



Nottingham Women's Centre

come on in

What's on

2019

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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).

Functional Maths

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	7 th January	End date	15 th July
Day	Monday	Time	12.30 – 14.30
Room	1	Floor	Ground
Dates	7, 14, 21, 28 January; 4, 11, 25 February; 4, 11, 18, 25 March; 1, 29 April; 13, 20 May; 3, 10, 17, 24 June; 1, 8, 15 July		
Dates not meeting	18 February; 8, 15, 22 April; 6, 27 May		
Tutor	Rebecca - 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 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.

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.

Start date	8 th January	End date	2 nd July
Day	Tuesday and Thursday	Time	10.00 – 12.00
Room	Room 1	Floor	Ground
Dates	8, 10, 15, 17, 22, 24, 29, 31 January; 5, 7, 12, 14, 26, 28 February; 5, 7, 12, 14, 19, 21, 26, 28 March; 2, 4, 23, 25, 30 April; 2, 7, 9, 14, 16, 21, 23 May; 4, 6, 11, 13, 18, 20, 25, 27 June; 2 July		
Dates not meeting	19, 21 February; 9, 11, 16, 18 April; 28, 30 May		
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 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 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 afternoon and Wednesday 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.

Start date	8 th January	End date	21 st May
Day	Tuesday and Wednesday	Time	12.30 – 14.30 (Tues class) 10.00 – 12.00 (Weds class)
Room	Room 1	Floor	Ground
Dates	8, 9, 15, 16, 22, 23, 29, 30 January; 5, 6, 12, 13, 26, 27 February; 5, 6, 12, 13, 19, 20, 26, 27 March; 2, 3, 23, 24, 30 April; 1, 7, 8, 14, 15, 21 May		
Dates not meeting	19, 20 February; 9, 10, 16, 17 April		
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

See previous page: ESOL (Tuesday and Thursday morning)

Find Your Voice! (Workshop)

This workshop will introduce participants to a range of techniques they can use to develop & express their unique voices and make 2019 the year to BE HEARD!

We will look at:

- The science behind how the voice works
- Ways to develop and strengthen your unique voice
- Calming and invigorating diaphragmatic breathing
- Feeling good through song!
- Cultivating a positive 'inner voice'
- Creative self-expression in written form

Date	29 th January		
Day	Tuesday	Time	10.00 – 13.00
Room	TBC	Floor	TBC
Tutor	Lorna – WEA tutor		
How to register	To guarantee your place, please register in advance by leaving your name and contact number with NWC reception. You will then be contacted by the WEA charity to register your place.		

Frequently asked questions

1. Can I just turn up?

No, please register in advance by leaving your name and contact number with NWC reception. You will then be contacted by the WEA charity to register your place.

2. How much does it cost?

This workshop is free of charge for women receiving benefits or tax credits. For anyone else there is a fee of £11.55 (£3.85 per hour). For women who are on low income or who are struggling financially, it may be possible for the WEA charity to deduct 50% off the workshop cost.

3. Do I need to bring anything with me?

No.

Find Your Voice! (6 week course)

This course will enable women to make the most of their own unique voices, as well as building the confidence to share their amazing voices with others!

We will look at:

- How the voice works and what makes us sound unique
- Common issues facing the female voice and how to combat them
- Creating a healthy voice through healthy diaphragmatic breathing
- Unleashing our vocal potential to BE HEARD!
- Feeling good through song
- Cultivating a positive 'inner voice'
- Building confidence and breaking down barriers to allow assertive expression
- Self-expression of our voices in written form

Start date	26 th February	End date	2 nd April
Day	Tuesday	Time	10.00 – 12.00
Room	TBC	Floor	TBC
Tutor	Lorna – WEA tutor		
How to register	To guarantee your place, please register in advance by leaving your name and contact number with NWC reception. You will then be contacted by the WEA charity to register your place.		

Frequently asked questions

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

No, to guarantee your place, please register in advance by leaving your name and contact number with NWC reception. You will then be contacted by the WEA charity to register your place.

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

You can join the course at any point but, in order to cover all the course topics and to grow in confidence, learners should try to attend as many sessions as possible.

