



# Nottingham Women's Centre

come on in

**What's on**

**September - December 2018**



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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. Will my data be safe?**

Yes, we are committed to abiding by the new General Data Protection Regulations and have strong policies and procedures in place to ensure your data is always safe. These policies are available for you to inspect at any time, just ask at Reception.

### **3. Can I work towards a qualification?**

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

### **4. 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.

### **5. 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.

### **6. 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 a Maths, English 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.

<b>Date</b>	Tuesday 11 <sup>th</sup> September	<b>Time</b>	10.00 – 15.00	<b>Room</b>	1 (ground floor)
<b>Date</b>	Wednesday 12 <sup>th</sup> September	<b>Time</b>	10.00 – 15.00	<b>Room</b>	1 (ground floor)

### Frequently asked questions

**1. Do I have to book a place for the assessment?**

No, just turn up on either day, at any time between 10.00am and 3.00pm.

**2. Do I have to come on both days?**

No, just turn up on either day, at any time between 10.00am and 3.00pm.

**3. Do I have to stay for the whole session?**

No, just as long as it takes to complete the assessment.

**4. Can I just turn up on the day?**

**No**, we would prefer it if you register your details with us first so that we can ensure that there will be enough staff available.

**5. How much does it cost?**

It is free.

## 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.

<b>Start date</b>	17th September	<b>End date</b>	10 <sup>th</sup> December
<b>Day</b>	Monday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	17, 24 September; 1, 8, 15 October; 5, 12, 19, 26 November; 3, 10 December		
<b>Dates not meeting</b>	22, 29 October		
<b>Tutor</b>	Rebecca - WEA tutor		
<b>How to register</b>	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 either **Tuesday 11th September 2018** or **Wednesday 12<sup>th</sup> September 2018** (details on page 7) 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.

**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.

<b>Start date</b>	17th September	<b>End date</b>	10 <sup>th</sup> December
<b>Day</b>	Monday	<b>Time</b>	12.30 – 14.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	17, 24 September; 1, 8, 15 October; 5, 12, 19, 26 November; 3, 10 December		
<b>Dates not meeting</b>	22, 29 October		
<b>Tutor</b>	Rebecca - WEA tutor		
<b>How to register</b>	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 (Wednesday 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.

<b>Start date</b>	19 <sup>th</sup> September	<b>End date</b>	12 <sup>th</sup> December
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	19, 26 September; 3, 10, 17 October; 7, 14, 21, 28 November; 5, 12 December		
<b>Dates not meeting</b>	24, 31 October		
<b>Tutor</b>	Caroline - WEA tutor		
<b>How to register</b>	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 either **Tuesday 11th September 2018** or **Wednesday 12<sup>th</sup> September 2018** 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?**

Students are welcome to speak with the course tutor for more details.

### Functional English (Wednesday 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.

<b>Start date</b>	19 <sup>th</sup> September	<b>End date</b>	12 <sup>th</sup> December
<b>Day</b>	Wednesday	<b>Time</b>	12.30 – 14.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	19, 26 September; 3, 10, 17 October; 7, 14, 21, 28 November; 5, 12 December		
<b>Dates not meeting</b>	24, 31 October		
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	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 (Wednesday morning)

## ESOL (Tuesday & Thursday morning)

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 every day English so you can improve your speaking and listening skills, vocabulary and grammar.

<b>Start date</b>	18 <sup>th</sup> September	<b>End date</b>	13 <sup>th</sup> December
<b>Day</b>	Tuesday and Thursday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	Room 1 and Basement Training Room	<b>Floor</b>	Ground / Basement
<b>Dates</b>	18, 20, 25, 27 September; 2, 4, 9, 11, 16, 18 October; 6, 8, 13, 15 20, 22, 27, 29 November; 4, 6, 11, 13 December		
<b>Dates not meeting</b>	23, 25, 30 October; 1 November		
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	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.** All students need to attend an initial assessment session on either **Tuesday 11th September 2018 or Wednesday 12<sup>th</sup> September 2018** (details on page 7) 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?**

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.

## ESOL (Tuesday and Thursday afternoon)

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 every day English so you can improve your speaking and listening skills, vocabulary and grammar.

<b>Start date</b>	18 <sup>th</sup> September	<b>End date</b>	13 <sup>th</sup> December
<b>Day</b>	Tuesday and Thursday	<b>Time</b>	12.30 – 14.30
<b>Room</b>	Room 1 and Basement Training Room	<b>Floor</b>	Ground Basement
<b>Dates</b>	18, 20, 25, 27 September; 2, 4, 9, 11, 16, 18 October; 6, 8, 13, 15, 20, 22, 27, 29 November; 4, 6, 11, 13 December		
<b>Dates not meeting</b>	23, 25, 30 October; 1 November		
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	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: ESOL (Tuesday and Thursday morning)

## Women and Confidence Building

We 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!

