



# Nottingham Women's Centre

come on in

What's on

September 2019

Version 2



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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 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>	12 <sup>th</sup> September	<b>End date</b>	17 <sup>th</sup> October
<b>Day</b>	Thursday	<b>Time</b>	1.30 – 2.30
<b>Room</b>	9	<b>Floor</b>	First
<b>Dates</b>	12, 19, 26 September; 3, 10, 17 October		
<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.

## Comedy Workshops

Fancy having a go at Comedy? Then come along & join our fun, supportive workshops. No experience necessary. Open to all forms of comedic performance. Our women-only comedy workshops will provide a safe space to experiment, explore the structure and form of comedy via group discussions and activities, and be inspired to write and practice your own material. We will also be inviting established comedians as guests to provide inspiration and lead an activity.

<b>Start date</b>	25 <sup>th</sup> September	<b>End date</b>	tbc
<b>Day</b>	Wednesday	<b>Time</b>	6.30 – 8.30 pm
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	25 September; 23 October; 27 November; Dec tbc		
<b>Tutor</b>	Sarah – Women Got Talent		
<b>How to register</b>	Register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### Frequently asked questions

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

No, you will need to register in advance at Reception.

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

Not a problem, the workshop content is ongoing. You can dip in and out.

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

£5.00

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

A notepad would be useful.

## Conversations and Explorations

These two linked workshops offer 'women friendly' opportunities to discover how to become more confident generally, but in particular how to explore, access and enjoy the many resources and places for recreation and information in Nottingham and/or where you live. Topics for discussion will depend on students' interests, but we will consider ideas and practical ways, for example; to overcome fears about interactions with others when out and about, problems (especially for women) of travel or going to unfamiliar places, to see yourself as having rights to take up locally available opportunities of all kinds: travel info, where to get information, women friendly parks, libraries, cafes, museums, art galleries etc). There will be a short 'outing' in each session into the immediate surroundings, to enable us to reflect in later conversations on the experience of 'going out' and to consider creative ways (e.g. photography, resource mapping, and diary keeping) to document information for future use.

<b>Start date</b>	25 <sup>th</sup> October	<b>End date</b>	1 <sup>st</sup> November
<b>Day</b>	Friday	<b>Time</b>	10.00 – 2.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	25 October; 1 November		
<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 (or £32.00).

#### 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.

## 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 Nottingham Women's Centre Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### 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.

## 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 Writing

An introduction to different aspects of creative writing, to develop skills and confidence in writing, to offer opportunities for women writers to connect with each other and build a sense of community. Led by Lila Matsumoto (assistant professor of creative writing at UoN) and her PhD students. Each week will be themed.

Topics will include:

- Art writing: creative writing in response to visual art
- Journaling: how keeping a journal can benefit your creativity and your life
- Landscape and memory in creative writing
- Cultivating voice and character in poetry
- 'Words for walking': discussion and creative writing workshop on the theme of walking

<b>Start date</b>	14 <sup>th</sup> October	<b>End date</b>	9 <sup>th</sup> March
<b>Day</b>	2 <sup>nd</sup> Monday monthly	<b>Time</b>	5.00 – 8.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	14 October; 11 November; 9 December; 10 February; 9 March		
<b>Tutor</b>	Lila & PhD students – University of Nottingham		
<b>How to register</b>	Please register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### Frequently asked questions

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

It would be helpful if you registered your interest at Reception (see details above).

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

It is free.

#### 3. Must I attend every session?

No, you can come to any or all of the sessions, whenever you are able to attend.

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

A pen/pencil and notepad may be useful.

## 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 by Skype, email or telephone.

<b>Start date</b>	September	<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 <b>reception@nottinghamwomenscentre.com</b> 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.

