



Nottingham Women's Centre

come on in

What's on

2020

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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.



Beauty Therapy

The Level 2 Diploma in Complementary Therapies is ideal if you are looking to enhance your own well-being, learn new skills or embark on a new career in complementary therapies. You will learn about massage, reflexology, aromatherapy, healthy eating and general well-being.

Start date	15 th January	End date	15 th April
Day	Wednesday	Time	5.00 – 8.00
Room	1	Floor	Ground
Dates	15 ,22, 29 January; 5, 12, 19, 26 February; 4, 11, 18, 25 March; 1, 8, 15 April		
Tutor	Jo - White Rose Beauty College		
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

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?**
You will need to discuss this with the course leader.
- 3. How much does it cost?**
It is free.
- 4. Can I work towards a qualification?**
Yes, on successful completion of the course you will gain a Level 2 Diploma in Complementary Therapies.
- 5. Do I need to bring anything with me?**
A pen, paper and a folder to keep your notes in.
- 6. What are my options after taking this course/activity?**
You could progress to a Level 3 course in Complementary Therapies and become a fully qualified therapist.

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: in January - Improv, led by Minder and in February - Creative Writing, led by Pip.

Start date	22 nd January	End date	26 th November
Day	Jan/Feb: 4 th Weds monthly March onwards: 4 th Thursday monthly	Time	6.00 – 8.30 pm
Room	1	Floor	Ground
Dates	22 January; 26 February; 26 th March; 23 rd April; 28 th May; 25 th June; 23 rd July; 24 th September; 22 nd October; 26 th November		
Tutor	Sarah – Women Got Talent		
How to register	Register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

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.

Conversational English

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

Start date	22 nd January	End date	13 th May
Day	Wednesday	Time	1.00 – 2.30
Room	9	Floor	First
Dates	22, 29 January; 5, 12, 19, 26 February; 4, 11, 18, 25 March; 1 April; 6, 13 May		
Tutor	Student volunteers from University of Nottingham		
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

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.

Start date	Ongoing	End date	Ongoing
Day	Thursday	Time	10.00 – 1.00
Room	9	Floor	First
Tutor	This group is not tutor led		
How to register	Not applicable, just turn up		

Frequently asked questions

1. How much does it cost?

It is free.

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

No, simply come along when you can.

3. Do I need to bring anything with me?

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

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

Start date	10 th February	End date	9 th March
Day	2 nd Monday monthly	Time	5.00 – 8.00
Room	1	Floor	Ground
Dates	10 February; 9 March		
Tutor	Lila & PhD students – University of Nottingham		
How to register	Please register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

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.

ESOL Level 1 Speaking and Listening

This course will bring together everything you have learned at Entry level, and enable you to communicate effectively and listen for new and relevant information in a wide range of everyday and formal situations. We will look at how we adapt our communication depending on who we are talking to, and the importance of body language and facial expressions in face to face situations.

Start date	14 th January	End date	11 th June
Day	Tuesday & Thursday	Time	10.00 – 12.00
Room	Room 1	Floor	Ground
Dates	14, 16, 21, 23, 28, 30 Jan; 4, 6, 11, 13, 25, 27 Feb; 3, 5, 10, 12, 17, 19, 24, 26, 31 Mar; 2, 21, 23, 28, 30 Apr; 5, 7, 12, 14, 19, 21 May; 2, 4, 9, 11 Jun		
Dates not meeting	18, 20 February; 7, 9, 14, 16 April; 26, 28 May		
Tutor	Cathy - WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475. The tutor will let you know if the course is open to new applicants.		

Frequently asked questions

1. What are the eligibility criteria?

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

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

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

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

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

4. Can I work towards a qualification?

No, this is an unaccredited course.

5. How much does it cost?

Free to those on 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.