<b>Start date</b>	26 <sup>th</sup> September	<b>End date</b>	12 <sup>th</sup> December
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 12.15
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	26 September; 3, 10, 17 October; 7, 14, 21, 28 November; 5, 12 December		
<b>Dates not meeting</b>	24, 31 October		
<b>Tutor</b>	Jill and Clare – WEA tutors		
<b>How to register</b>	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 incomes 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?**

Speak to your tutor about follow-up courses.

## NWC Courses

### 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.

<b>Start date</b>	27 <sup>th</sup> September	<b>End date</b>	29 <sup>th</sup> November
<b>Day</b>	Thursday	<b>Time</b>	1.30 – 2.30
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	27 September; 4, 11, 18 October; 8, 15, 22, 29 November		
<b>Dates not meeting</b>	25 October; 1 November		
<b>Tutor</b>	Kay - Nottingham Women's Centre volunteer		
<b>How to register</b>	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?**  
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 or as few sessions as you are able.
- 5. Do I need to bring anything with me?**  
No, just wear close fitting clothing on your arms if you wear long sleeves and tie back long hair.

## 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.

Please note: this group is not tutor led

<b>Start date</b>	Ongoing	<b>End date</b>	Ongoing
<b>Day</b>	Thursday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	This group is not tutor led		
<b>How to register</b>	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.



## Hula Hooping

Come along and have fun, improve your well-being and mental health whilst getting fit!  
Learning hoop is a combination of circus, dance, fitness and expression. All sessions are taught in a positive, inclusive, and supportive environment; where you will be encouraged to push your limits, build your self-confidence, and achieve what once looked difficult, and felt impossible.

<b>Start date</b>	19 <sup>th</sup> September	<b>End date</b>	Ongoing
<b>Day</b>	Wednesday	<b>Time</b>	2.00 – 3.00
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Rochene – Nottingham Women’s Centre tutor		
<b>How to register</b>	No pre-booking required, 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?**  
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?**  
No, just come along when you can.
- 5. Do I need to bring anything with me?**  
No, just wear comfortable clothing.

## Introduction to Psychodrama

There will be six taster sessions of psychodrama, delivered and facilitated by a trainee psychodrama therapist.

The sessions are a safe place for you to explore your life, it is not about performing or acting. It involves a range of creative activities to help you express yourself, identify your strengths, understand yourself more and feel more confident. Each session explores a different theme; self-worth, self-care, self-expression, obstacles, kindness, growth and nourishment.

You can attend as many or as few of the sessions as you wish.

<b>Start date</b>	18 <sup>th</sup> September	<b>End date</b>	23 <sup>rd</sup> October
<b>Day</b>	Tuesday	<b>Time</b>	12.30 – 14.30
<b>Room</b>	4	<b>Floor</b>	
<b>Dates</b>	18, 25 September; 2, 9, 16, 23 October		
<b>Tutor</b>	Kirsty - Nottingham Women's Centre volunteer		
<b>How to register</b>	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, please contact Reception on 0115 9411475 to register.

**2. How much does it cost?**

It is free.

**3. Do I have to commit to attending every session?**

No, you can attend as many or as few of the sessions as you are able.

**4. Do I need to bring anything with me?**

No.

## Jewellery with Joyce

Learn how to make your own jewellery in this friendly and relaxed 6 week course. Experience is not necessary, Joyce will guide you every step of the way! You will make a bracelet with beads, learn about macramé and make a necklace. All items you have made, you will be able to take home with you.

<b>Start date</b>	13 <sup>th</sup> September	<b>End date</b>	18 <sup>th</sup> October
<b>Day</b>	Thursday	<b>Time</b>	10.30 – 12.30
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	13, 20, 27 September; 4, 11, 18 October		
<b>Tutor</b>	Joyce – Nottingham Women’s Centre tutor		
<b>How to register</b>	Not applicable, just turn up		

### Frequently asked questions

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

Yes.

**2. How much does it cost?**

It is free.

**3. Do I have to commit to attending every session?**

No, you can attend as many or as few of the sessions as you are able.

**4. Do I need to bring anything with me?**

No, all materials will be provided.

**5. Can I work towards a qualification?**

No, this is an unaccredited course, but you will receive a certificate if you complete the course.

## Pilates

Come and discover the many benefits that Pilates can offer with a fully trained Pilates instructor.

