

Programme:- July to September 2023



Shama Women's Centre
39-45 Sparkenhoe Street,
Leicester, LE2 0TD
Tel/Fax: 0116 251 4747
www.shamawomenscentre.co.uk
 Email: info@shamawomenscentre.co.uk

OPENING HOURS

Mon. & Tues 9.00am - 4.00pm
Wednesday 9.00am - 4.00pm
Thursday 9.00am - 4.00pm
Friday 9.00am - 3.15pm

Saturday & Sunday closed

CENTRE CLOSED

Monday 29th
August

PLEASE DONATE –

www.shamawomenscentre.co.uk

Your donations allows us to continue supporting women from all across the country. We appreciate your generous contribution.

FOLLOW US ON



Healthy Minds
Healthy Lives

SHAMA WOMEN'S CENTRE
WORKERS TRUST

COMMUNITY
FUND

Getting Help
in Neighbourhoods

NHS
Leicester, Leicestershire
and Rutland



GambleAware®

Randal
Foundation



Leicester
City Council

LLOYDS BANK FOUNDATION
England & Wales



**Independent
Age**



Registered Charity - No - 1087995

Leicester, Leicestershire
and Rutland
Integrated Care System

ANNUAL MEMBERSHIP

Passport size photograph required for Membership.
(Existing photo from an old membership card can be re-used)

MEMBERSHIP FEE: £10.00 Adult / Lost card £3.00

Please produce membership card at the time of booking /attending sessions

- Management reserves the right to cancel or change the programme at short notice
- Please note our fees are NON REFUNDABLE
- Limited spaces are available for each course – Sign up early to avoid disappointment
- Membership cards MUST be produced at ALL TIMES

This programme can be provided in larger font if required. Please contact:

Shama Women's Centre

We are a charity and welcome any donations

Thank you

Sauna - Member £5 for 1 Hour

Sauna - Non Member £6 for 1 Hour

<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

Minimum 2 People

Gym – Member £3 for 1 hour

Gym – Non Member £4 for 1 hour

<u>Day</u>
Monday - Friday
9.30am – 2.30pm

Times are subject to change

Free Childcare

For 2 to 4 years old

**"Good" Ofsted Registered
Nursery upto 15 hours a week
(subject to eligibility)**

Private session only

£15 for 3 hour sessions

Curriculum Based Activities

**Qualified, Experienced &
Friendly Early Years Staff**



LIMITED SPACES

OPENING TIMES

**Monday to Friday
9.30am - 12.30pm**

**Contact Sultana Miah Nursery Manager
Tel: (0116) 251 4747 Mobile: 07982688782**



LOST A LOVED ONE OR FEELING ANXIOUS OR DEPRESSED?



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

To book your session please ring:

07874 082 663

Wednesdays - 9.30am - 4.00pm

07715 423 452

Thursdays - 9.30am - 6.00pm

FOLLOW US ON



Healthy Minds
Healthy Lives

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

www.shamawomenscentre.co.uk

Registered Charity No: 1087995 Company Ltd Guarantee Reg No: 2514040

Are You A Carer?

Are You Looking After a Loved one?

Ring to book your confidential
Counselling session
(0116) 251 4747 or
Email: shama.btoa@gmail.com

General enquiries
(0116) 251 4747
39-45 Sparkenhoe Street
Leicester, LE2 0TD

- Do You Feel Isolated or Lonely?
- Would You Like Some Emotional Support?
- We Offer Counselling

Healthy Minds
Healthy Lives

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

Do you feel lonely?

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 Sunday from:
10.00am to 3.00pm
6.00pm to 9.00pm



Are you self isolating?
Need someone to talk to?

Healthy Minds
Healthy Lives

NOW RECRUITING VOLUNTEERS

Roles include:

- Domestic Violence Support
- Support Bereaved Women
- IT Support
- Textile Training
- Nursery Worker
- ESOL Support
- Catering Assistant
- IT and Administrative Assistant
- Or do you have a skill you would like to share with others ie. henna / cooking/ art and craft/ flower arranging etc

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.

Email: swcvolunteercoordinator@hotmail.com

Please contact Reception for more information or download an application pack from our website: www.shamawomenscentre.co.uk or call 0116 251 4747

Healthy Minds
Healthy Lives

PARENTING PROGRAMME

Are You a Parent Struggling With Your Child's Behaviour (Ages 3 – 11yrs.)?



ATTEND OUR
7 week programme
Starting: Date to be confirmed



(Created by Centre For Fun and families)

£10.00 per session
Concession £5 if you
receive certain benefits

Limited spaces available
To book your place
Please call:
0116 251 4747

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



We Can Help Empower You To:

- Improve understanding of your child's needs and your relationship through better communication skills
- Increase your confidence as a parent
- Reduce conflict with your child and stress related to your parenting role

MENTAL HEALTH

Suicide and Self Harm Awareness Workshops

Learn About Self Harm

Learn About Suicide Awareness

For more information
please contact:
Shama women's Centre:
0116 251 4747

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



ARE YOU OR A FAMILY MEMBER AFFECTED BY GAMBLING?

