



Nottingham Women's Centre

come on in

What's on

September - December 2017

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Accessibility in our Building

Nottingham Women's Centre is based in a listed building and not all of our rooms are accessible to those with mobility difficulties. Access to the first and second floors is via stairs. There are 20 steps to each floor in the building, with chairs to rest between the first and second floors. Wheelchair access is available on the ground floor through the main entrance and on the lower ground floor to the rear of the building. If access is required to the lower ground floor, reception must be informed, as a staff member will need to wait at the fire door to enable access. All the course descriptions in this booklet give details of which floor each specific activity will be taking place. Please contact us if you would like to arrange a visit to see the space where a particular activity will happen, or if you have any further questions regarding accessibility.

Frequently Asked Questions

1. Will I need to fill a form in?

Yes, you will need to complete a form. If you need help with this, the facilitator will help you. If you recently completed one you will not need to fill in another one.

2. Can I work towards a qualification?

If you are able to work towards a qualification, this will be stated in the individual course listing.

3. I need some support to access this course; will you be able to accommodate this?

We will always do our best to support women to access our services. Please let us know in advance if you have any special requirements and we will do our best to accommodate you.

4. What are the eligibility criteria?

Any eligibility criteria details will be stated in the individual course listing. If none are listed then there are no eligibility criteria.

5. Will it run again?

Generally speaking, if a course or activity is popular then it will probably run again. Your tutor or facilitator will be able to advise you of this.

There are further FAQ's relevant to each course or activity on individual pages

Courses run by WEA

The WEA, a registered charity, is the UK's largest voluntary sector provider of adult education and delivers over 9,500 part-time courses for over 74,000 people each year in England and Scotland. The WEA offers a wide ranging curriculum and do all that they can to make your learning experience a positive one in friendly and supportive learning environments. You do not need any previous knowledge or qualifications to join most courses, only a willingness to share with others your curiosity, ideas and experience.

The WEA may be able to help with the cost of childcare depending on your circumstances. You can call them on 0115 9628400. Their address is: 39, Mapperley Road, Nottingham NG3 5AQ. It may also be possible to claim travel expenses at the end of the course (bus tickets need to be saved).

Assessment Sessions for Maths, English and ESOL

Anyone wanting to enrol on an English, Maths or ESOL course needs to attend an initial assessment session first so that they can be placed on a course at the right level. The sessions will be as relaxed and supportive as possible.

How to register

Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.

Functional Maths Assessment Sessions

Date	Monday 18 th September	Time	10.00 – 12.00	Room	1 (ground floor)
Date	Monday 18 th September	Time	1.00 – 3.00	Room	1 (ground floor)

Functional English Assessment Sessions

Date	Tuesday 19 th September	Time	10.00 – 12.00	Room	1 (ground floor)
Date	Tuesday 19 th September	Time	1.00 – 3.00	Room	1 (ground floor)

ESOL Assessment Session

Date	Wednesday 20 th September	Time	10.00 – 12.00	Room	1 (ground floor)
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Functional Maths (Monday morning)

This course will help you improve your everyday number skills in a friendly and supportive environment. All students will work towards a Functional Skills Maths qualification.

Start date	6 th November	End date	11 th December
Day	Monday	Time	10.00 – 12.00
Room	1	Floor	Ground
Dates	6, 13, 20, 27 November; 4, 11 December		
Tutor	WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

1. What are the eligibility criteria?

This course is relevant for learners working towards a formal qualification. We recommend that speakers of other languages have a minimum E3 English as a Second Language (ESOL) qualification in order to get the most out of this course. New requests for enrolment after the course has started must be authorised by the tutor.

2. Can I just turn up on the first day?

No. All students need to attend an initial assessment session on **Monday 18th September** (am or pm) before they can be offered a place. This is so we can place students in a group that is the right level for them. as you need to take an initial assessment to establish if the course is the right level for you.

3. What if I cannot start on the first day?

It may be possible to start the following week but this would need to be agreed with the course tutor in advance.

4. Can I work towards a qualification?

Yes. Functional Skills qualifications are available across five levels (City & Guilds Entry 1 to Level 2). The qualification you can gain will depend on your current level.

5. How much does it cost?

It is free.

6. Do I have to commit to attending every session?

Yes. In order for you to progress, we would expect that you attend every session. We ask that you let us know in advance if you cannot attend a particular session.

