

# February to May 2026



**Shama Women's Centre**  
**39-45 Sparkenhoe Street,**  
**Leicester, LE2 0TD**  
**Tel : 0116 251 4747**

[www.shamawomenscentre.co.uk](http://www.shamawomenscentre.co.uk)  
Email: [info@shamawomenscentre.co.uk](mailto: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 3<sup>rd</sup> / 6<sup>th</sup> April and 4<sup>th</sup> / 25<sup>th</sup> May 2026**



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# 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](http://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

<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



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# 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](mailto: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**

For more information please contact us on:-

0116 251 4747

[www.shamawomenscentre.co.uk](http://www.shamawomenscentre.co.uk)

[info@shamawomenscentre.co.uk](mailto:info@shamawomenscentre.co.uk)



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



**shama**  
women's centre



**Funded by UK Government**



# 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](mailto: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.**

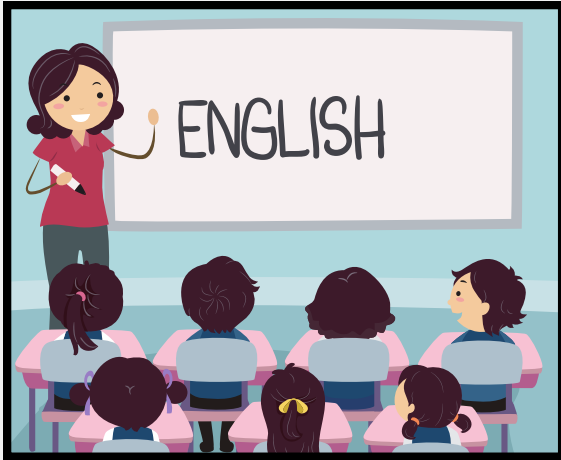
**We also offer  
home visits**



 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: 9.30am - 12.30pm**

**Thursday**

**Time: 12.00 pm-3.00pm**

**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](http://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

<b>Step into Textiles</b>	<b>Knitting and Crochet for improvers</b>	<b>Dressmaking Skills</b>
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](mailto: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 নিয় ত্বনির নি র? ত হনে মি উনমি সেণট নরর নে সয গ সয গ ক্রিণ। সটনেন টিমিব 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 February  
26th March  
30<sup>th</sup> April  
28<sup>th</sup> 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

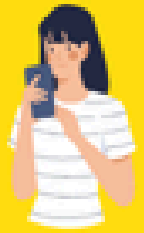
- Translate letters from school or official documents
- Write polite replies to teachers, landlords, or the council.

### 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



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## 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](mailto: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)

**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](mailto:info@shamawomenscentre.co.uk)  
[www.shamawomenscentre.co.uk](http://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



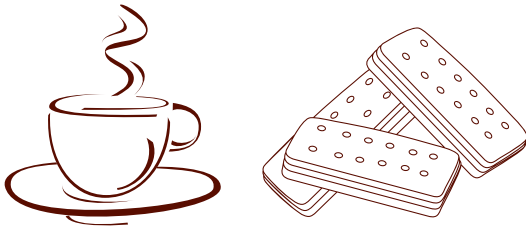
# Chai and Chat

**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**

# Shama's Holistic Hub

*at Haymarket Shopping Centre*

**Every Wednesday 11.30am - 2.30pm**

*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](http://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**