- Mindful body conditioning
- Physical exercise
- Balance
- Focus

Pilates can help to improve:

- Muscle tone
- Posture
- Joint mobility

No need to book, just come along and wear comfortable clothing

<b>Start date</b>	28 <sup>th</sup> September	<b>End date</b>	Ongoing
<b>Day</b>	Friday	<b>Time</b>	11.00 – 12.00
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Iwona - Nottingham Women's Centre volunteer		
<b>How to register</b>	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 is fine; you can attend any day the session runs.

**3. How much does it cost?**

It is free, but donations are welcome.

**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?**

Comfortable clothing is recommended.

## Storytelling Club

Help us to tell the story of how Nottingham Women’s Centre supports women. The story of NWC is made up of individual women’s stories. We will start our individual stories with memories of your experiences with NWC, and build on this through diary keeping. Stories can be told with pictures as well as words. Picture materials will be provided to help you tell your stories.

Have fun along the way, learning about:

- How stories begin
- How information is collected
- How we can write about our stories
- How we can share these stories to influence change, feeling valued and heard

This activity provides an opportunity to learn about being both the subject of research, as well as being the researcher.

All participants will be provided with a choice of diary and pen to help their storytelling.

<b>Start date</b>	28 <sup>th</sup> September	<b>End date</b>	19 <sup>th</sup> October
<b>Day</b>	Friday	<b>Time</b>	10.30 – 2.30
<b>Dates</b>	28 September; 5, 12, 19 October		
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Tutor</b>	Lyndsey and Pauline – University of Nottingham		
<b>How to register</b>	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 is fine; you can attend any of the sessions.
- 3. How much does it cost?**  
It is free.
- 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?**  
No, a diary and pen/pencil will be provided.

## Visual Voice (British Sign Language Taster Sessions)

These British Sign Language taster sessions are designed to introduce beginners to BSL in a fun and informal manner.

You will be learn to sign the alphabet, your name, count and use basic greetings, plus have basic deaf awareness.

These will be fun and engaging taster sessions!

<b>Start date</b>	18 <sup>th</sup> September	<b>End date</b>	18 <sup>th</sup> September
<b>Day</b>	Tuesday	<b>Time</b>	10.30 – 11.30 12.30 – 1.30
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Ruth – Nottingham Women’s Centre volunteer		
<b>How to register</b>	Book in advance at Nottingham Women’s Centre 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 on 0115 9411475 to register.

**3. Do I have to come to both sessions?**

No, the sessions will be identical, so choose which time suits you best when you book your place.

## Wills, Pensions and Financial Planning

Puzzled about pensions? Wondering about making a will? Come along to this one-off free workshop to find out more and get your questions answered.

All women are welcome to participate in this friendly and informative session which will consist of a one-hour presentation followed by time for your questions.

Find out about:

- Protecting your family – wills
- Pensions
- Investments
- Life cover
- Separating from your partner
- Financial planning

<b>Start date</b>	25 <sup>th</sup> September	<b>End date</b>	25 <sup>th</sup> September
<b>Day</b>	Tuesday	<b>Time</b>	12.30 – 2.30
<b>Room</b>	Basement Training Room	<b>Floor</b>	Basement
<b>Tutors</b>	Claudine – Just Wills & Legal Services Sally – Veracity Financial Planning		
<b>How to register</b>	Not applicable – just turn up		

### Frequently asked questions

**1. Can I just turn up or do I need to register?**

No need to register, just turn up.

**2. How much does it cost?**

It is free.

**3. Do I need to bring anything with me?**

No, but you may find it useful to bring a notepad.

## Other Groups and Activities

### CV Writing and Advice

Improve your employability, increase job opportunities, build your confidence and identify skills you didn't know you had!

- One to one sessions giving guidance on CVs and cover letters
- Reviewing and improving an existing CV
- Tailoring a CV to suit a specific job description to increase your employability
- Identifying transferable skills
- Transform a non-UK CV into a UK CV

Sessions can be in person or Skype/email/phone call

<b>Start date</b>	Ongoing	<b>End date</b>	Ongoing
<b>Dates</b>	To be arranged by appointment		
<b>Tutor</b>	Valentina – Nottingham Women's Centre volunteer		
<b>How to register</b>	Register your interest at reception: tel: 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a> and you will be contacted to arrange an appointment		

#### Frequently asked questions

**1. How much does it cost?**

It is free.

**2. Do I have to come to the Centre for my appointment?**

No, you can if you like, but sessions can also be held by Skype, telephone or email.



## Life Coaching

Do you feel stuck in your job?