7. Do I need to bring anything with me?

No.

8. What are my options after completing this course?

Progression to the next level, subject to approval by the tutor. Students are welcome to speak with the course tutor for more details.

Functional Maths (Monday afternoon)

This course will help you improve your everyday number skills in a friendly and supportive environment. All students will work towards a Functional Skills Maths qualification.

Start date	6 th November	End date	11 th December
Day	Monday	Time	13.00 – 15.00
Room	1	Floor	Ground
Dates	6, 13, 20, 27 November; 4, 11 December		
Tutor	WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

See previous page: Functional Maths (Monday morning)

Functional English (Tuesday morning)

For women who want to improve their reading, writing, spelling and grammar in a friendly and supportive atmosphere! All students will be working towards a formal Functional Skills English qualification. No previous experience is needed; however, overseas students must have a minimum ESOL Level 1 qualification in order to get the most out of this course. Requests for enrolment must be authorised by the tutor.

Start date	7 th November	End date	12 th December
Day	Tuesday	Time	10.00 – 12.00
Room	1	Floor	Ground
Dates	7, 14, 21, 28 November; 5, 12 December		
Tutor	WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

1. What are the eligibility criteria?

This course is intended for anyone wishing to develop their English skills. Overseas students must have a minimum Level 1 ESOL qualification. New requests for enrolment after the course has started must be authorised by the tutor.

2. Can I just turn up on the first day?

No. All students need to attend an initial assessment session on **Tuesday 19th September** (am or pm) before they can be offered a place. This is so we can place students in a group that is the right level for them.

3. What if I cannot start on the first day?

It may be possible to start the following week but this would need to be agreed with the course tutor in advance.

4. Can I work towards a qualification?

Yes. Functional Skills qualifications are available across five levels (City & Guilds Entry 1 to Level 2). The qualification you can gain will depend on your current level.

5. How much does it cost?

It is free, unless you have already achieved a GCSE English qualification. If you have

already achieved a Functional English qualification, the course is free, as long as you are working towards the next level.

6. Do I have to commit to attending every session?

Yes. In order for you to progress, we would expect that you attend every session. We ask that you let us know in advance if you cannot attend a particular session.

7. Do I need to bring anything with me?

No.

8. What are my options after completing this course?

You can discuss this with the tutor.

Functional English (Tuesday afternoon)

For women who want to improve their reading, writing, spelling and grammar in a friendly and supportive atmosphere! All students will be working towards a formal Functional Skills English qualification.

No previous experience is needed; however, overseas students must have a minimum ESOL Level 1 qualification in order to get the most out of this course. Requests for enrolment must be authorised by the tutor.

Start date	7 th November	End date	12 th December
Day	Tuesday	Time	13.00 – 15.00
Room	1	Floor	Ground
Dates	7, 14, 21, 28 November; 5, 12 December		
Tutor	WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

See previous page: Functional English (Tuesday morning)

Functional English (Friday morning)

For women who want to improve their reading, writing, spelling and grammar in a friendly and supportive atmosphere! All students will be working towards a formal Functional Skills English qualification.

No previous experience is needed; however, overseas students must have a minimum ESOL Level 1 qualification in order to get the most out of this course. Requests for enrolment must be authorised by the tutor.

Start date	10 th November	End date	15 th December
Day	Friday	Time	13.00 – 15.00
Room	1	Floor	Ground
Dates	10, 17, 24 November; 7, 14, 21 December		
Tutor	WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

See previous page: Functional English (Tuesday morning)

ESOL

This course could be for you if English is not your first language and you would like to improve your English language skills. This short practical course will teach you everyday English so you can improve your speaking and listening skills, vocabulary and grammar.

Start date	8 th November	End date	6 th December
Day	Wednesday	Time	10.00 – 12.00
Room	1	Floor	Ground
Dates	8, 15, 22, 29 November; 6 December		
Tutor	Cathy - WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

1. What are the eligibility criteria?

This course is suitable for anyone with English as a second language wanting to improve their level of spoken English. This 5-week non-accredited practical course will teach you every day English so you can improve your speaking and listening skills, vocabulary and grammar.

2. Can I just turn up on the first day?

No. There will be an initial assessment session on **Wednesday 20 September** in order to get a place on this course. Registering in advance will enable the course tutor to contact you, to let you know the date the assessment will take place.

