



# 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**

## Nottinghamshire Community Foundation

We have been fortunate in obtaining funding from the Nottinghamshire Community Foundation from the Tampon Tax Community Fund, enabling us to fund reception staffing for some of our evening and weekend courses and groups.



## 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>	2nd May	<b>End date</b>	27 <sup>th</sup> June
<b>Day</b>	Thursday	<b>Time</b>	1.30 – 2.30
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	2, 9, 16, 23 May; 6, 13, 20, 27 June		
<b>Dates not meeting</b>	30 May		
<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.

## 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>	14 <sup>th</sup> January	<b>End date</b>	22 <sup>nd</sup> July
<b>Day</b>	Monday fortnightly (not bank holidays)	<b>Time</b>	6.00 – 8.00 pm
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	14, 28 January; 11, 25 February; 11, 25 March; 8, 29 April; 13 May; 10, 24 June; 8, 22 July		
<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 by email to the address above.
- 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.



## 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.

<b>Start date</b>	15 <sup>th</sup> May	<b>End date</b>	10 <sup>th</sup> July
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	Basement Training Room	<b>Floor</b>	Basement
<b>Dates</b>	15, 22, 29 May; 5, 12, 19, 26 June; 3, 10 July		
<b>Facilitator</b>	CHANGES Caseworker and volunteer		
<b>How to register</b>	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.

## 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.

<b>Start date</b>	2 <sup>nd</sup> October	<b>End date</b>	11 <sup>th</sup> December
<b>Day</b>	Wednesday	<b>Time</b>	1.00 – 2.30
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	2, 9, 16, 23, 30 October; 6, 13, 20, 27 November; 4, 11 December		
<b>Tutor</b>	Student volunteers from University of Nottingham		
<b>How to register</b>	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.

## Conversations and Explorations

A series of friendly, women only conversation 'workshops' with outings, visits and the opportunity to explore ideas, build confidence and discover more about your city.

We meet at the Centre for conversation and planning of each outing.

<b>Start date</b>	10 <sup>th</sup> July	<b>End date</b>	17 <sup>th</sup> July
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 1.00
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	10, 17 July		
<b>Tutor</b>	Jill & Clare – WEA tutors		
<b>How to register</b>	Email Jill: <a href="mailto:jillarnold23b@gmail.com">jillarnold23b@gmail.com</a> or phone 07808 775713		

### Frequently asked questions

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

Free to those on benefits and eligible.

**2. What do I need to bring?**

Comfortable shoes are a good idea and maybe a drink and snack. A notebook and pen would be useful for recording ideas, information and experiences.

## 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.

## Creative Braiding

This free 10-week hair braiding programme is set to engage, impact and empower women through gaining a new skill confident to pursue a purposeful and financially sustainably life.

We will focus on teaching the below:

- Cornrows
- Braids with and without extensions
- And many more

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

<b>Start date</b>	22 <sup>nd</sup> May	<b>End date</b>	24 <sup>th</sup> July
<b>Day</b>	Wednesday	<b>Time</b>	5.30 – 7.30
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	22, 29 May; 5, 12, 19, 26 June; 3, 10, 17, 24 July		
<b>Tutor</b>	Oyin – Niyó Enterprise		
<b>How to register</b>	Email: <a href="mailto:admin@niyoenterprise.com">admin@niyoenterprise.com</a> 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](mailto:admin@niyoenterprise.com)

**2. What if I can't come to the first session?**

If you cannot attend the first session, it will be fine as it's more of an introductory session.

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

It is free.

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

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

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

No, all materials will be provided.

## 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.

## 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>	8 <sup>th</sup> January	<b>End date</b>	2 <sup>nd</sup> July
<b>Day</b>	Tuesday and Thursday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	Room 1	<b>Floor</b>	Ground
<b>Dates</b>	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		
<b>Dates not meeting</b>	19, 21 February; 9, 11, 16, 18 April; 28, 30 May		
<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 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.