Do you want to get back to work or move your life on in some way?

Maybe you feel uncertain or confused about which path to take?

### **Our new life coaching sessions could be for you**

- One to one sessions via telephone, skype or face to face
- No fixed amount of sessions- it's whatever you need/want
- Work out your goals and how to obtain them
- Be listened to
- Increase you self-confidence
- Put yourself in the driving seat for your progression

**PLEASE NOTE- Life coaching is NOT therapy or counselling**

<b>Day</b>	Wednesday	<b>Time</b>	5.00 – 6.00
<b>Dates</b>	To be arranged by appointment		
<b>Tutor</b>	Kate – Nottingham Women's Centre volunteer		
<b>How to register</b>	Register your interest at reception: tel: 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### **Frequently asked questions**

**1. Can I just turn up for a session?**

No, you must arrange an appointment.

**2. How much does it cost?**

It is free.

**3. Do I have to come to the Centre for my appointment?**

No, you can if you like, but sessions can also be held by Skype, telephone or email.

## Evening Activities

### auROARa (Drama Group)

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.

<b>Start date</b>	10 <sup>th</sup> September	<b>End date</b>	17 <sup>th</sup> December
<b>Day</b>	Monday fortnightly	<b>Time</b>	6.00 – 8.00 pm
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	10, 24 September; 8, 22 October; 5, 19 November; 3, 17 December		
<b>Dates not meeting</b>	17 September; 1, 15, 29 October; 12, 26 November, 10 December		
<b>Tutor</b>	Nikki – trained theatre practitioner		
<b>How to register</b>	Please register in advance by email: <b>womenstheatrenottingham@gmail.com</b>		

#### 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.

## Radical Readers

Join our informal women-only book club and consciousness raising group to chat about feminist literature: fact, fiction, poetry and children's books. All members of the group agree the book list twice a year. We meet from 5pm for welcome and snacks, with the group beginning at 5.30pm. Book shares within the group are encouraged; books are always chosen with ease of access in mind.

<b>Start date</b>	29 <sup>th</sup> August	<b>End date</b>	Ongoing
<b>Day</b>	Last Wednesday of the month	<b>Time</b>	5.00 for welcome drink 5.30 – 7.30
<b>Room</b>	Welcome Space	<b>Floor</b>	Ground
<b>Dates</b>	29 August, 26 September, 31 October, 28 November, 19 December		
<b>Facilitator</b>	Siân – volunteer		
<b>How to register</b>	Not applicable, just turn up		

### Frequently asked questions

- 1. Can I just turn up on the first day?**  
Yes.
- 2. How much does it cost?**  
It is free but donations towards drinks are welcome.

### Book list

**August** – “The Bone People” by Keri Hulme

**September** – “Americanah” by Chimamanda Ngozie

**October** - “Small Island” by Andrea Levy

**November** – tba

**December** - tba

If you can't get hold of a book for any reason just drop us a message – email [sian.nwc@gmail.com](mailto:sian.nwc@gmail.com). We're here for all women - that includes you.

## Wills, Pensions and Financial Planning

Puzzled about pensions? Wondering about making a will? Come along to this one-off free workshop to find out more and get your questions answered.

All women are welcome to participate in this friendly and informative session which will consist of a one-hour presentation followed by time for your questions.

Find out about:

- Protecting your family – wills
- Pensions
- Investments
- Life cover
- Separating from your partner
- Financial planning

<b>Start date</b>	14 <sup>th</sup> November	<b>End date</b>	14 <sup>th</sup> November
<b>Day</b>	Wednesday	<b>Time</b>	6.00 – 8.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Tutor</b>	Claudine – Just Wills & Legal Services Sally – Veracity Financial Planning		
<b>How to register</b>	Not applicable – just turn up		

### Frequently asked questions

- 1. Can I just turn up or do I need to register?**  
No need to register, just turn up
- 2. How much does it cost?**  
It is free
- 3. Do I need to bring anything with me?**  
No, but you may find it useful to bring a notepad

## Women Write at the Centre (Poetry Workshop)

A friendly creative atmosphere, where women are encouraged to explore their creativity to produce poetry, for all levels.

Each session will be themed:

- Pirates
- Imagination
- Heroines
- Stars

<b>Start date</b>	19 <sup>th</sup> September	<b>End date</b>	19 <sup>th</sup> December
<b>Day</b>	3 <sup>rd</sup> Wednesday of the month	<b>Time</b>	5.30 – 7.00
<b>Dates</b>	19 September; 17 October; 21 November; 19 December		
<b>Room</b>	Welcome Space	<b>Floor</b>	Ground
<b>Tutor</b>	Clare – Nottingham Women’s Centre volunteer		
<b>How to register</b>	No need to register, just turn up		

### Frequently asked questions

**1. Can I just turn up or do I need to register?**

No need to register, just turn up.