3. What if I cannot start on the first day?

It may be possible to start the following week but this would need to be agreed with the course tutor in advance.

4. Can I work towards a qualification?

No, this is an unaccredited course.

5. How much does it cost?

Free to those on benefit and eligible, otherwise £3.80 per hour to those who are eligible or £7.70 per hour for those paying full cost.

6. Do I have to commit to attending every session?

Yes. In order for you to progress, we would expect that you attend every session. We ask that you let us know in advance if you cannot attend a particular session.

7. Do I need to bring anything with me?

No.

8. What are my options after taking this course/activity?

Progression to an accredited ESOL course where students will be working towards an ESOL qualification.

Women and Confidence Building

If you'd like to feel more confident (whatever your circumstances) when dealing with everyday situations, or to improve your skills at talking to people and also make positive changes in your life, then join us to find out how!

We are offering 2 linked courses which will aim to help you to improve and develop your confidence, by building on the skills you already have (and you do have some!) and learning new and practical ways of dealing with those situations that are particularly problematic. We will see how and why things can go wrong so we can put them right! We will also explore how to make changes in your life, how you see the world, and to find new confidence in yourself, within it.

Women and Confidence Building (part 1)

Part one will start by exploring ways to better understand some common social difficulties - such as dealing with emotions (yours and other people's) that often make us feel uncomfortable and some very practical ways to 'manage' interactions e.g. how to say 'no' or deal with criticism or ask for what you want, without feeling awkward! Sometimes, it's not *what* you say, but *the way* that you say it!

Start date	27 th September	End date	25 th November
Day	Wednesday	Time	10.00 – 12.00
Room	4	Floor	Ground
Dates	27 September; 4, 11, 18, 25 November		
Tutor	Jill and Clare – WEA tutors		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475.		

Frequently asked questions

1. Can I just turn up on the first day?

Yes, but to avoid disappointment we recommend registering in advance.

2. What if I cannot start on the first day?

If you can't attend the first session, please let us know in advance, and come along to the following session.

3. How much does it cost?

Free to those on low income or means tested benefits.

4. Do I have to commit to attending every session?

Yes. In order for you to progress we would expect that you attend every session. We ask that you let us know in advance if you cannot attend a session.

5. What are my options after taking this course/activity?

There is a second, five week course starting immediately after this one, see the following page for details.

Women and Confidence Building (part 2)

This course will build on Women and Confidence Building part 1 (see previous page) and focus on learning how you *can* cope and handle situations with confidence (staying calm, safe and okay). This will also involve learning about making plans to complete a small (to start with) practical task or to change something in some aspect of your life. The idea is to discover how a new confident 'you' can build self-esteem and use your new skills to enjoy family, social and work life more.

Start date	1 st November	End date	29 th November
Day	Wednesday	Time	10.00 – 12.00
Room	4	Floor	Ground
Dates	1, 8, 15, 22, 29 November		
Tutor	Jill and Clare – WEA tutors		
How to register	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475.		

Frequently asked questions

1. Can I just turn up on the first day?

No, ideally you should have completed Women and Confidence Building part 1; registration will depend upon whether or not there is space in the group.

2. What if I cannot start on the first day?

If you can't attend the first session, please let us know in advance.

3. How much does it cost?

Free to those on low income or means tested benefits.

4. Do I have to commit to attending every session?

Yes. In order for you to progress, we would expect that you attend every session. We ask that you let us know in advance if you cannot attend a session.

5. What are my options after taking this course/activity?

Ask your tutor.

NWC Courses

Anxiety Group

Whatever the cause, whatever the reason, most of us experience some form of anxiety in our lives. Sometimes this anxiety can stop us living the life we want to live. It can be crippling and can cause our heart, mind and body to go through immense strain.

This 6 week programme helps us to understand what is happening to our bodies and minds when we feel anxious. If we understand something, we can begin to control it. We will use creative exercises to develop strength and resilience.

Start date	19 th September	End date	31 st October
Day	Tuesday	Time	1.30 – 3.30
Room	4	Floor	Ground
Dates	19, 26 September; 10, 17, 24, 31 October		
Dates not meeting	3 October		
Tutor	Nikki – Nottingham Women's Centre tutor		
How to register	Please register at reception or call 0115 9411475		

Frequently asked questions

1. Can I just turn up on the first day?

Yes. After the second week this group becomes a closed group.

2. What if I cannot start on the first day?

Contact us on 0115 9411475.