Exercise & Massage

This exercise class is all about taking part in exercise that is suitable and enjoyable for you. Gain social confidence in an environment where all ages and all levels of fitness are welcome! Exercise can:

- Make you feel happier and more confident
- Aid weight loss
- Tone and strengthen your body
- Help with sleep quality

After exercise, if you like, enjoy a 15-minute massage of your choice:

- Sports Massage
- Soft Tissue Massage
- Relaxation Massage

Start date	Ongoing	End date	Ongoing
Day	Wednesday	Time	6.00 – 8.00pm
Room	9 & 10	Floor	First
Tutor	Hannah – University of Nottingham volunteer		
How to register	Please register your interest at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

Frequently asked questions

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

Yes, but it would be better to register your interest in advance.

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, but obviously you will benefit if you attend regularly.

5. Do I need to bring anything with me?

Comfortable clothing is recommended and maybe a small towel.

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

Employment

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

Welfare Benefits

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

Housing

- Is your landlord seeking possession of your property?
- Is your Tenancy Deposit protected?

Has your landlord failed to repair your property?

Day	Wednesday	Time	12.15 – 3.15
Dates and times	22 January; 5 February; 4 March		
Room	1	Floor	Ground
Facilitator(s)	Students from Nottingham Law School with qualified solicitors		
How to register	Register your interest at reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com and you will be contacted to arrange an appointment		

Frequently asked questions

1. How much does it cost?

It is free.

2. How do I make an appointment?

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

Nottingham Henna Circle

Nottingham Henna Circle is a platform for all budding henna artists who want to advance their skills and learn new techniques and elements in a friendly, creative environment.

Whether you are a complete novice or a pro you will love our meet ups. So much creativity and inspiration flows through during these sessions it is impossible not to feel inspired.

Spaces are limited so we advise that you book your place as soon as possible.

Dates	15 February; 14 March; 18 April		
Day	Saturday	Time	12.00 – 3.00
Room	Welcome Space	Floor	Ground
Facilitator	Shaz – Nottingham Henna Circle		
How to register	To book your place email: shaista432@hotmail.com		

Frequently asked questions

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

No, you will need to book your place in advance, see above.

2. How much does it cost?

£5.00, this includes all henna materials and light refreshments.

3. Do I need to bring anything with me?

No, all henna materials are provided.

Peer Support

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

Start date	Ongoing	End date	Ongoing
Day	Wednesday	Time	1.00 – 2.30
Room	4	Floor	Ground
Facilitator(s)	Peer Support Coordinator		
How to register	Not applicable – just turn up		

Frequently asked questions

1. Can I just turn up for a session?

Yes, there is no need to book.

2. How much does it cost?

It is free.

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

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

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

Just come along to the next session.

5. Do I need to bring anything with me?

No.

Pilates

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

- Mindful body conditioning
- Physical exercise
- Balance
- Focus

Pilates can help to improve:

- Muscle tone
- Posture
- Joint mobility

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

Start date	Ongoing	End date	Ongoing
Day	Friday	Time	11.00 – 12.00
Room	9	Floor	First
Tutor	Iwona - Nottingham Women's Centre volunteer		
How to register	Not applicable, just turn up		

Frequently asked questions

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

Yes.

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

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

3. How much does it cost?

It is free, but donations are welcome.

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

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

5. Do I need to bring anything with me?

Comfortable clothing is recommended.

Reflections

What emotions and feelings do you experience? And how?

A small therapeutic group to safely connect with explore and reflect upon your emotions and feelings.

There will be 12 sessions to build awareness and reflect upon your emotional experiences, your connections with others and the wider world.

Please note, this will be closed group; you will not be able to join after the course has started.

Start date	13 th March	End date	29 th June
Day	Friday	Time	11.00 – 12.30
Dates	13, 20, 27 March; 3, 17, 24 April; 1, 15, 22 May; 12, 19, 26 June		
Dates not meeting	10 April; 8, 29 May; 5 June		
Room	1	Floor	Ground
Facilitator	Sarah – NWC counsellor		
How to register	To secure your place, please register in advance by leaving your name and contact number with NWC reception, you will then be contacted by a member of the team.		

Frequently asked questions

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

No, to secure your place, please register in advance by leaving your name and contact number with NWC reception. You will then be contacted by a member of the team.

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

You must attend on first or second session to register.

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

It is preferable as 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.

5. Do I need to bring anything with me?

No.

