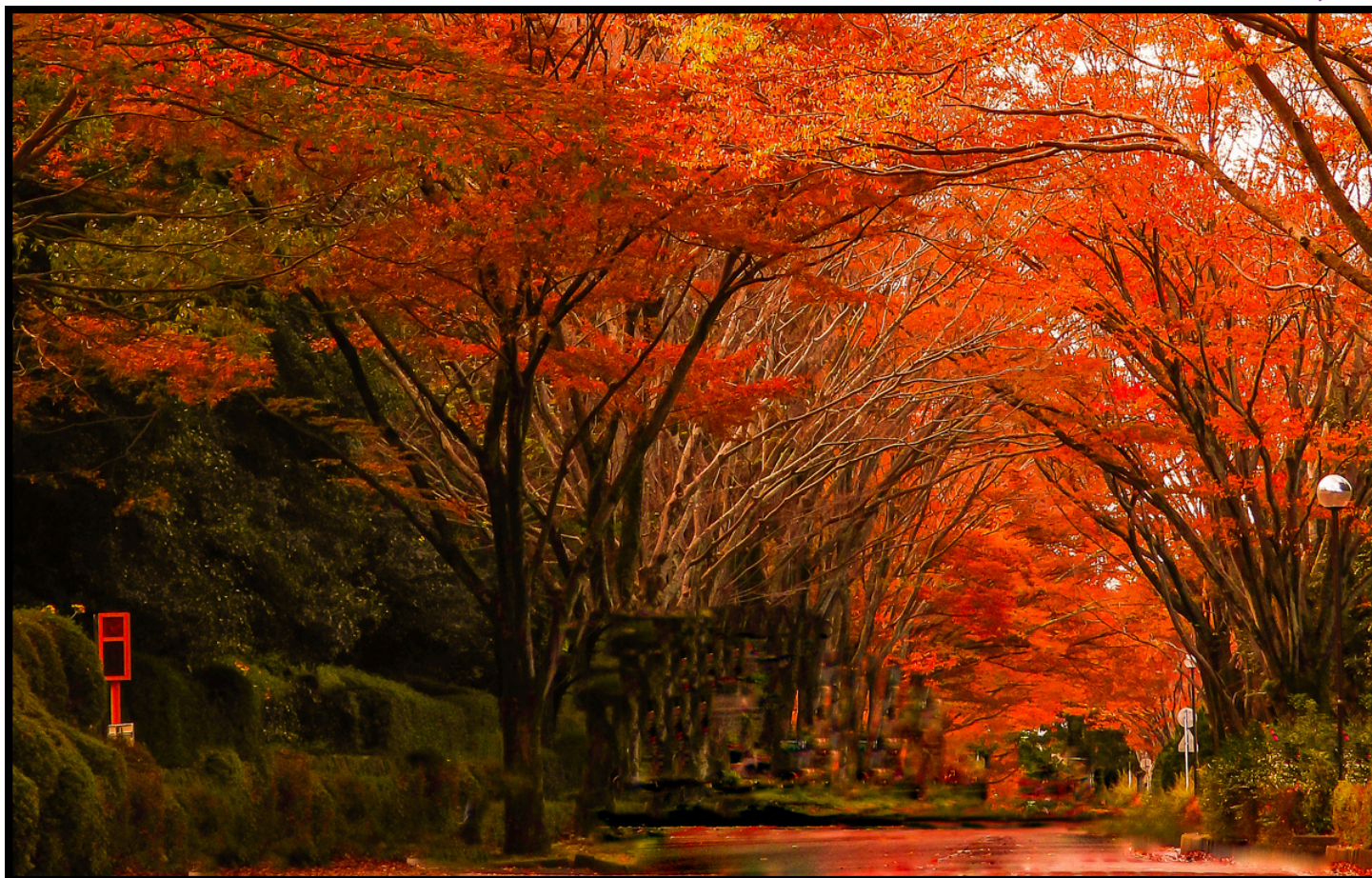




Shama Women's Centre
39-45 Sparkenhoe Street,
Leicester, LE2 0TD
Tel : 0116 251 4747

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 From 25th December till 4th January 2027



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Please note: We do our best to keep this booklet up to date.

**However, class times, instructors, and venues may
occasionally change. Please check for
the latest schedule before you attend.**

CELEBRATION EVENT

Annual General Meeting

Save
THE
date



Thursday 26th November 2026
11am – 2pm

WOMEN
YORG
WOMEN

Everyone Welcome
Refreshments will be provided

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>

Are you or a family member affected by gambling?