3. How much does it cost?

It is free.

4. Do I have to commit to attending every session?

Yes. To get the most out of this group, we advise that you come to every session.

5. Do I need to bring anything with me?

Just an open mind and a willingness to try some of the exercises that you will learn.

Arrows Archery



Archery offers you the chance to try a new sport, meet new people, and enjoy progressing at your own pace. The sessions are open to women of any ability, young or old, short or tall, able bodied or disabled. It offers a variety of opportunities, whether you just want to have-a-go, attend regular sessions, get back into it or try something you have never done before. Get involved in this wonderful sport which is great for the body and the mind - do come along and have a go! For safety reasons we ask you to tie back long hair, and make sure sleeves cannot be caught in the equipment.

Start date	7 th September	End date	21st December
Day	Thursday	Time	1.30 – 2.30
Room	9	Floor	First
Dates	7, 14, 21, 28 September; 5, 12, 19 October; 9, 16, 23, 30 November; 7, 14, 21 December		
Dates not meeting	26 October, 2 November		
Tutor	Kay - Nottingham Women's Centre volunteer		
How to register	Please register at reception or call 0115 9411475		

Frequently asked questions

- 1. Can I just turn up on the first day?**
Yes.
- 2. What if I cannot start on the first day?**
Come along to the second session, or the next one you're able to come to.
- 3. How much does it cost?**
It is free.
- 4. Do I have to commit to attending every session?**
You will get the most benefit from this group if you attend every session but you can attend as many sessions as you are able.
- 5. Do I need to bring anything with me?**
No.

Crafty Club

This is a very informal group, no special skills are needed, just come along and join in with some of the craft projects on offer. You can also have a chat, a coffee and meet new friends in a warm, welcoming environment.

Start date	Ongoing	End date	Ongoing
Day	Thursday	Time	10.00 – 12.00
Room	4	Floor	Ground
Tutor	Nottingham Women's Centre volunteer		
How to register	Not applicable, just turn up		

Frequently asked questions

1. How much does it cost?

It is free.

2. Do I have to commit to attending every session?

No, simply come along when you can.

3. Do I need to bring anything with me?

You can bring something you've started to make yourself, or you can use our materials to create something new.

Empowerment Circle

Finding life's challenges difficult? Want to get things off your chest? Come and work through things in a safe, warm and friendly environment.

The group starts by having a 30 minute coffee and chat to see what comes out of it, and then we move on to finding ways to work it out.

Start date	12 th September	End date	19 th December
Day	Fortnightly Tuesday	Time	11.00 – 12.30
Room	4	Floor	Ground
Dates	12, 26 September; 10, 24 October; 7, 21 November; 5, 19 December		
Tutor	Nikki - Nottingham Women's Centre tutor		
How to register	Not applicable, just turn up		

Frequently asked questions

- 1. Can I just turn up on the first day?**
Yes.
- 2. What if I cannot start on the first day?**
That's not a problem, come to the next session.
- 3. How much does it cost?**
It is free.
- 4. Do I have to commit to attending every session?**
It's advisable that you do, as the content follows on from the last session, and it's good to get to know the other women. We do understand that it is not always possible to attend every session, so please let us know if you cannot attend one.
- 5. Can I bring a friend along?**
This group is all about getting to know new women and making friends, so we do not recommend that you bring a friend along.
- 6. Do I need to bring anything with me?**
No.

Guilt Shame and the Road to Freedom

As women, we sometimes feel guilt and shame. Life is not perfect and we sometimes blame ourselves. Come to this course and find out how we can be kinder to ourselves by learning that guilt and shame are a heavy burden to carry but with practice we can move past these feelings.

Start date	14 th November	End date	19 th December
Day	Tuesday	Time	1.30 – 3.00
Room	4	Floor	Ground
Dates	14, 21, 28 November; 5, 12, 19 December		
Tutor	Nikki – Nottingham Women’s Centre tutor		
How to register	Not applicable, just turn up		

Frequently asked questions

- 1. Can I just turn up on the first day?**
Yes.
- 2. What if I cannot start on the first day?**
That’s not a problem, come to the next session.
- 3. How much does it cost?**
It is free.
- 4. Do I need to bring anything with me?**
No.