We are here to help and support you

WE OFFER:

- Counselling
- 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
www.shamawomenscentre.co.uk

FOLLOW US ON    

Mental Health Workshops For Businesses

- Mental Health & Emotional Wellbeing
- Anxiety Awareness
- Emotions & Feelings
- Depression
- Self Esteem



We Have a
Range of
Workshops for
You and Your
Employees

For more information on our workshops and other services,
visit our website: www.shamawomenscentre.co.uk
or contact us: 0116 251 4747
or email: info@shamawomenscentre.co.uk



Recruiting Community Connectors

With lived experience of Cancer
Hypertension (High Blood Pressure)
& Respiratory

CORE20 PLUS



For more information please contact:
Beena (Volunteer Coordinator) 0116 251 4747



DO YOU NEED HELP WITH FINDING WORK

Confidential Information, Advice and Guidance Available Weekly

Tuesday's – 10am – 12noon

Our IAG Officer can help you with:-

- Writing a CV / Workshops
- Job search / Applications
- Interview skills
- Confidence Building Workshops
- Training
- Volunteering
- Help you setting up a business
- Job Placements



For an appointment ring Sumeya
07902 143630 / 0116 251 4747
Email: sumeya.btoa@hotmail.com

LLOYDS BANK FOUNDATION 
England & Wales



Workers Rights & Labour Exploitation Course

FOR NON-SPEAKERS OF ENGLISH

**Tuesday's
10am – 12 noon**

**For registration &
information contact**

**Shama Women's
Centre
Call reception for
more details
0116 251 4747**



BENEFITS ADVICE

**CONFIDENTIAL
ADVICE AVAILABLE**

**Welfare Benefits
Housing
Debt
Education
General Advice
Form Filling
Immigration Advice**

SHAMA WOMEN'S CENTRE

Benefit Advice

Advisor: Dimple Patel

**Pre-booked
appointments**

**BELGRAVE NEIGHBOURHOOD
CENTRE**

**Every OTHER Tuesday
10am to 1.00pm**

**Immigration
& Benefit Advice**

**Advisor: Yasmin Nathani
(MBE)**

Tel: 07738 212639

**Every Tuesday
Time: 9.00am – 12.00pm**

Fees Applicable

ARE YOU OVER 65?

**DID YOU KNOW YOU CAN
CLAIM CERTAIN BENEFITS?**

TO FIND OUT MORE ABOUT:

- Pension Credit
- Attendance Allowance
- Cost of Living Benefits
- Energy Saving & More



For more information

Please contact:

**Shama Women's Centre
0116 251 4747**



Take A Stand Against All Forms Of Abuse

STOP ABUSE



A house where anyone is unsafe is not a home

Monday / Tuesday 1pm – 4pm
Wednesday / Thursday 1pm – 4pm
Friday 1pm – 3pm

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

**IF YOU NEED HELP TURN TO OUR
SUPPORT WORKER FOR ADVICE.**

Email: info@shamawomenscentre.co.uk

اگر آپ کے ساتھ کسی قسم کی گھر یا کام
پر بدسلوکی (ایبوز) ہو رہا ہے تو
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۷۴۷۴۱۵۲۶۱۱۰

Call: 07519 415370

For more information please call:
Shama Women's Centre – 0116 251 4747

আপনি কি নিষ্পত্তির শিকার? তা হলে
শামা উমেন সেন্টারের সাথে যোগাযোগ
করুন। টেলিফোন নামবার: ০১১৬
২৫১৪৭৪৭ / 0116 2514747

Chai & Chat Sessions



Shama Women's Centre
Monday 11am – 12pm

For more information please
contact Beena:- 0116 251 4747

- ❖ Relax, chat and enjoy a cup of tea or coffee
- ❖ Make new friends
- ❖ Learn more about Shama
- ❖ Get support, advice and much more...