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

No, but you will get most benefit if you attend as many as you can

4. How much does it cost?

This workshop is free of charge for women receiving benefits or tax credits. For anyone else there is a fee of £46.20 (£3.85 per hour). For women who are on low income or who are struggling financially, it may be possible for the WEA charity to deduct 50% off the workshop cost.

5. Do I need to bring anything with me?

No.

Women and Psychology

When people talk about psychology it's often confusing and negative about women and our place in society. To make sense of ideas that challenge women's lives, join us for informal discussions with a tutor who'll explain everything!

Start date	16 th January	End date	27 th March
Day	Wednesday	Time	10.00 – 12.00
Room	4	Floor	Ground
Dates	16, 23, 30 January; 6, 13, 27 February; 6, 13, 20, 27 March		
Dates not meeting	20 February		
Tutor	Jill - WEA tutor		
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 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.

Start date	17 th January	End date	28 th March
Day	Thursday	Time	1.30 – 2.30
Room	9	Floor	First
Dates	17, 24, 31 January, 7, 14, 28 February; 7, 14, 21, 28 March		
Dates not meeting	21 February		
Tutor	Kay - Nottingham Women's Centre volunteer		
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?**
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.

Conversational English

STAR's Women's Conversation Class (Student Action for Refugees) is a class aimed at giving refugee and asylum-seeking women the opportunity to practise and improve their day-to-day English. The class offers one to one tuition for one and a half hours, provided by students from the University of Nottingham in a fun, relaxed and enriching environment. Themes for the class will vary weekly, ranging from food to sport to learning about relevant services that are available. The classes offer worksheets, reading materials and activities that accommodate women with all levels of English.

Start date	6 th February	End date	13 th March
Day	Wednesday	Time	1.00 – 2.30
Room	9	Floor	First
Dates	6, 13, 20, 27, Feb; 6, 13 March		
Tutor	Student volunteers from University of Nottingham		
How to register	Book in advance at Reception		

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, just turn up when you can.
- 4. Do I need to bring anything with me?**
No.

Cooking with Siân

Would you like to spend less money on food? Do a little more home cooking? Eat well and try new things?

Cooking club is a 5 week course for women to gain confidence shopping for food and cooking, on a budget. A supportive, women only group meeting once per week. No experience necessary. Free with all ingredients provided and lunch included.

You will be cooking 5 adaptable meals over the length of the course and there will be a starter, spice and seasonings set for every woman who completes the course so you can continue cooking at home.

Maximum of 3 women per 5 week course; you should aim to commit to attend every week.

Start date	7th January	End date	4 th February
Day	Monday	Time	10.00 – 2.30
Room	4 and Kitchen	Floor	Ground
Dates	7, 14, 21, 28 January; 4 February		
Tutor	Siân – Nottingham Women’s Centre volunteer		
How to register	Book in advance at Reception		

Frequently asked questions

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

No, numbers are limited on this course so 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?

Yes, to get the full benefit from this course you should aim to come each week.

4. 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.

Please note: this group is not tutor led

Start date	Ongoing	End date	Ongoing
Day	Thursday	Time	10.00 – 12.00
Room	9	Floor	First
Tutor	This group is not tutor led		
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.

Mosaic Making

Make a mosaic, make a difference!

A series of workshops to create a mosaic reflecting women's experiences of coming to the Centre, combined with your chance to let us know what you think about us here at NWC.

Sarah, an experienced mosaic maker, will be accompanied by Pauline and Lyndsey, who want to hear what you have to say.

If this sounds like something you'd be interested in then come along to the first session.

Light refreshments will be provided

Start date	To be confirmed	End date	To be confirmed
Day	To be confirmed	Time	To be confirmed
Room	To be confirmed	Floor	To be confirmed
Facilitators	Sarah – NWC volunteer Pauline and Lyndsey – University of Nottingham		
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 is fine; check the dates and come along when you can
- 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, materials will be provided.

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.

Start date	11 th January	End date	Ongoing
Day	Friday	Time	11.00 – 12.00
Room	9	Floor	First
Tutor	Iwona - Nottingham Women's Centre volunteer		
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 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.