**2. How much does it cost?**

It is free.

**3. Do I need to bring anything with me?**

No, but you may find it useful to bring a notepad and pen/pencil.

## 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.*

## 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.

### STOP PRESS



#### The Queen's Award for Voluntary Service

We are proud to announce that the Nottingham Women's Centre Volunteers have received the Queen's Award for Voluntary Service.

The Award represents a tremendous achievement for our organisation. Classed as the MBE for volunteer groups, it is the highest award given to volunteer groups across the UK.

In order to receive the Award, a group must provide a service and meet a need for people living in the local community. The service needs to be supported, recognised and respected by the local community and the people who benefit from it.

Encouraged by and with a huge support from Dame Elizabeth Fradd DBE, we entered the awards. Our nominators thought we met all the criteria and that's down to the incredible work and time our volunteers dedicate to the Centre and our women. In the last 12 months, we have inducted 48 new volunteers, who have completed research; supported women in educational classes; run social groups, activities and events; joined our Board as well as supporting staff with administrative tasks.

We have also engaged with corporate volunteers who have raised money on our behalf, completed decorating tasks in the Centre and delivered a very successful budgeting course to our women.

From April 2017- March 2018 our volunteers donated **3,679 hours** to the Centre with an economic value of over **£69,800**.

**Helen Voce, CEO** of Nottingham Women's Centre says: We have three times as many volunteers as paid staff and we simply couldn't manage without them. They bring a wide range of skills and experience to enhance our offer to the women of Nottingham. I'd like to thank them all for their help and support.

**Julia Carter, Volunteer Coordinator** at Nottingham Women's Centre says: Being nominated for this award made us all proud. To actually receive it, is amazing but it's no

surprise that the work our volunteers do has been recognised in this way. They are so passionate about our work and the Centre and are always looking for ways they can help and improve on the service we provide. I am often humbled by their dedication and devotion. They truly deserve this recognition and I am proud to be working with them.

**Victoria, Volunteer** with Nottingham Women's Centre talks about the impact volunteering has had on her life: "It's been an amazing experience. I came to the Centre as a last chance before going to jail and thank God it worked for me. I didn't want to let Karen, who was my worker, down at the time. She was amazing, and even after I had finished my time there, she was always at the end of the phone. I had counselling there and learned who I was. I did lots of courses and decided to give something back so after 5 years of keeping out of trouble I could volunteer on the Changes programme. That was my starting point to prove I could and will do this! From there my life has changed. I am a better and calmer person. I push myself out of my comfort zone to proceed to better things. Being chosen out of 70 fellow volunteers was a massive achievement for me and being part of the women's centre is amazing. I feel like I have a purpose in life not just as a mum, even though being a mum has been amazing. Going to Buckingham Palace with Julia was just amazing and I'm so greatly appreciative of being allowed to do this for myself and the Nottingham Women's Centre."



## Library

Women's libraries are now in scarce supply across the country and the 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.*



## Opportunity and Change

Opportunity and Change is part of Building Better Opportunities, a national programme which is funded by the Big Lottery Fund and European Social Fund. We are one of the organisations delivering this project, by offering a person-centred employment service which delivers a holistic package of support to help women who have multiple and complex needs.

Women who meet the criteria for the project are allocated a Personal Navigator to work with them to help address and resolve their complex issues. The support is tailored to their needs and can be provided over a long period.

For more information contact Kiran.

Tel 07847 239072      Email: [kiran@nottinghamwomenscentre.com](mailto:kiran@nottinghamwomenscentre.com)



## Towards Work

Nottingham Women's Centre is one of a partnership of local organisations delivering the Groundwork Greater Nottingham, Towards Work, Building Better Opportunities programme jointly funded by the D2N2 Local Enterprise Partnership's European Social Fund (ESF) allocation and the Big Lottery Fund. We aim to support with those vital first steps towards gaining employment and overcoming barriers through a personalised service and support.

Towards Work offers bespoke, personalised and tailored solutions to support an individual's journey to personal progression and employment. Linking individuals with specialist local support and continued In-Work services resulting in job retention.

For more information contact Amy.

Tel: 07850503177      Email: [amy@nottinghamwomenscentre.com](mailto:amy@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](http://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](http://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](mailto: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 [reception@nottinghamwomenscentre.com](mailto:reception@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: [reception@nottinghamwomenscentre.com](mailto:reception@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).