Reiki Sessions

Reiki is a gentle healing technique, a 'hands off' process aimed at relaxation and balancing energy, working on different levels: the physical, 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 3 qualified professional.

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

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.

Reiki Level 1

This one day* course offers a great opportunity to gain a Level 1 qualification in Reiki.

Reiki is a gentle form of Japanese healing technique that works with the body's natural healing to benefit mind, body and spirit. It works with our natural energy, clearing any blockages to benefit general wellbeing. It is also a mindful practice that can help manage the demands of life.

The course will cover:

- History of original Japanese Reiki
- The 5 elements of Reiki practice
- Using Reiki for self-wellbeing and for practicing with friends and family

*The course requires 2 pre-course meetings of up to an hour, pre-course reading and practice. You must have experienced a Reiki treatment before participating in the course.

Date & time	Saturday 14 th March 9.30 – 4.00		
Room	Room 4	Floor	Ground
Facilitator	Alison – Nottingham Women's Centre volunteer		
How to register	Booking is essential, contact Reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com		

Frequently asked questions

1. How much does it cost?

£50.00, a course manual and all course materials will be provided.

Please note: a £10 deposit required on booking, full balance due by 1st March.

A course manual and all course materials will be provided. Further reading is recommended, the cost of this is not included.

2. How much time do I need to devote to this?

There will be 2 pre-course meetings of up to an hour, including a Reiki treatment, plus one whole day and then a post-course meeting. You will also need to undertake some pre-course reading and practice. You must have experienced a Reiki treatment before participating in the course.

3. What do I need to bring with me?

A notebook and pen. You can bring lunch with you but there will be time to buy some food locally if you prefer.

4. How many people will be on the course?

This will be a small group, with a maximum of 4 participants.

5. By the end of the course, what will I be able to do?

You will:

- Have an overview of the potential benefits of Reiki
- Be confident to start using Reiki on yourself and family and friends
- Understand the basics of the history of Reiki
- Understand the basics of the theory of how Reiki works
- Understand the 5 elements of Reiki
- Be confident in using the mindful/meditative practices

6. What happens after the course?

On satisfactory completion of the course and the post-course session, a recognised certificate will be issued.

Alison will offer follow up support and signposting to other Reiki related activity to support your ongoing practice and learning.

If you later choose to attend a Level 2 course, you would be able to officially practice on others and charge for this (you would need to have Public Liability Insurance).

Women and Photography

Do women see the world differently from men? Women & Photography is an exciting opportunity to participate in a course that covers both an exploration of ways that women have used photography to portray the world from a woman's point of view and how the photos we take will reflect our perspectives and the way we 'see', experience or make sense of our everyday lives.

Our discussions will also draw on our personal 'snaps', photos or relevant images found in magazines etc., to consider the wider issues of how images affect our lives and how we could counter negative impact with other ways of seeing. In each session, there will be short photographic expeditions outside of the classroom, with the aim to build confidence in capturing and showing how we see and experience our lives. At the end of the course we'll organise an exhibition of work that relates to any issue or interests you wish to highlight, or just to be stunning!

Start date	22 nd January	End date	1 st April
Day	Wednesday	Time	10.00 – 12.15
Room	4	Floor	Ground
Dates	22, 29 Jan; 5, 12, 26 Feb; 4, 11, 18, 25 Mar; 1 Apr		
Dates not meeting	19 February		
Tutor	Jill - WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475.		

Frequently asked questions

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

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

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

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

3. How much does it cost?

Free to those on low incomes or means tested benefits.

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

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

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

Speak to your tutor about follow-up courses.

6. Do I need to bring anything with me?

It is not essential to bring a camera or camera phone to participate in this course, taking photos is just one aspect of this course.

Women and Psychology

This women-only course offers insights from recent psychology, to help make sense of the many confusing ideas about women - especially those put forward in the media or as 'folk' psychology - and improve our everyday lives and wellbeing.