Knit and Natter

Love knitting? Or want to learn? Come along and join an informal group to knit or crochet your own projects. Limited supplies of yarn and needles are available but if you already have a project on the go feel welcome to bring it along. Knitters of all abilities are welcome along with those who have never knitted but would like to learn. Join this friendly group, exchange ideas, and have fun.

Start date	3 rd August	End date	Ongoing
Day	Thursday	Time	2.00 – 4.00
Room	4	Floor	Ground
Tutor	Joelle - Nottingham Women's Centre volunteer		
How to register	Not applicable, just turn up		

Frequently asked questions

1. How much does it cost?

It is free.

2. Do I have to commit to attending every session?

No, simply come along when you can.

3. Do I need to bring anything with me?

You can bring something you've started to make yourself, or you can use our materials to create something new.

Well Now

Well Now raises awareness of the inequalities experienced in relation to wellbeing to empower change. Well Now welcomes all women and supports them to explore how their personal circumstances and experiences of oppression detract from wellbeing. The approach is person-centred valuing personal wellbeing stories and will adapt to individuals in this way.

Start date	20 th October	End date	1 st December
Day	Friday	Time	1.00 – 3.00
Room	1	Floor	Ground
Dates	20, 27 October; 10, 17, 24 November; 1 December		
Dates not meeting	3 November		
Tutor	Michelle – Nottingham Women’s Centre facilitator		
How to register	Please register at reception or call 0115 9411475		

Frequently asked questions

- 1. Can I just turn up on the first day?**
Pre booking is required. Michelle will consider those who have not booked in advance on the first session only.
- 2. What if I cannot start on the first day?**
You will need to register and let us know in advance prior to the course starting.
- 3. How much does it cost?**
It is free.
- 4. Do I have to commit to attending every session?**
Ideally, you will need to attend all of the sessions if possible to assist with learning.

Yoga

Not ordinary, inspired, strengthening, empathic yoga (NOISEY)

This unique yoga session has specially developed over nearly two decades to empower the diverse users of the Centre. Many of the women who come here have experienced aggression; have been repressed and unable to express dissent or joy or even to express their sexuality. We are all at different levels of ability.

For this reason, the (NOISEY) yoga session here at the Centre is not the usual quiet place that some might expect. It may be a little loud at times and even a bit anarchic and include a sense of fun. Despite some assertions, yoga isn't meant to be a silent ritual. However, at the beginning and end of our sessions we always enjoy a quiet meditation period. So hopefully those of you who come can progress happily within these boundaries.

If you prefer a quieter more regimented type of yoga, sadly this class may not be for you but we may have another option for yoga coming soon

Start date	5 th September	End date	12 th December
Day	Tuesday	Time	1.15 – 2.45
Room	9	Floor	First
Dates	5, 12, 19, 26 September; 3, 10, 17, 24, 31 October; 7, 14, 21, 28 November; 5, 12 December		
Tutor	Dee – Nottingham Women's Centre tutor		
How to register	Not applicable, just turn up		

Frequently asked questions

1. Can I just turn up on the first day?

Yes. You can turn up on any Tuesday (just check whether it is going ahead during school holidays).

2. What if I cannot start on the first day?

That is fine; you can attend any day the session runs.

3. How much does it cost?

We suggest you make a donation of £1.50 - £3.

4. Do I have to commit to attending every session?

No, you can come as and when you want to.

5. Do I need to bring anything with me?

Loose and comfortable clothing is recommended.

Other Groups and Activities

Moneywise

A group discussion about borrowing money. A representative from Capital One Financial Services will be here to help to increase your financial knowledge. Topics covered will include:

- Financial jargon
- Budgeting
- Terms and conditions on financial agreements and loans
- The importance of credit reports
- Money advice services

Start date	13 th September	End at	13 th September
Day	Wednesday	Time	10.30 – 12.30
Room	9	Floor	First
Facilitator	Catherine - Capital One representative		
How to register	Please register at reception or call 0115 9411475		

Frequently asked questions

- 1. How much does it cost?**
It is free to attend.
- 2. Can I just turn up on the day?**
No, you must book a place with reception, see above.
- 3. Do I need to bring anything with me?**
No.

Holistic Therapies

Treatments available are reflexology, aromatherapy massage, Swedish massage and Chakra Balance. When you book, you will be asked which treatment you would like. Each treatment is tailored to individual needs. There are four appointments available each week. If you have any pre-existing conditions you should check that the treatment will be suitable for you - leave your details at reception and the practitioner will call you back.

