

October 2025 to January 2026



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 December 2025 - 4th January 2026



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CELEBRATION EVENT

Annual General Meeting



25th Tuesday November 2025
9am – 2pm



Everyone Welcome
Free Prize Draw and Refreshments

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/0QLOMELjNC>

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



Cooking

Monday's 11am - 1.00pm



Baking

Tuesday's 10.00am - 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
10 WEEKS

£ 10 a week 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 Women's Centre
39-45 Sparkenhoe street, Leicester, LE2 0TD

Call Salma on: 07771550890 / 0116 251 4747

Email: employmentsupport@shamawomenscentre.co.uk

MONEYWISE LIVING

HELPING FAMILIES MANAGE MONEY BETTER

We Can Help You With

- Boosting your income & finding benefits or grants
- Budgeting & managing household costs
- Understanding debt & credit
- Building savings & emergency plans
- Gaining confidence with money decisions

Take Control of Your Finances

**Free, friendly support to help
you manage money, save
confidently, and plan for the
future.**

Who We Support:

**Families /Children • Pensioners • People with
disabilities**



**A collaborative project led by Reaching People,
in partnership with local organisations.**

For more information please contact us on:-

☎ 0116 251 4747

🌐 www.shamawomenscentre.co.uk

✉ info@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

Timings/ Venue may change please check on booking.

**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**

Monday

Time: 9.15am-12.15pm

Wednesday

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



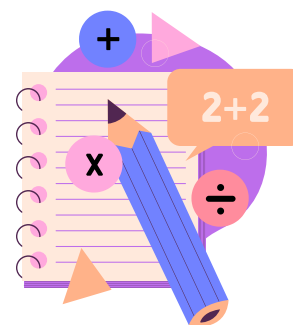
Numbers for Everyday Life

FOR NON-SPEAKERS OF ENGLISH

**Every Tuesday
9.30am – 12.00pm**



For more information
please call:
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 to support services

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,

39 - 45 Sparkenhoe St,

Leicester, LE2 0TD

www.shamawomenscentre.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:

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

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

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۷۴۷۴۱۵۲۶۱۱۰

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মি উনমি সেণট নরর নে সয গ সয গ
ক্ৰিং। সটনেন িমিব র:০১১৬
২৫১৪৭৪৭ / 0116 2514747

GambleAware



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

30th October
27th November
29th January

1.00pm - 3.00pm



Twice a Month

9th & 23rd October

1.00pm - 3.00pm



To book your appointment please call: 0116 251 4747



AI can help you and your family

Join one of our sessions to find out how AI can work for you

In Daily Life

- Translate letters from school or official documents
- Write polite replies to teachers, landlords, or the council.

Support with Finding a Job

- Write a CV, even if you have never worked and create a cover letter tailored to the job
- Suggest answers for interview questions and help you practise.

Keeping your Family Safe Online

- Simple, step-by-step advice
- Key rules for safety



Sessions run in partnership
with **Shama Women's Centre**
39-45 Sparkenhoe St, Leicester LE2 0TD



shama
women's centre

Mental Health Awareness Workshops

Want to learn more about mental health



Book your place - Tel: 0116 251 4747

Email: counselling161@gmail.com

Venue: To be confirmed

- **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**



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

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

WE OFFER:

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

For more information contact:

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39 - 45 Sparkenhoe Street, Leicester, LE2 0TD

Email: info@shamawomenscentre.co.uk

www.shamawomenscentre.co.uk

GambleAware



**SUPPORT
FOR
GAMBLING
HARMS**

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

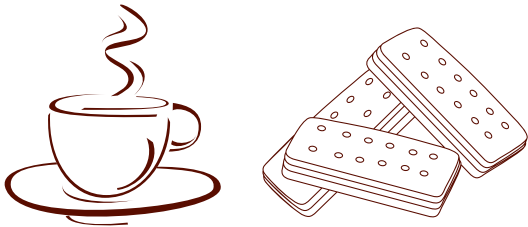
GambleAware  shama

Chai and Chat

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*

GambleAware

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

AT SHAMA WOMENS CENTRE



**2 TO 4
YEAR
OLDS**

**PLACES AVAILABLE
REGISTER NOW**



"GOOD" Ofsted Registered Nursery
up to 15 hours a week

Private Sessions
£15 for 3 hours

Monday - Friday
9.30am - 12.30pm

For more information contact us on
0116 2514747

**39-45 Sparkenhoe St, Leicester,
LE2 0TD**
www.shamawomenscentre.co.uk

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