<b>Start date</b>	8 <sup>th</sup> January	<b>End date</b>	21 <sup>st</sup> May
<b>Day</b>	Tuesday and Wednesday	<b>Time</b>	12.30 – 14.30 (Tues class) 10.00 – 12.00 (Weds class)
<b>Room</b>	Room 1	<b>Floor</b>	Ground
<b>Dates</b>	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		
<b>Dates not meeting</b>	19, 20 February; 9, 10, 16, 17 April		
<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)



## 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.

<b>Start date</b>	7 <sup>th</sup> January	<b>End date</b>	15 <sup>th</sup> July
<b>Day</b>	Monday	<b>Time</b>	12.30 – 14.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	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		
<b>Dates not meeting</b>	18 February; 8, 15, 22 April; 6, 27 May		
<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 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.

## 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 your self-confidence
- Put yourself in the driving seat for your progression

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

<b>Day</b>	Alternate Mondays Alternate Fridays	<b>Time</b>	1.00 – 7.00 10.30 – 12.30
<b>Dates</b>	To be arranged by appointment		
<b>Tutor</b>	Kate – Nottingham Women's Centre volunteer (Mondays) Lauren – Nottingham Women's Centre volunteer (Fridays)		
<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.

## Meditation

Meditation can inject far-reaching and long-lasting benefits into our lives. These sessions will support and enable women to realise the beauty of their inner self through meditation. They will help you to move on from toxic stresses, nurture your own well-being and boost your self-confidence.

Meditation sessions are facilitated by trained tutors.

<b>Start date</b>	11 <sup>th</sup> May	<b>End date</b>	Ongoing
<b>Day</b>	Saturday	<b>Time</b>	1.30 – 3.00
<b>Tutor</b>	Rosemary – NWC volunteer		
<b>How to register</b>	No need to register, just turn up.		

### Frequently asked questions

- 1. Can I just turn up for a session?**  
Yes
- 2. Do I need to attend each session?**  
No, just come along when you can.
- 3. How much does it cost?**  
It is free.
- 4. Do I need to bring anything with me?**  
No, but wear comfortable clothing.

## Meditation

Meditation can inject far-reaching and long-lasting benefits into our lives. These sessions will support and enable women to realise the beauty of their inner self through meditation. They will help you to move on from toxic stresses, nurture your own well-being and boost your self-confidence.

Meditation sessions are facilitated by trained tutors.

<b>Start date</b>	15th May	<b>End date</b>	Ongoing
<b>Day</b>	Wednesday	<b>Time</b>	6.30 – 7.30
<b>Tutor</b>	Rosemary – NWC volunteer		
<b>How to register</b>	No need to register, just turn up.		

### Frequently asked questions

- 1. Can I just turn up for a session?**  
Yes
- 2. Do I need to attend each session?**  
No, just come along when you can.
- 3. How much does it cost?**  
It is free.
- 4. Do I need to bring anything with me?**  
No, but wear comfortable clothing.

## 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.

<b>Start date</b>	2nd January	<b>End date</b>	Ongoing
<b>Day</b>	Wednesday	<b>Time</b>	1.00 – 2.30
<b>Facilitator(s)</b>	Senior NWC therapists		
<b>How to register</b>	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.

## 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>	11 <sup>th</sup> January	<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.

## 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.

<b>Start date</b>	3 <sup>rd</sup> May	<b>End date</b>	19 <sup>th</sup> July
<b>Day</b>	Friday	<b>Time</b>	10.30 – 12.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	3, 10, 17, 24 May; 7, 14, 21, 28 June; 5, 12, 19 July		
<b>Dates not meeting</b>	31 May		
<b>Tutor</b>	Kirsty - Nottingham Women's Centre volunteer		
<b>How to register</b>	Contact Sara Garton: <a href="mailto:sara@nottinghamwomenscentre.com">sara@nottinghamwomenscentre.com</a> 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](mailto: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.



## 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.

<b>Day</b>	Mondays
<b>Dates</b>	Starting 7th October
<b>Times</b>	Appointments available at 2.00 and 3.00
<b>Therapist</b>	Alison – Nottingham Women's Centre volunteer
<b>How to register</b>	You <b>must</b> book an appointment with Reception: tel: 0115 9411475 or email <b>reception@nottinghamwomenscentre.com</b> 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.

## 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. We would like to welcome new women to attend the group and we will provide all the background needed to take part. We will be sharing our story from the first Storytelling club and asking women to reflect upon their own experiences: What similarities can they identify in their own story, what differences exist from their experiences and what hasn't been said.