Poetry and Zine Workshops

You are invited to participate in a series of 3 creative writing workshops drawing inspiration from the rich history of women's poetry and poetry publications. Guided by a team of professional poets, you will have the opportunity to take a look at poetry publications from the 1960-90s, and develop your poems in a friendly and supportive environment. In the final workshop, Grrrl, a DIY (Do It Yourself) feminist zine collective, will teach us folding, binding, and collage techniques to make our own zines.

Women poets of all ages and abilities are warmly invited to attend. No experience is necessary; all materials will be provided. This is a chance to be creative, meet new people and have fun!

Places are limited, so please email to book your place. If possible, we ask that you commit to attending all three sessions.

Start date	18 th January	End date	1 st February
Day	Friday	Time	2.00 – 5.00
Room	1	Floor	Ground
Tutor	Lila – Nottingham Women's Centre volunteer (sessions 1 & 2) Representatives from Grrrl (session 3)		
How to register	Book in advance at Reception		

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?

You will get most out of this course if you can attend each session.

4. Do I need to bring anything with me?

No, all materials will be provided.

Psychodrama Psychotherapy Group

This is a weekly group to provide women with a safe supportive space to explore their lives, look at things differently, better understand themselves and gain confidence.

Psychodrama is a form of psychotherapy that supports people to explore situations from their own life through action. This may involve mapping out an issue, exploring a relationship, sharing thoughts and feelings, practising new skills and preparing for the future. Psychodrama is not about acting or performing.

Start date	1 st February	End date	12 th April
Day	Friday	Time	10.30 – 12.30
Room	1	Floor	Ground
Dates	1 ,8, 15 ,22 February; 1, 8, 15, 22, 29 March; 5, 12 April		
Tutor	Kirsty - Nottingham Women's Centre volunteer		
How to register	Contact Sara Garton: sara@nottinghamwomenscentre.com You will then be invited for an individual meeting with Kirsty to find out if the group is suitable for you.		

Frequently asked questions

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

No, contact Sara Garton: sara@nottinghamwomenscentre.com.

You will then be invited for an individual meeting with Kirsty to find out if the group is suitable for you.

2. How much does it cost?

It is free.

3. Do I need to bring anything with me?

No.

Yoga

An hour of Astanga Vinyasa Yoga with a qualified instructor. This will help to bring calm into the body and mind, challenging you physically and mentally in a fun way, helping you to take mindfulness into your daily life.

Start date	15 th January	End date	Ongoing
Day	Tuesday	Time	1.00 – 2.30
Room	9	Floor	First floor
Tutor	Alice – NWC volunteer		
How to register	No need to register, 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.

4. Do I need to bring anything with me?

Comfortable clothing is recommended and you may find it useful to bring a towel..

Other Groups and Activities

Creative Braiding

This free 10-week programme aims to engage women who are at risk of being not in education, employment or training (NEETs). The aim of the programme is to engage, impact and empower young women through a relatable tool such as creative hairstyling to get them feeling confident to pursue a purposeful focused life.

Some of the topics we will cover in this programme range from teaching women how to braid, to how to write a good quality CV, employability skills, emotional empowerment, hair photography and much more.

Does this sound good to you? If yes, go ahead and register . . .

Start date	To be confirmed	End date	To be confirmed
Day	To be confirmed	Time	To be confirmed
Room	To be confirmed	Floor	To be confirmed
Dates	To be confirmed		
Tutor	Niyo – Niyó Enterprise		
How to register	Email: admin@niyoenterprise.com or register your interest at Reception		

Frequently asked questions

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

No, please register your interest at Reception or email: admin@niyoenterprise.com

2. How much does it cost?

It is free.

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

You will get most out of this course if you can attend each session.

4. Do I need to bring anything with me?

No, all materials will be provided.

Change Programme

The Change Programme aims to help you identify and move towards the life you want for yourself. Including thinking about self-esteem and confidence, where does our motivation come from and what can we do if it feels lacking? What are supportive relationships? And dealing with problems or challenges through communication and assertiveness skills.

Start date	6 th February	End date	10 th April
Day	Wednesday	Time	10.00 – 12.00
Room	Basement Training Room	Floor	Basement
Dates	6, 13, 20, 27 February; 6, 13, 20, 27 March; 3, 10 April		
Facilitator	CHANGES Caseworker and volunteer		
How to register	Please register in advance at Reception		

Frequently asked questions

1. How much does it cost?

It is free.

