.30am – 1.30pm	Tutor: Tas Ali Day: Monday Time: 9.30am – 2.00pm	Tutor: Tas Ali Day: Wednesday Time: 9.30am – 2.00pm

For more information -Call WEA on:
0300 303 3464

Email: leics@wea.ac.uk





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

اگر آپ کے ساتھ کسی قسم کی گھر یا کام پر بدسلوکی (ایبوز) ہو رہا ہے تو شمع ویمن سنٹر سے رابطہ کریں
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আপনি নি নিষ ত্বনির নি র? ত হনে
ম উনমি সেগট নরর ে নে সয গ সয গ
ক্রিগ। 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

26th June
31st July
28th August
25th September

1.00pm - 3.00pm



Twice a Month

5/19 June
3/17/31 July
14/28 August
11/25 September
9/ 23 October

1.00pm - 3.00pm



To book your appointment please call: 0116 251 4747

Talking minds befriending service

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

**Talking Minds are available
Monday to Friday from:
10.00am to 3.00pm**

Do you feel lonely?



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



Mental Health Awareness Workshops

Want to learn more about mental health



- **An Introduction to Mental Health and Emotional Wellbeing.**
- **Understanding Bereavement, Loss and Grief.**
- **Stepping out of Anxiety, Stepping into self-care.**
- **Understanding Depression.**
- **Let's connect to our feelings and emotions.**
- **Notice, Nurture and Flourish - re self-esteem/confidence.**
- **Suicide and self-harm**

**Book your place - Tel: 0116 251 4747
Email: counselling161@gmail.com
Venue: To be confirmed**



**ARE YOU OR A FAMILY
MEMBER AFFECTED BY
GAMBLING?**



WE OFFER:

- Counselling
- Domestic Abuse
- Befriending
- Welfare Rights / Debt Management
- Confidence Building
- Specialist Advice Available (NGSN)

**We are here to listen,
help and support you**

**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    



GAMBLING SUPPORT

CALL OUR **FREE** HELPLINE

07842 681 979

EVERY MONDAY & WEDNESDAY
10.00AM - 2.00PM

*Prefer us to call?
Scan the QR
code, and we'll
reach out to you!*



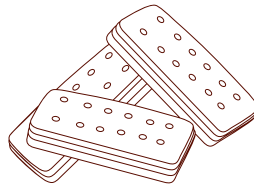
- Gambling harms awareness
- One to one support
- Holistic group support
- Counselling
- Welfare Advice
- Domestic Violence Support

Chai and Chat at

Shama Women's Centre

Enjoy a cup of tea or coffee, meet people and chat in a relaxed space.

**Every Thursday
12.30-2:30pm**



*For more information speak to:
Mala (Peer Support) at Shama Women's Centre,
39-45 Sparkenhoe Street, Leicester, LE2 0TD
Telephone number: 01162 514747*

**Come and join us.
Everyone is welcome!**



GambleAware

Shama's Holistic Hub

at Haymarket Shopping Centre

Every Tuesday 2.00pm - 5.00pm

Floor Level 1, 1 Kildare St, Leicester LE1 3YH

Come and talk to us about...

**Mental Health
Gambling Harm
Welfare Advice
Domestic Violence
Job club, and more.**



**Find information on our classes and services, we
are here to listen, help and support you.**

Haymarket
SHOPPING

For more information call 0116 251 4747

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

Support our Charity

**We rely on donations to continue
offering essential services. Your
contribution, big or small will help.**



**Scan to
Donate**



Registered Charity No 1087995