## Assessment Sessions for Maths, English and ESOL

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

<b>How to register</b>	Please register your contact details at Nottingham Women's Centre reception or call 0115 9411475.		
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<b>Date</b>	Monday 9 <sup>th</sup> September	<b>Time</b>	Appointments available between 10.00 – 2.00	<b>Room</b>	1 (ground floor)
<b>Date</b>	Tuesday 10 <sup>th</sup> September	<b>Time</b>	Appointments available between 10.00 – 2.00	<b>Room</b>	1 (ground floor)

### Frequently asked questions

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

Yes, you will need to book an appointment slot for your assessment.

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

No, just come at your pre-booked appointment time.

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

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

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

It is free.

## ESOL (Tuesday & Wednesday afternoon)

This entry level course could be for you if English is not your first language and you would like to improve your English language skills. We will use real life situations to ask questions and get information, listen for the general idea and details, and give information about events in the past, present and future. We will use role play to practice useful conversations, for example, at the doctor's, in a job interview. We will work on ways to improve your pronunciation.

<b>Start date</b>	17 <sup>th</sup> September	<b>End date</b>	11 <sup>th</sup> December
<b>Day</b>	Tuesday & Wednesday	<b>Time</b>	12.30 – 2.30
<b>Room</b>	Room 1	<b>Floor</b>	Ground
<b>Dates</b>	17, 18, 24, 25 September; 1, 2, 8, 9, 15, 16 October; 5, 6, 12, 13, 19, 20, 26, 27 November; 3, 4, 10, 11 December		
<b>Dates not meeting</b>	22, 23, 29, 30 October		
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

### Frequently asked questions

#### 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 benefits 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, Wednesday & Thursday morning)

This course will bring together everything you have learned at Entry level, and enable you to read confidently in a wide range of everyday and formal situations. We will look at how paragraphs and punctuation can aid understanding. We will develop skills to predict the meaning of a text, using vocabulary, grammatical features, and indirect cues.

<b>Start date</b>	17 <sup>th</sup> September	<b>End date</b>	19 <sup>th</sup> December
<b>Day</b>	Tuesday, Weds & Thursday	<b>Time</b>	10.00 - 12.00
<b>Room</b>	Room 1	<b>Floor</b>	Ground
<b>Dates</b>	17, 18, 19, 24, 25, 26 September; 1, 2, 3, 8, 9, 10, 15, 16, 17, Oct; 5, 6, 7, 12, 13, 14, 19, 20, 21, 26, 27, 28 November; 3, 4, 5, 10, 11, 12, 17, 18, 19 December		
<b>Dates not meeting</b>	22, 23, 24, 29, 30, 31 October		
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

### Frequently asked questions

See previous page: ESOL (Tuesday & Wednesday afternoon)

## Functional English

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

<b>Start date</b>	19 <sup>th</sup> September	<b>End date</b>	12 <sup>th</sup> December
<b>Day</b>	Thursday	<b>Time</b>	12.30 – 2.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	19, 26 September; 3, 10, 17 October; 7, 14, 21, 28 November; 5, 12 December		
<b>Dates not meeting</b>	24, 31 October		
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

### Frequently asked questions

#### 1. What are the eligibility criteria?

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

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

No. All students need to attend an initial assessment session before they can be offered a place. This is so we can place students in a group that is the right level for them.

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

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

#### 4. Can I work towards a qualification?

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

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

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

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

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

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

No.

**8. What are my options after completing this course?**

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

## Functional Maths (Monday morning)

This course will help you improve your everyday number skills in a friendly and supportive environment. We will use common situations like shopping, travel, house and home, DIY and health to develop your ability to perform calculations using decimals, percentages, time and units of measurement. We will start to explore ratios and the conversion of measurement (e.g. Fahrenheit to Centigrade). These activities will support you to feel more independent in the everyday mathematical issues you encounter.

All students will work towards a Functional Skills Maths qualification.