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

No, you will need to register with reception and meet with one of the CHANGES team before joining the group.

3. Is it an open group?

No, this is a closed group.

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

Start date	Ongoing	End date	Ongoing
Dates	To be arranged by appointment		
Tutor	Valentina – Nottingham Women's Centre volunteer		
How to register	Register your interest at Reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com 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.

Nottingham Law School students, supervised by qualified solicitors will be available to offer advice on a range of legal issues, including:

Employment

- Have you been unfairly dismissed?
- Holiday Pay issues
- National Minimum Wage disputes

Welfare Benefits

- Do you have an appeal hearing?
- Are you entitled to benefits?

Housing

- Is your landlord seeking possession of your property?
- Is your Tenancy Deposit protected?
- Has your landlord failed to repair your property?

Day	Wednesday	Time	12.15 – 3.30
Room	1	Floor	Ground
Dates	30 Jan; 27 Feb; 13 March		
Facilitator(s)	Students from Nottingham Law School with qualified solicitors		
How to register	Register your interest at reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com and you will be contacted to arrange an appointment		

Frequently asked questions

1. How much does it cost?

It is free.

2. How do I make an appointment?

Appointments can be booked by contacting reception on 0115 9411475 or reception@nottinghamwomenscentre.com

Legal Advice Surgery

Nottingham Family Law Group is offering a series of Free Legal Advice Surgery sessions to users of Nottingham Women's Centre. They will be able to offer advice on:

- **Divorce and separation**
- **Matrimonial finance and property**
- **Child arrangements**
- **Domestic violence injunctions**
- **Legal Aid available**

Family Law Group Ltd is a firm of solicitors dedicated exclusively to Family Law and focused on providing the best legal advice and service to clients. They have offices in Nottingham, Chesterfield, Milton Keynes, Northampton, Wellingborough, Derby, Loughborough and Bedford and have been providing legal support and advice for over 10 years.

Day	2 nd Monday monthly	Time	9.30 – 12.30
Room	Basement Training Room and 18	Floor	Basement First
Dates	14 January; 11 February; 11 March; 8 April		
Facilitator(s)	Representatives from Nottingham Family Law Group		
How to register	You will need to book an appointment with Nottingham Family Law Group, telephone: 0115 9454555		

Frequently asked questions

1. Can I just turn up for a session?

No, you must arrange an appointment. Phone Nottingham Family Law Group, tel: 0115 9454555

2. How much does it cost?

It is free.

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

Day	Mondays Alternate Fridays	Time	4.00 – 7.00 10.30 – 12.30
Dates	To be arranged by appointment		
Tutor	Kate – Nottingham Women's Centre volunteer (Mondays) Lauren – Nottingham Women's Centre volunteer (Fridays)		
How to register	Register your interest at Reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com		

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.

Massage

We are delighted to be able to offer you the opportunity to enjoy a 30 minute neck and shoulder massage with a fully trained and qualified therapist.

There will be 3 appointment slots available, and you must book with reception beforehand (see below).

Day	Wednesday
Dates	30 January; 13, 27 February; 13, 27 March
Times	Appointments available at 2.00, 3.00, 4.00
Therapist	Janine
How to register	You must book an appointment with Reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com If you are unable to attend an appointment you must let us know as soon as possible so that we can offer the appointment to someone else.

Frequently asked questions

1. How much does it cost?

We suggest a donation of £5.00, this will be donated to the Centre to the cover costs of massage oils etc.

2. Can I come as many times as I like?

No, to make sure that as many women as possible get a chance to enjoy a massage, you can only book one massage session.

3. Will I need to undress?

Not if you don't want to, you can be massaged over your clothes.

4. What if I can't make my appointment?

Please let us know as soon as possible if you are unable to attend so that someone else can book a massage.

Peer Support

Peer support is a talking group for women who are experiencing mental/emotional difficulties or have at some point in their lives. The group is a safe place to learn effective ways of coping and to support others in the group by sharing lived experience.

