



Nottingham
Women's Centre

come on in

What we're offering online

Version 2

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Frequently Asked Questions

1. Will I need to fill a form in?

If you have computer access we will email a Consent Form for you to complete to agree (or not) to us storing your contact details, otherwise we will ask for your verbal consent to take your details over the telephone.

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 and we can email details to you.

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?

Obviously, we are restricted with what support we are able to offer at this time but 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.

There are further FAQ's relevant to each course or activity on individual pages

Body Move

A fun and gentle class to get you moving. Suitable for all levels of ability - if the children are with you, they could join in too!

Janine is offering these classes online via Zoom. The sessions will be closed groups just for us so you will need to contact Reception (see below) to get the Meeting ID and Password to enter the sessions.

You will need to have Internet access and a room with space to be able to do the exercises.

Start date	18 th May	End date	TBC
Day	Monday	Time	2.00 – 3.00
Tutor	Janine – Exercise Roadshow		
How to join	Contact Reception, tel: 07930 825 030 between 10.00 - 2.00, Monday - Friday or email reception@nottinghamwomenscentre.com and we will give you the Meeting ID and Password that you will need to join the sessions.		

Frequently asked questions

1. How much does it cost?

This group is free.

2. Do I need a computer to be able to join these sessions?

You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).

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

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

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

No, just join a session whenever you can.

5. What should I wear?

Comfortable clothing is recommended, and maybe have a drink handy.

Complementary Therapies

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.

You will be able to complete the theory element of the course online with interactive tasks, activities and tutorials whilst we are unable to offer direct contact classes, and then complete the practical part of the course once we are able to offer face-to-face classes again.

Alternatively, we may be able to offer a tailored version of the course to support your mental health and wellbeing, if you feel that the full course would be too much for you.

Start date	By arrangement	End date	By arrangement
Day	By arrangement	Time	By arrangement
Tutor	Jo - White Rose Beauty College		
How to register	Email Jo for further details: Jo.hemsley@whiterosebeautycolleges.co.uk		

Frequently asked questions

- 1. Do I need a computer to be able to complete this course?**
You will need a device with internet access to be able to access course materials and participate in tutorial sessions (computer, laptop, tablet, smart phone).
- 2. How much does it cost?**
It is free.
- 3. Can I work towards a qualification?**
Yes, on successful completion of the course you will gain a Level 2 Diploma in Complementary Therapies.
- 4. 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.

Making the most of your Digital Devices

WEA Course Ref: C2343489

This course will enable you to make the most of your digital devices, from using apps to sending emails and safely using social media. The course will also include ways to manage anxiety about going digital.

By the end of the course you will be able to:

- Identify at least 1 benefit of using digital devices
- Identify at least 1 way to stay safe when using digital devices
- Use a digital device to safely connect with at least 1 other person
- Use a digital device to uncover at least 1 piece of useful information

Start date	11 th June	End date	23 rd July
Day	Thursday	Time	11.30 – 1.30
Facilitator(s)	Lorna – WEA tutor		
How to register	You will need to enrol online with the WEA , see the instructions later in this booklet and use the Course Reference C2343489		

Frequently asked questions

1. How much does it cost?

This course is free.

2. Is there anything I need to join in?

- i. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- ii. You will also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer.
- iii. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

3. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>

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.

This group is online via Zoom, so you will need to have Internet access and a quiet space to participate.

Contact Reception (see below) for further details of how to join the group.

Start date	Ongoing	End date	Ongoing
Day	Wednesday	Time	1.00 – 2.30
Facilitator(s)	Peer Support Coordinator		
How to register	Contact Reception, tel: 07930 825 030 between 10.00 - 2.00 or email reception@nottinghamwomenscentre.com		

Frequently asked questions

1. Do I need a computer to be able to join these sessions?

You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).

2. 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.

3. Where in my home should I be to take part in the group?

Create a quiet undisturbed space whenever possible. Members of your household should not be able to overhear the group.

Women's Voices Choir

WEA Course Ref: C2343371

This course is suitable for everyone, beginners or advanced. We will look at a wide range of topics, from the technical aspects of singing through to inspiring female artists and songwriting. There will even be a chance to take part in digital karaoke!

By the end of the course you will be able to:

- Utilise at least one aspect of diaphragmatic breathing to support the singing voice
- Describe at least one exercise for tension-free singing
- Describe at least one scientific fact about the vocal cords
- Sing notes in a least one register; chest, head and mixed
- Perform a song to music

Start date	12 th May	End date	28 th July
Day	Tuesday	Time	11.30 – 1.30
Facilitator(s)	Lorna – WEA tutor		
How to register	You will need to enrol online with the WEA , see the instructions later in this booklet and use the Course Reference C2343371		

Frequently asked questions

1. How much does it cost?

This course is free.

2. Is there anything I need to join in?

- i. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- ii. You will also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer.
- iii. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

3. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>

Women's Voices: Singing

WEA Course Ref: C2343376

This course is suitable for everyone, beginners or advanced. We will look at a wide range of topics, from the technical aspects of singing through to inspiring female artists and songwriting. There will even be a chance to take part in digital karaoke!

By the end of the course you will be able to:

- Utilise at least one aspect of diaphragmatic breathing to support the singing voice
- Describe at least one exercise for tension-free singing
- Describe at least one scientific fact about the vocal cords
- Sing notes in a least one register; chest, head and mixed
- Perform a song to music

Start date	13 th May	End date	15 th July
Day	Wednesday	Time	11.30 – 1.30
Facilitator(s)	Lorna – WEA tutor		
How to register	You will need to enrol online with the WEA , see the instructions later in this booklet and use the Course Reference C2343376		

Frequently asked questions

1. How much does it cost?

This course is free.

2. Is there anything I need to join in?

- i. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- ii. You will also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer.
- iii. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

3. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>.

How to enrol on a WEA course

WEA courses are all being run online so you will need to complete your enrolment online. Please note that you will need to have an email address to receive confirmation of your enrolment.

Go to: <https://www.wea.org.uk/find-course>

The screenshot shows a search form on a green background. On the left, there are three annotations with orange arrows pointing to specific parts of the form:

- Click to 'Show more search options'**: An arrow points to a link labeled "▼ Show more search options" located below the "Be inspired" dropdown menu.
- Enter the course reference number**: An arrow points to the "Know which course you want?" input field, which contains the placeholder text "Enter the course ref".
- Click 'Search'**: An arrow points to a dark green button labeled "Search" at the bottom right of the form.

The form fields include:

- Town or postcode: Enter your town or postcode
- Subject or keyword: Enter a subject or keyword
- Be inspired: Or select a category (dropdown menu)
- Know which course you want?: Enter the course ref
- WEA branch: Enter your local branch

You will now be able to find more details about the course and complete the rest of the enrolment form. You will then receive an email confirmation from WEA with further instructions.

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 07930 825 030 between 10.00 - 2.00.

Contact Details

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

Tel: 07930 825 030 between 10.00 - 2.00

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).