<b>Start date</b>	16 <sup>th</sup> September	<b>End date</b>	9 <sup>th</sup> December
<b>Day</b>	Monday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	16, 23, 30 September; 7, 14 October; 4, 11, 18, 25 November; 2, 9 December		
<b>Dates not meeting</b>	21, 28 October		
<b>Tutor</b>	Rebecca - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

### Frequently asked questions

#### 1. What are the eligibility criteria?

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

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

No. All students need to attend an initial assessment session before they can be offered a place. This is so we can place students in a group that is the right level for them.

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

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

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

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

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

It is free.

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

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

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

No.

**8. What are my options after completing this course?**

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

**Functional Maths (Monday afternoon)**

See previous page: Functional Maths (Monday morning)

<b>Start date</b>	16th September	<b>End date</b>	9th December
<b>Day</b>	Monday	<b>Time</b>	12.30 – 2.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	16, 23, 30 September; 7, 14 October; 4, 11, 18, 25 November; 2, 9 December		
<b>Dates not meeting</b>	21, 28 October		
<b>Tutor</b>	Rebecca - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

**Frequently asked questions**

See previous page: Functional Maths (Monday morning)

## How to be a Feminist

A short course introducing current ideas about what is meant by ‘being a feminist’ and discussions exploring how it can build confidence to engage with issues and difficulties facing women today.

We will explore, from a feminist perspective, the ways in which language constructs and defines women. We will examine feminist theories of language and investigate how women are disadvantaged by language in real and fictional context.

<b>Start date</b>	28 <sup>th</sup> November	<b>End date</b>	5 <sup>th</sup> December
<b>Day</b>	Thursday	<b>Time</b>	10.00 – 1.00
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	28 November; 5 December		
<b>Tutor</b>	Roberta – WEA tutor		
<b>How to register</b>	Please register your interest at Nottingham Women’s Centre Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### 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.

## 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 - 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>	5.00– 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.

## 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>	Ongoing	<b>End date</b>	Ongoing
<b>Day</b>	Wednesday	<b>Time</b>	1.00 – 2.30
<b>Room</b>	Basement Training Room	<b>Floor</b>	Basement
<b>Facilitator(s)</b>	Micha – Peer Support Coordinator		
<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>	Ongoing	<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>	6 <sup>th</sup> September	<b>End date</b>	18 <sup>th</sup> October
<b>Day</b>	Friday	<b>Time</b>	10.00 – 1.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	6, 13, 20, 27 September; 4, 11, 18 October		
<b>Tutor</b>	Kirsty - Nottingham Women's Centre volunteer		
<b>How to register</b>	If you are interested in this group, please complete a referral form, available from Reception. 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, please complete a referral form, available from Reception. 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 <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a> 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.

## 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>	7 <sup>th</sup> September	<b>End date</b>	19 <sup>th</sup> October
<b>Day</b>	Saturday	<b>Time</b>	12.15 – 1.15
<b>Dates</b>	7, 14, 21, 28 September; 5, 12, 19 October		
<b>Room</b>	9	<b>Floor</b>	First Floor
<b>Tutor</b>	Jessika – Nottingham Women's Centre tutor		
<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 as Activists

This course will provide a brief introduction to women as activists with a view to applying activist principles to our own lives. We will look at the different styles of activism (e.g. personal and community). We will explore the role of women in creating change and how they work towards furthering the cause for social justice. Become empowered through research, accessing archives and writing different women's history.

**IMPORTANT INFORMATION:** the third session on 28<sup>th</sup> September will be held at the Nottingham Contemporary on Weekday Cross in a safe, women only space.

<b>Start date</b>	14 <sup>th</sup> September	<b>End date</b>	28 <sup>th</sup> September
<b>Day</b>	Saturday	<b>Time</b>	1.00 – 3.00
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Dates</b>	14, 21, 28 September (see <b>Important Information</b> regarding the session on 28 September)		
<b>Tutor</b>	Panya - WEA tutor		
<b>How to register</b>	Please register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### Frequently asked questions

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

Please register your contact details to avoid disappointment.

