

# February to May 2025



**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 18th and 21 April /5th and 26th May**



FOLLOW US ON



SMALLWOOD TRUST



GambleAware



LLOYDS BANK FOUNDATION  
England & Wales



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# Leicester Museum & Art Gallery Takeover

# 08.03.25

## *Save the Date!*

### **Museum Takeover**

**Shama is taking over Leicester  
Museum & Art Gallery for  
International Women's Day 2025!**

**11.00am - 4.30pm at  
53 New Walk, LE1 7EA**



Leicester  
Museums  
& Galleries

**For more info call us on  
011 251 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](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>**

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



## Baking

Tuesday's 10.00am - 12.00pm



## Cooking

Wednesday's 10am - 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	0.30 -	14.30
Tuesday	10.30 -	14.30
Wednesday	10.30 -	14.30
Thursday	10.30 -	14.30
Friday	10.30 -	13.30



### Gym Timings

**Thursday-Friday 9.30am-2.30pm**



# **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 information

**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)

# JOB CLUB

**EVERY TUESDAY 10AM TO 12PM**

**ARE YOU LOOKING FOR A JOB?**



**LANGUAGE SUPPORT**

**HELP WITH INTERVIEW SKILLS**

**ONLINE APPLICATIONS**

**CV WRITING**

**JOB SEARCH**

**COME ALONG FOR our FREE sessions  
at Shama Womens Centre  
39-45 Sparkenhoe street, leicester, LE2 0TD**

**CALL SALMA ON: 07902 143630 / 0116 251 4747 OR  
Email: [employmentsupport@shamawomenscentre.co.uk](mailto:employmentsupport@shamawomenscentre.co.uk)**

# Welfare Advice

**If you require assistance regarding welfare matters such as benefits, housing and immigration please schedule an appointment with Shama Women's Centre's welfare team.**

For more information or to book an appointment email [info@shamawomenscentre.co.uk](mailto:info@shamawomenscentre.co.uk) or call us on 0116 251 4747

## **Monday**

9.30am - 1.30pm - Shama Women's Centre, LE2 0TD

## **Every other Tuesday**

10.00am - 1.30pm Belgrave Neighbourhood Centre, LE4 6LF

10.00am - 1.30pm Shama Women's Centre, LE2 0TD

## **Wednesday**

9.30am - 1.30pm Shama Women's Centre, LE2 0TD

## **Thursday**

9.30am - 11.30am Shama Women's Centre, LE2 0TD

10.00am - 1.30pm Belgrave Neighbourhood Centre, LE4 6LF

12.30pm - 2.30pm - St Matthews Centre, LE1 2PD

## **Friday**

10.00am - 2.00pm African

Caribbean Centre Maidstone Road

LE2 0UA



# 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

Tuesday  
Time: 1.00pm-4.00pm  
Thursday  
Time: 9.30am-12.30pm

**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

**DO YOU WANT TO IMPROVE  
YOUR MATHS?**

**Pre Entry 1 and Entry 2**

**Tuesday & Thursday 9.30am – 12.00pm**



For more information  
please call:  
0116 251 4747



# 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

**£50 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



# 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**



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  
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ি ম উনমি সেগট নরর ে নে সয গ সয গ  
িরুণ। সটনেন ি ি মব 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

To book your appointment  
please call: 0116 251 4747

**Last Thursday of  
Each Month**

**31st October  
28th November**

**1.00pm -3.00pm**





- **We Are Here To Help**
- **Our Qualified Counsellors Can Support You Through This Difficult Time**
- **Carers Counselling Support**

**FEELING ANXIOUS / DEPRESSED  
OR LOST A LOVED ONE**

**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



## WE CAN HELP:

Our friendly volunteers speak a range of languages and can signpost you to other services in your local area. Contact Beena on 0116 251 4747 or 07756 595 573

**Corona Comrades are available  
Monday to Friday from:  
10.00am to 3.00pm**



**Are you self isolating?  
Need someone to talk to?**

Healthy Minds  
Healthy Lives



## Self Harm & Suicide Awareness for Parents of Children and Young People

Help provide a safe environment for your children  
(Online and in house workshops)



- Improve your understanding of mental health in Children and Young People
- Spot signs, symptoms & risk factors
- Society & cultural factors, stigma that may impact on their mental health
- Where & how to seek support

For more info call 0116 251 4747 or email  
[shamawomenscentre.workshops@gmail.com](mailto:shamawomenscentre.workshops@gmail.com)



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

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

### **WE OFFER:**

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



### **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**    

# Free Childcare

## For 2 to 4 years old

**“Good” Ofsted Registered Nursery  
Up to 15 hours a week  
(Subject to eligibility)**

Curriculum Based Activities  
Qualified, experienced and friendly early years staff

### PRIVATE SESSION

£15 for 3 hour  
session



### OPENING TIMES

MONDAY TO FRIDAY  
9.30 AM-12.30 PM

For more information contact:  
Nursery Manager – Sultana Miah  
0116 251 4747



## CLASSES AT SHAMA WOMEN'S CENTRE

### Step into Textiles

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

### Dressmaking Skills

Tutor: Tas Ali  
Day: Thursday  
Time: 9.30am – 1.30pm

### Knitting & Crochet for Improvers

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

Driving Theory -  
(To be Confirmed)

**For more information -Call WEA on:**

**0116 255 6614 / 07825 120633**

Email: [leics@wea.ac.uk](mailto:leics@wea.ac.uk)

# Health and Wellbeing Programme for Women Affected by Cancer and their Carers

All sessions are **FREE** and travel costs can be covered

**Multi-lingual** staff to meet language and cultural needs

## Music Therapy

Wednesday's  
12.40pm - 1.25pm

Location:

Sue Young Cancer Support  
Helen Webb House,  
35 Westleigh Road,  
Leicester, LE3 0HH



## Yoga & Mindfulness

Thursday's - 1pm to 2pm

Location:

Shama Women's Centre

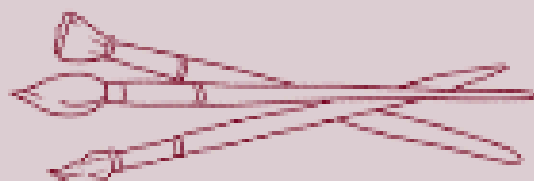


## Arts and Crafts Session

11:00 am to 12:15 pm

Location:

Sue Young Cancer Support  
Helen Webb House,  
35 Westleigh Road,  
Leicester, LE3 0HH



## Free Health Checks

Thursday 's-

12.30pm - 2.00pm

Location:

Sue Young Cancer Support  
Helen Webb House,  
35 Westleigh Road,  
Leicester, LE3 0HH



For more information ring Beena on 07756 595573  
Shama Women's Centre, 39 - 45 Sparkenhoe St,  
Leicester, LE2 0TD

  
shama  
women's centre

**MACMILLAN**  
CANCER SUPPORT