SCAN ME



Shama is here to help, listen & support you in confidence...

Support and Advice

- 1-1 or Group Peer Support
- Welfare rights
- Debt Management
- Domestic Abuse Support
- A pathway to specialist support and advice

You are not alone.
Support is available



0116 251 4747

& much more...

Registered Charity 1087995

39-45 Sparkenhoe St, Leicester, LE2 0TD

Try to understand what they are going through

People who gamble may start to hide their gambling and feel they have little or no control over the situation. **Learning about what they are going through may help you to support them.**

Having a conversation is a great starting point. The best way to start a conversation with them is to **show empathy, and reassure them that you're not going to judge them**, so they feel more comfortable about opening up.

**How to help
someone
who
Gambles**

You are not alone.
Support is available
0116 251 4747

 **shama**
women's centre



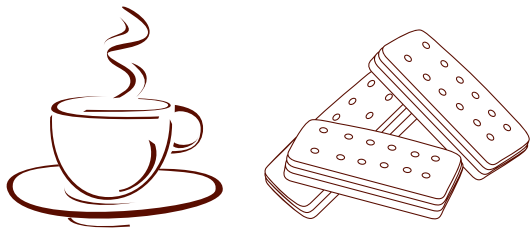
The King's Award
for Voluntary Service

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!**



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



JOB CLUB



EVERY TUESDAY 10AM TO 12PM

ARE YOU LOOKING FOR A JOB?



COME ALONG FOR OUR FREE SESSIONS

Help with interview Skills

Online Applications

Job searching

CV Writing



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

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**

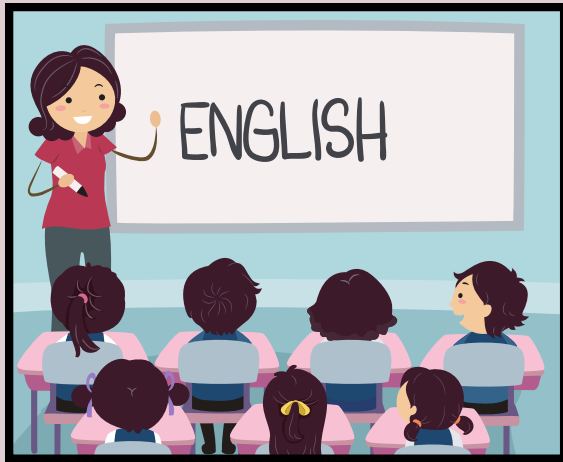


 **shama**



**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



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**



IT Course for Online Benefits & Pre Entry ESOL

Enroll for FREE Today

IT Course for Online Benefits

- Learn about benefit claims, entitlements and required documents.
- Learn how to complete online benefit applications and download documents for people aged 65+ and carers.
- Learn how to send and receive documents via email and GOV.UK.

Every Monday 9:40 am to 11:40 am

Pre Entry ESOL

- Learn everyday English to help you communicate in daily life.
- Build your speaking and listening skills in a safe space.
- Gain confidence and make new friends while developing practical English skills.

Every Thursday 9:30 am to 12:00 pm

If you are 65+ or a carer contact the centre for more information or to enroll:

☎ 0116 251 4747

✉ info@shamawomenscentre.co.uk

📍 39-45 Sparkenhoe St, Leicester, LE2 0TD



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

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.



VOLUNTEERS NEEDED



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



**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**

**STOP ABUSE
TAKE A STAND AGAINST
ALL FORMS OF ABUSE**

اگر آپ کے ساتھ کسی قسم کی گھریا کام
پر بدسلوکی (ایبوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۵۲۶۱۱۰

اگر آپ کے ساتھ کسی قسم کی گھریا کام
پر بدسلوکی (ایبوز) ہو رہا ہے تو
شمع ویمن سنٹر سے رابطہ کریں
۷۴۷۴۱۵۲۶۱۱۰

আপনি নি নিষ ত্নির নি র? ত হনে
মি উনমি সেগট নরর েনে সয গ
সয গ ক্রিণ। সটনেন মিম্ব
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

1st October
29th October
26th November
28th January
1.00pm - 3.00pm



First Tuesday of each Month

6th October
3rd November
1st December
5th January
1.00pm - 3.00pm



To book your appointment please call: 0116 251 4747

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



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



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

FREE CHILDCARE

AT SHAMA WOMENS CENTRE



**2 TO 4
YEAR
OLDS**

**PLACES AVAILABLE
REGISTER NOW**

"STRONG" 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