Start date	14 th September	End date	Ongoing
Day	Thursday	Time	10.00, 11.00, 12.00, 1.00
Room	10	Floor	First
Dates not meeting	No sessions available during school holidays		
Practitioner	Sue – Nottingham Women’s Centre volunteer		
How to register	Booking in advance is essential. Please contact reception or call 0115 9411475		

Frequently asked questions

1. What if I cannot attend my appointment?

Please contact reception, as soon as possible so that we may offer the appointment to someone else.

2. How much does it cost?

Each session costs £5, which must be paid at reception on the day of your appointment.

3. Do I need to bring anything with me?

No.

Got A Job But Want To Move On?

Are you working but unfulfilled or unhappy in your job? Would you like to make a change but don't how? Kathryn is here to help you, offering free help and advice including:

- 1:1 private appointments to discuss your ambitions and needs
- CV preparation
- Preparing for interviews
- Mock interviews

Start date	2 nd October	End date	Ongoing
Day	First Monday monthly	Time	10.00, 11.30, 1.00, 2.30
Dates	2 October, 6 November, 4 December		
Room	18	Floor	Second floor
Facilitator	Kathryn – Nottingham Women's Centre volunteer		
How to register	Booking an appointment in advance is essential. Please contact reception or call 0115 9411475		

Frequently asked questions

- 1. Can I just turn up on the day?**
No, please contact reception to arrange an appointment.
- 2. What if I cannot attend my appointment?**
Please contact reception, as soon as possible so that we may offer the appointment to someone else.
- 3. How much does it cost?**
It is free.

Well Now Café

The Well Now Café is a regular meeting space allowing women to explore issues of wellbeing. There will be a free/low cost lunch provided on a monthly drop in basis. Themed weeks will promote 'Compassion, Criticality and Curiosity' around issues of Wellbeing including (combinations of): Food and Nutrition, Movement, Mindfulness, Creativity and Celebration.

Start date	26 th September	End date	Ongoing
Day	Tuesday (one per month)	Time	12.00 – 2.00
Dates	26 September; 24 October; 28 November; 19 th December		
Room	Welcome Space	Floor	Ground
Facilitator	Michelle – Nottingham Women's Centre volunteer		

Frequently asked questions

1. How much does it cost?

It is free but donations towards the cost of food would be welcome.

Legal Advice Clinic

The Legal Advice Clinic runs at least once a month. It aims to help women understand their legal rights and provide advice where possible. Students from Nottingham Law School will be available to help with advice on issues around housing, benefits sanctions, employment and consumer agreements under the supervision of qualified solicitors. They will also offer sign posting support to other agencies if they are unable to help with your enquiry.

Day	Wednesdays	Time	12.00 – 3.00
Dates	11, 25 October; 15 November		
Room	1 or 4	Floor	Ground
Facilitator	Volunteers from Nottingham Law School		
How to register	Booking an appointment in advance is essential. Please contact reception or call 0115 9411475		

Frequently asked questions

1. How much does it cost?

It is free.

2. Can I just turn up?

No, please contact reception to arrange an appointment.

3. What if I cannot attend my appointment?

Please contact reception, as soon as possible so that we may offer the appointment to someone else.

Evening Activities

Dramatic Women (auROARa)

Run by a trained theatre practitioner with invited artists from the community we will work together to develop stories, explore text and learn new ways to express ourselves in a safe environment.

Start date	18 th September	End date	11 th December
Day	Monday fortnightly	Time	6.00 – 8.00 pm
Room	9	Floor	First
Dates	18 September; 2, 16, 30 October; 13, 27 November; 11 December		
Tutor	Nikki – Nottingham Women's Centre staff		
How to register	Please register in advance by email: womenstheatrenottingham@gmail.com		

Frequently asked questions

- 1. Can I just turn up on the first day?**
No, you will need to register in advance.
- 2. What if I cannot start on the first day?**
If you are unable to start on the first day, then please register to attend the next session you are able.
- 3. How much does it cost?**
It is free.
- 4. Do I need to bring anything with me?**
No.
- 5. What are my options after taking this course/activity?**
Speak to the tutor about other groups which may be coming up in the future.

Counselling

Nottingham Women's Centre is committed to providing professional low cost one to one and group counselling and therapeutic services to support the wellbeing of women over the age of 18 across Nottingham city and the surrounding area.