Start date	2nd January	End date	Ongoing
Day	Wednesday	Time	1.00 – 2.30
Facilitator(s)	Senior NWC therapists		
How to register	Not applicable – just turn up		

Frequently asked questions

1. Can I just turn up for a session?

Yes, there is no need to book.

2. How much does it cost?

It is free.

3. Do I have to commit to coming to every session?

No, this is an open group, members can come as often or as little as they like.

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

Just come along to the next session.

5. Do I need to bring anything with me?

No.

Reiki

Reiki is a gentle healing technique, a 'hands off' process aimed at relaxation and balancing energy, working on different levels: the physical, mental, emotional and spiritual. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

Delivered on a 1:1 basis by a level 2 qualified professional.

Day	Mondays
Dates	11, 18, 25 February; 4, 11, 18, 25 March; 1, 8, 15 April
Times	Appointments available at 2.00 and 3.00
Therapist	Alison – Nottingham Women’s Centre volunteer
How to register	You must book an appointment with Reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com If you are unable to attend an appointment you must let us know as soon as possible so that we can offer the appointment to someone else.

Frequently asked questions

1. How much does it cost?

We suggest a donation of £5.00, this will be donated to the Centre to cover costs.

2. What if I can't make my appointment?

Please let us know as soon as possible if you are unable to attend so that someone else can book a session.

Evening and Weekend 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.

Start date	14 th January	End date	8 th April
Day	Monday fortnightly	Time	6.00 – 8.00 pm
Room	9	Floor	First
Dates	14, 28 January; 11, 25 February; 11, 25 March; 8 April		
Tutor	Nikki – trained theatre practitioner		
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.

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.

Start date	30 th January	End date	Ongoing
Day	Last Wednesday of the month	Time	5.00 for welcome drink 5.30 – 7.30
Room	Welcome Space	Floor	Ground
Dates	30 January, 27 February, 27 March, 24 April, 29 May, 26 June, 31 July, 28 August, 25 September		
Facilitator	Siân – volunteer		
How to register	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

January – “Homegoing” by Yaa Gyasi

February – “Written on the Body” by Jeanette Winterson

March - “Half Blood Blues” by Esi Edugyan

April – “Pachinko” by Min Jin Lee

May - “The Tiger’s Wife” by Téa Obreht

June - “The Tattooist of Auschwitz” by Heather Morris

July - “The Female Man” by Joanna Russ

August - “The Bees” by Laline Paull

September - “Bloodchild and other stories” by Octavia E Butler

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

rebel women

Be part of this new feminist reading group meeting on the 3rd Tuesday of each month. We will discuss a short text, either an essay, poem or speech or a chapter from a bigger book, written by a feminist.

No book to read beforehand!

Start date	15 th January	End date	19 th March, hopefully continuing
Day	3 rd Tuesday monthly	Time	6.00 – 8.00
Room	Welcome Space	Floor	Ground
Dates	15 January; 19 February; 19 March		
Facilitator	Siân – volunteer		
How to register	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.

Therapeutic Dance

Dance can often be used as an escape and for some people it is a fantastic way to get creative and become lost in movement. With our everyday stresses, life in general, and the fast pace of society, it is often difficult to find time for yourself. Therapeutic Dance sessions are a perfect opportunity to reconnect with your body and have some fun whilst boosting your self-esteem and elevating your mood.

Start date	19 th January	End date	Ongoing
Day	Saturday	Time	12.15 – 1.15
Room	9	Floor	First Floor
Tutor	Jessika – Nottingham Women’s Centre volunteer		
How to register	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?

We suggest a donation to the Centre to help cover costs.

3. Do I need to bring anything with me?

No, just wear comfortable clothing.

Women Write at the Centre (Poetry Workshop)

A friendly creative atmosphere, a safe space to have your say, where women are encouraged to explore their creativity to produce poetry, for all levels. There are no rules, just respect.

Start date	16 th January	End date	18 th December
Day	3 rd Wednesday of the month	Time	5.30 – 7.00
Room	Welcome Space	Floor	Ground
Tutor	Clare and Lolly – Nottingham Women’s Centre volunteers		
How to register	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 and of course, your wonderful ideas!

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



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



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 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

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).