



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 3rd / 6th April and 4th / 25th May 2026



CONTENTS	PAGE
Membership/ 10K Run.....	3
Creative Classes/Gym and Sauna	4
Dressmaking Programme	5
Alteration and Tailoring Service	5
Job Club / Moneywise living.....	6
Welfare / Benefit	7
ESOL And Computer Accredited Course	8
ESOL- Your Stay at Hospital	9
Pre-Entry ESOL	9
Professional Course.....	9
Volunteering/Talking Minds Befriending Service....	10
Counselling Support / WEA Classes	11
Domestic Abuse Support	12
Free Legal Clinic / Immigration	12
GROWdigital	13
Mental Health Workshops.....	13
Gambling Harms.....	14
Gambling Support Helpline.....	14
Chai and Chat	15
Holistic Hub.....	15
Nursery	16

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>

1st MARCH 2026

9:00AM - 11.00AM

Jubilee Square

**10K RUN
FOR ALL**

**Show your support for
Girls Who Run LC and
Shama Women's Centre
by making a donation!**

"We are partnering with the Shama Women's Centre to fundraise, as we want to support a charity who have helped so many women over the last 35+years, empowering them to become more active, supporting them through personal hardships, providing advice, and so much more"
- Sophia (GirlsWhoRunLC)



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 - Thursday - 2.30pm - 4.00pm

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

1:00pm - 3:00pm

📍 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**

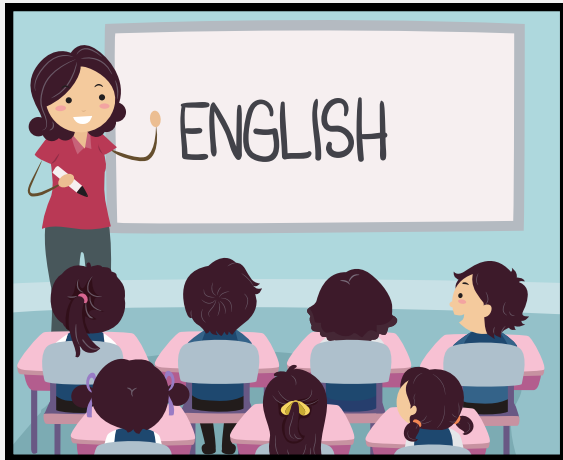


shama



**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: 12.00 pm-3.00pm

Thursday

Time: 9.30am - 12.30pm

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



PRE-ENTRY ESOL

DO YOU WANT TO
IMPROVE
YOUR ENGLISH

Monday & Friday

9.30am – 12.00pm



For more information
please call:
0116 251 4747



Professional Courses

Please note: £15 (members)
£20 (non members)

First Aid



Food and
Hygiene



Paediatric
First Aid
for **£40**



Health &
Safety



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 to 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

آگر آپ کے ساتھ کسی قسم کی گھر یا کام
پر بدسنوکی (ایبوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۵۲۶۱۱۰

আপনি নি নিষ ত্নির নি র? ত হনে
মি উনমি সেণট নরর নে সয গ সয গ
ক্রিং। সটনেন মিমি ব 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

26th February
26th March
30th April
28th May

1.00pm - 3.00pm



First Tuesday of each Month

3rd February
3rd March
7th April
5th May

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:

Shama Women's Centre - 0116 251 4747

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

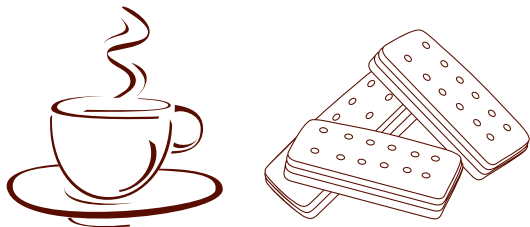
GambleAware  shama

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