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

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

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

Free to those on low incomes or means tested benefits (or £24.00).

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

You will need something to write with and a notebook for your research.

## Women and Confidence Building

Whatever your circumstances, this course will help you to build your confidence when dealing with everyday situations, improve your communications skills and explore ways to make positive changes in your life.

Join us to understand and overcome some of the barriers that get in the way of having a confident sense of self, and learn how to deal with your emotions, attitudes to life (and prejudices!) and the impact of interactions that make us feel uncomfortable or lower our self-esteem. You will also learn practical ways to 'manage' some of those situations and tricky conversations and understand how and why things can go wrong (particularly for women) so we can put them right. We will also work to develop plans for positive changes in your everyday life with confidence. This course will make sure you are okay as you become a more confident 'you' and explore how to continue build a thriving (not just surviving) sense of self!

<b>Start date</b>	25 <sup>th</sup> September	<b>End date</b>	4 <sup>th</sup> December
<b>Day</b>	Wednesday	<b>Time</b>	10.00- 12.15
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	25 September; 2, 9, 16, 23 October; 6, 13, 20, 27 November; 4 Dec		
<b>Dates not meeting</b>	30 October		
<b>Tutor</b>	Jill - WEA tutor		
<b>How to register</b>	Please register your interest at Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### 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 (or £90.00).

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

No.

## Women and Language

This course explores the ways in which language constructs and defines women. It examines feminist theories of language, and investigates how women are disadvantaged by language in real and fictional contexts. We will engage in discussion on the concepts introduced, as well as in a variety of writing and reading tasks, designed to enable women to challenge received ideas and create new linguistic identities. No prior knowledge of language theory or of linguistics is needed.

<b>Start date</b>	1 <sup>st</sup> October	<b>End date</b>	19 <sup>th</sup> November
<b>Day</b>	Tuesday	<b>Time</b>	1.00 – 3.15
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Dates</b>	1, 8, 15 October; 5, 12, 19 November		
<b>Dates not meeting</b>	22, 29 October		
<b>Tutor</b>	Roberta - WEA tutor		
<b>How to register</b>	Please register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### 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 (or £48.00).

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

No.

## Women's Voices: Singing

Through a combination of practical exercises, vocal coaching and confidence building activities, this course will allow participants to develop their singing voices and then come together as a group to have fun singing empowering songs, whilst also building their confidence and receiving professional vocal tuition

<b>Start date</b>	24 <sup>th</sup> September	<b>End date</b>	10 <sup>th</sup> December
<b>Day</b>	Tuesday	<b>Time</b>	10.30 – 12.00
<b>Dates</b>	24 September; 1, 8, 15 October; 5, 12, 19, 26 November; 3, 10 December		
<b>Dates not meeting</b>	22, 29 October		
<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 secure 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 course is free of charge for women receiving benefits or tax credits (or £72.00).

#### 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. We will also look at poetry structures; bring along your favourite published poems to discuss. There are no rules, just respect.

<b>Start date</b>	4 <sup>th</sup> September	<b>End date</b>	18 <sup>th</sup> December
<b>Day</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of the month	<b>Time</b>	5.30 – 7.00
<b>Dates</b>	4, 18 September; 2, 16 October; 6, 20 November; 4, 18 December		
<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 and 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>	Ongoing	<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.



### The Queen's Award for Voluntary Service

In 2018 the Nottingham Women's Centre Volunteers 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.

From April 2018- March 2019 **71** volunteers donated **4,815 hours** to the Centre with an economic value of **£87,156.00**.

**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. 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 now."

## 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 1970's and 80's when the library was first set up, alongside 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 Sheriff 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)



## 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)

### JUNO Women's Aid

JUNO Women's Aid 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

<https://junowomensaid.org.uk>

### Kairos

This group provides 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.

It offers 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:**

[lsg.nottingham@gmail.com](mailto:lsg.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).