The psychology of what it means to be a woman, can be confusing! Women are often portrayed negatively in the media and there are conflicting ideas about what makes us think, feel and behave the way we do - and how we 'compare' to men. This beginners' course will introduce some key ideas from recent psychology about a range of issues: how we grow up to develop a sense of who and what we are (nature or nurture?), our roles and relationships (what we do in the name of love?) and much more. Through class discussion and reflection on our shared experiences, we can also explore wider social issues - such as stereotyping, prejudice and other attitudes, myths and stories about growing up, work etc., that can impact on our well-being individually and collectively. Join us to better understand and face the challenges - it might change your life!

Start date	27 th January	End date	23 rd March
Day	Monday	Time	5.30 – 7.45
Room	4	Floor	Ground
Dates	27 January; 3, 10, 24 February; 2, 9, 16, 23, 30 March		
Dates not meeting	17 February		
Tutor	Jill - WEA tutor		
How to register	Please register your contact details at Nottingham Women's Centre Reception or call 0115 9411475.		

Frequently asked questions

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

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

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

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

3. How much does it cost?

Free to those on low incomes or means tested benefits.

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

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

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

Speak to your tutor about follow-up courses.

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

Start date	7 th January	End date	31 st March
Day	Tuesday	Time	10.30 – 12.00
Dates	7, 14, 21, 28 January; 4, 11, 25 February; 3, 10, 17, 24, 31 March		
Dates not meeting	18 February		
Room	9	Floor	First
Tutor	Lorna – WEA tutor		
How to register	To guarantee your place, please register in advance by leaving your name and contact number with NWC reception. You will then be contacted by the WEA charity to register your place.		

Frequently asked questions

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

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

Start date	15 th January	End date	16 th December
Day	1 st and 3 rd Wednesday of the month	Time	5.30 – 7.00
Dates	15 January; 5, 19 February; 4, 18 March; 1, 15 April; 6, 20 May; 3, 17 June; 1, 15 July; 6, 19 August; 2, 16 September; 7, 21 October; 4, 18 November; 2, 16 December		
Room	Welcome Space	Floor	Ground
Tutor	Clare and Lolly – Nottingham Women's Centre volunteers		
How to register	No need to register, just turn up		

Frequently asked questions

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

No need to register, just turn up.

2. How much does it cost?

It is free.

3. Do I need to bring anything with me?

No, but you may find it useful to bring a notepad and pen/pencil and of course, your wonderful ideas!

Work Life Discovery Coaching Workshop

Join a supportive group of local women to think, reflect, chat through, and plan your individual way forward, to create the work and life you hope for.

The Work Life Discovery Coaching Workshop will help you to define your work and life vision, reconnect with who you are, who you want to be, and all you have to offer.

Jenny and Emma aim to create an inclusive and supportive environment that allows individual women to share their stories, learn from each other and create an individual plan with some realistic steps to move forward.

We aim for all women on our Work Life Discovery coaching workshop to leave with:

- An understanding of what you value most and what motivates you in work and life
- A summary of your key strengths and characteristics when you are most proud of what you have achieved
- Your definition of a realistic work life balance that suits your lifestyle needs
- A vision of your future ideal work / life
- The start of an action plan to achieve this vision

Date	Wednesday 20 th May	Time	10.30 – 1.30
Room	1	Floor	Ground
Tutor	Emma & Jenny – Women to Work		
How to register	Please register at Nottingham Women's Centre Reception or call 0115 9411475.		

Frequently asked questions

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

Please register at Nottingham Women's Centre Reception or call 0115 9411475

2. How much does it cost?

It is free.

3. Do I need to bring anything with me?

No.

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.

Start date	Ongoing	End date	Ongoing
Day	Tuesday	Time	1.30 – 3.00
Room	9	Floor	First floor
Tutor	Emma, Deborah, Pat, Amy – NWC volunteers		
How to register	No need to register, just turn up		

Frequently asked questions

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

Yes.

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

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

3. How much does it cost?

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 January - December 2019 our marvellous volunteers donated **5,797 hours** to the Centre with an economic value of **£104,850**.

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



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

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:

lisg.nottingham@gmail.com / 07938 556788

Nottingham Women's Centre Membership

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

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

Contact Details

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

Tel: 0115 9411475

Email: reception@nottinghamwomenscentre.com

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