*Come Join Us! Everyone is
welcome*

DO YOU REQUIRE HELP WITH FAMILY COURT MATTERS AND DON'T QUALIFY FOR LEGAL AID

OUR FAMILY CLINIC CAN HELP WITH:

- Free legal advice
- Applying for divorce
- Applying for injunction orders
- Applying for child contact arrangement



Last Thursday of

Each Month

27th July 2023

31st August 2023

28th September

1.00pm – 3.00pm

**To book your appointment
please call: 0116 251 4747**

LOOKING FOR VOLUNTEERS



For more information please email:
volunteering@shamawomenscentre.co.uk
or call: 0116 251 4747

Court Companions Needed

**Do you want to
support women
through family
courts?**

**6 Weeks Training
provided**

ESOL CLASSES

Improve Your English

Entry 1,2,3
& Level 1

Accredited Course
City & Guilds



Fees Applicable

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

Computers for Beginners



Entry Level 1, 2, 3
and Level 1



Tuesday
Time: 1.00pm - 4.00pm

Thursday
Time: 9.30am - 12.30pm

Fees Applicable

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

Pre-Entry ESOL And IT For Non-Speakers Of English

**Improve Your English Skills
(For Non-Speakers of English)**

**12 Week
Beginners Level**



Monday and Friday

9.30am – 12.30pm

For more information

Please call: 0116 251 4747



**Improve Your IT and
Social Media Skills**

(For Non-Speakers of English)

**12 Week
Beginners Level**



Starting Thursday 4th May 2023

1.00pm – 3.00pm

For more information

Please call: 0116 251 4747



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

Pre-Entry Maths

STARTING SOON

For more
information please
call: 0116 251 4747



Shama Creative Classes

Cook/Arts & Crafts

**Thursday
10am – 12pm**

Baking

**Tuesday
10am -12pm**



**Hair & Make-
up / Mendhi**

**Thursday
10am – 12pm**

For more information please call:
Shama Women's Centre on: 0116 251 4747



OVERLOCKING LOCKSTICHING MACHINIST TRAINING



Every Friday
9.00am – 4.00pm

Call: 0116 251 4747
for more information.

**SHORT
COURSE**
£50 for 10 weeks



- *Employability skills
- *Speed training
- *Sewing machine skills
- *Quality control

LLOYDS BANK FOUNDATION
England & Wales



CLASSES AT SHAMA WOMEN'S CENTRE

Knitting and Crochet for improvers

Tutor: Tas Ali
Day: Wednesday
Time: 9.30am – 1.30pm
Duration: 10 weeks

Dressmaking Skills

Tutor: Tas Ali
Day: Thursday
Time: 9.30am – 1.30pm
Duration: 10 Weeks

Sewing Class

Tutor: Talent Nyandro
Day: Wednesday
Time: 9.30am – 1.30pm
Duration: 8 Weeks

Digital Skills

Tutor: To be confirmed
Date: 9th January 2023
Time: 12.30 to 2.30
Duration:

Level 1 award in Creative Craft (Textiles)

Tutor: Talent Nyandro
Day: Tuesday
Time: 9.30am – 1.30pm
Duration: 20 Weeks

**For more information
Call WEA on:
0116 255 6614**

Register your name at reception

FREE COURSES: Subject to status – courses are free for unemployed, job seeker and people on low income

Professional Courses

**First Aid
From only
£15**



**Paediatric First
Aid only £40**

**Food & Hygiene
from only £15**



**Health &
Safety from
only £15**

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

For more information please call: 0116 251 4747

What is Prevent?

**PREVENT IS ABOUT SAFEGUARDING AND SUPPORTING
THOSE VULNERABLE TO RADICALISATION**



WHAT TO DO IF YOU SPOT THE SIGNS?

If you are worried or concerned about someone, you should call **National Prevent Advice Line: 0800 011 3764** or **101** to get in touch with your local **Police team**. If you don't want to speak to the police it's important you speak to someone about your concerns. For more information please Contact:

Shama Women's Centre

**39-45 Sparkenhoe Street,
Leicester LE2 0TD
Tel/Fax: 0116 251 4747**

**www.shamawomenscentre.co.uk
Email: info@shamawomenscentre.co.uk**

اگر آپ کو بنیاد پرستی کی علامتیں نظر آئیں تو کیا کریں ؟
اگر آپ کسی کے بارے میں فکر مند ہیں تو برائے مشابہتی قومی روک
مستورہ نمبر 01137640800 پر پولیس 101 پر رابطہ کریں - اپنی گفتگو
کے بارے میں فوراً کسم سے بات کریں - مزید معلومات شیعہ ویس وغیرہ
سے حاصل کریں۔

જો તમને કોઈની ચિંતા હોય, તો કૃપા કરીને રાષ્ટ્રીય નિવારણ સલાહવાહન: 0800 011 3764 અથવા પોલીસ: 101 ને ટેલિફોન કરો. મહત્વપૂર્ણ છે કે તમે તમારી ચિંતા વિશે કોઈની સાથે વાત કરો. વધુ માહિતી માટે કૃપા કરીને સંપર્ક કરો: શમા વિમેન્સ સેન્ટર.

Si vous êtes préoccupé par quelqu'un, veuillez appeler la ligne nationale de prévention 0800 017 3764 ou la police: 101. Il est important que vous parliez à quelqu'un de vos préoccupations. Pour plus d'informations, veuillez contacter le Centre des femmes Shama.