Whether it's problems in your personal, work, or home life, whether you are trying to deal with the past or something that's going on right now, having someone to talk to who you can trust, in a safe and supportive environment can make a big difference.

We can offer both short and long term counselling; the duration of your counselling will be agreed between you and your therapist based on what feels right for you. Each appointment will last 50 minutes and will be on the same day each week with the same counsellor. We ask our clients to contribute between £5 to £25 a session based on their income; this will be discussed with you at your initial session which is free of charge.

Our service is staffed by a mixture of qualified, experienced therapists and trainees who are working towards British Association for Counselling and Psychotherapy (BACP) or UK Council for Psychotherapy (UKCP) accreditation. They are DBS checked, insured and have regular clinical supervision.

If you would like to refer yourself for counselling please speak with our reception or call 0115 9411475 to book an initial appointment.

There are counselling rooms located on the lower ground floor and the second floor.

Library

Women's libraries are now in scarce supply across the country and the new Nottingham Women's Centre library is the only one of its kind in the East Midlands. The library still holds most of the original – and often rare – books donated in the 1970s/80s when the library was first set up, as well as more contemporary works.

The space has been refurbished with support from Awards for All, the Co-operative Membership (Central and Eastern Region), the East Midlands Airport Development Fund, Nottingham Girls High School, Experian and the time and hard work of many committed women.

The library was relaunched in 2014 by special guest Kat Banyard, feminist author and founder of UK Feminista, and the Sherriff of Nottingham Cllr Jackie Morris.

Books are available for borrowing to all **members** and you can browse our online catalogue by clicking the Library link on our website; see the page in this brochure for benefits of Nottingham Women's Centre membership and how to apply.

The library is open from 9.30am to 4.30pm, Monday to Friday.

The library is located on the second floor, there is a selection of books available to browse in the welcome space on the ground floor.



Volunteering

We have a range of long and short term volunteering roles and opportunities across all aspects of the Centre's work, from internships and counselling placements to peer support volunteers on courses. We also occasionally have opportunities for volunteering remotely and at events. Volunteers are an integral part of the work of the Centre and without their generosity, time and broad range of skills we would not be the organisation we are today. We estimate that volunteers save us around £15,000 in wages every year and that means we can support women to do even more amazing things!

Employment Projects

Opportunity and Change

Towards Work

Ask about both of our employment projects which deliver a gentle, holistic package of support to help women to develop their own personal progression into employment, self-employment or further training/education.

For more information contact Sian

Tel: 07850503177

Email: sian@nottinghamwomenscentre.com



Other Organisations

Nottinghamshire Sexual Violence Support Services

Nottinghamshire Sexual Violence Support Services (formerly Nottingham Rape Crisis Centre) supports women over the age of 13 who have suffered any form of sexual violence – recent or historical. They offer face-to-face counselling sessions and a helpline where survivors can speak to trained counsellors.

Tel: 0115 9410440

www.nottssvss.org.uk

Women's Aid Integrated Services (WAIS)

WAIS is run by women, for women and their children experiencing or escaping domestic abuse. They offer a range of services including a 24 hour emergency helpline, drop in service, domestic violence awareness training, floating support and outreach support.

Tel: 0808 8000340

www.wais.org.uk

Lesbian Immigration Support Group

The main aims of the group are:

To provide a social network offering emotional support to lesbians and bisexual women who are currently applying for asylum and those refugees who have been granted leave to stay in the UK.

To offer practical support and assistance to members with current asylum applications based on sexuality to help ensure that our members are treated fairly and with dignity during the often inhuman asylum process.

All asylum seekers, refugees and immigrant women who identify as lesbian or bisexual are welcome to join!

For further information contact:

lisg.nottingham@gmail.com / 07938 556788

Nottingham Women's Centre Membership

Membership of Nottingham Women's Centre entitles you to a vote at our AGM and gives you access to our library for borrowing books. You will also receive regular e-bulletins to keep you up to date with everything happening at the Centre.

For more information or if you have any questions, please email admin@nottinghamwomenscentre.com or call us on 0115 9411475.

Contact Details

For further information about courses or to book a welcome meeting, please contact reception and ask to speak to one of our advisors.

Tel: 0115 9411475

Email: admin@nottinghamwomenscentre.com

If you would like to be added to our e-mailing list to receive future course booklets and information about future events, please contact us (details above).