

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



FOLLOW US ON



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



Sauna - £5/hour Member

Sauna - £6/hour Non Member

Gym - £3/hour Member

Gym - £4/hour Non Member

Sauna Timings

Day From Last

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

JOB CLUB

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:-

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



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

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



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

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

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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

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

Knitting and Crochet for improvers

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

Dressmaking Skills

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**

اگر آپ کے ساتھ کسی قسم کی گھر یا کام
پر بدسنوکی (ایبوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۰۲۶۱۱۰

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۷۴۷۴۱۰۲۶۱۱۰

آپنی نی نیٹ تھیں نہیں رہے تو
میں ہنری سینٹر نے سے گے سے گے
کلینیک سٹنے نے ۰۱۱۶
۲۵۱۸۹۷۸۹ / ۰۱۱۶ ۲۵۱۴۷۴۷

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

- 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 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
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www.shamawomenscentre.co.uk



**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

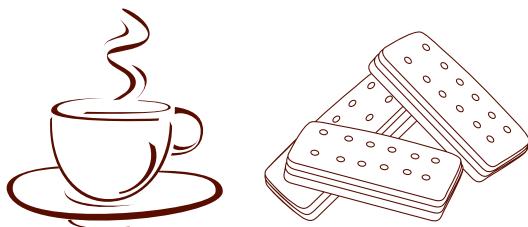
GambleAware  shama

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



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



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

GambleAware

Shama's Holistic Hub

GambleAware

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

AT SHAMA WOMENS CENTRE



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

 shama
women's centre

For more information contact us on
0116 2514747

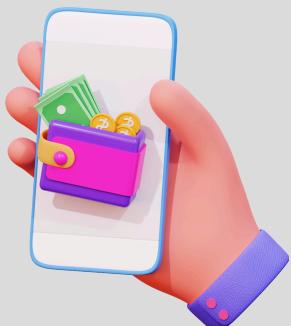
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LE2 0TD
www.shamawomenscentre.co.uk

Support our Charity

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



Scan to
Donate



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