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

<b>Start date</b>	30 <sup>th</sup> April	<b>End date</b>	21 <sup>st</sup> May
<b>Day</b>	Tuesday	<b>Time</b>	1.00 – 3.00
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	30 April; 7, 14, 21 May		
<b>Tutors</b>	Lynlsey and Pauline – University of Nottingham		
<b>How to register</b>	No need to register, just turn up.		

### Frequently asked questions

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

Yes.

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

That is fine; you can attend any of the sessions.

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

It is free.

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

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

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

No, a diary and pen will be provided.

## 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.

<b>Start date</b>	27 <sup>th</sup> April	<b>End date</b>	Ongoing
<b>Day</b>	Saturday	<b>Time</b>	12.15 – 1.15
<b>Room</b>	9	<b>Floor</b>	First Floor
<b>Tutor</b>	Jessika – 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?**

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 and Psychology

The psychology of what it means to be a woman, can be confusing! This **beginners' class** will help you to make sense of your self-identity, explore wider gender roles and issues and how to deal with the everyday challenges that face women today.

### What can Psychology do for you?

**The media and 'folk' psychology often portray women in negative ways** - so we can start by challenging stereotypes and myths and explore more **positive and useful** ideas that could help us to understand our behaviour and the ways we think and feel.

So, over the ten sessions, we will draw on and discuss some **key ideas from recent psychology** to help us make sense of what it is to be a woman - how we develop a sense of gendered identity and a sense of self in everyday life. **By reflecting on our experiences**, we can also explore how **wider social issues** impact on our well-being - individually and collectively - and about growing up, forming relationships and much, more!

So, **join us for a mind changing course** and discover just what makes women 'tick' and our 'place' in society.

<b>Start date</b>	24 <sup>th</sup> April	<b>End date</b>	3 <sup>rd</sup> July
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	24 April: 1, 8, 15, 22 May; 5, 12, 19, 26 June; 3 July		
<b>Dates not meeting</b>	29 May		
<b>Tutor</b>	Bill - WEA tutor		
<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.

## Women Creating Change

We all need help and one way is to see how you can build on what you know about your strengths and skills to discover how you can make positive changes for yourself and others too. This short, women friendly course, will help you to build your confidence and to find your own voice as you make practical plans towards fulfilling ambitions. Join us for some lively discussion and fun of working with others to taking first steps to making both personal changes and also how to become an active agent for change in your community or for the planet or both!

<b>Start date</b>	5 <sup>th</sup> June	<b>End date</b>	19 <sup>th</sup> June
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	5, 12, 19 June		
<b>Tutor</b>	Jill – WEA tutor		
<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 benefits and eligible.

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

No.

## Women's Voices: Singing

This course will enable women to come together and have fun singing empowering songs, whilst also building their confidence and receiving professional vocal tuition!

<b>Start date</b>	21 <sup>st</sup> May	<b>End date</b>	23 <sup>rd</sup> July
<b>Day</b>	Tuesday	<b>Time</b>	10.30 – 12.00
<b>Dates</b>	21, 28 May; 4, 11, 18, 25 June; 2, 9, 16, 23 July		
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Lorna – WEA tutor		
<b>How to register</b>	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 need to attend one of the first two sessions to meet WEA funding requirements.

**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.

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

No.



## 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.

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

## Yoga

Come for an hour and a half of mindful Hatha Yoga practice, with focus on healing and finding balance. We will be working compassionately with ourselves to create strength, stability and structural alignment in the body and mind using *vinyasa* (movement); *yoga asanas* (postures) and using *pranayama* (breath work) to further invigorate and balance the *chakras* (which basically equate to the autoimmune system and general well-being), as well as learning to prepare for and practice meditation.

Meditation is the ultimate goal of yoga. This class is suitable for all levels and is aimed at helping women find strength and focus, or maybe you're just looking to have some fun and improve overall health and posture.

We will be working mindfully towards practising self-compassion and generating our own healing. Please come into the class mindfully, especially if you're late. Suggested donation is £2.

<b>Start date</b>	30 <sup>th</sup> April	<b>End date</b>	Ongoing
<b>Day</b>	Tuesday	<b>Time</b>	1.30 – 3.00
<b>Room</b>	9	<b>Floor</b>	First floor
<b>Tutor</b>	Emma – NWC volunteer		
<b>How to register</b>	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?**

A donation of £2 is suggested.

**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 and you may find it useful to bring a towel..

## 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 and £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).