



Nottingham  
Women's Centre  
come on in

# What we're offering 2023

Version 2

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## 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.

If you are doing a course or activity online, 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?**

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**



If you are unable to access a course due to not having the necessary technology, contact us, as we may be able to help with this.

## All About Ourselves

In this series of 'topic' workshops, we will learn about ourselves as women and how to make the most of where we live - for our health and well-being; creativity; and build confidence through conversation and activities - indoors and outside.

Topics have yet to be finalised but could include things like:

- Women & Health (our bodies, ourselves)
- Women & Psychology (mind, body, brains)
- Women & Art (making art and looking at it)
- Women & History (hidden from history/herstories)
- Women & the City (exploring/mapping)

<b>Start date</b>	25 <sup>th</sup> January	<b>End date</b>	8 <sup>th</sup> March
<b>Day</b>	Wednesday	<b>Time</b>	10.30 – 12.30
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Tutor</b>	Jill – WEA tutor		
<b>How to register</b>	You need to enrol directly with the WEA using their website or phone them on <b>0300 303 3464</b>		

### Frequently asked questions

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

No, to guarantee your place, please register in advance (see above).

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

This course is free to those on low incomes or means tested benefits.

## Beauty Therapy

Are you passionate about all things beauty? Do you love to make people look and feel good about themselves? The Level 1 Diploma in Beauty therapy is the ultimate course for beginners. You will train with highly qualified and professional staff who have a wealth of industry experience, helping you to gain all the necessary practical skills, underpinning knowledge and confidence you need to succeed.

Units covered: Introduction to the hair and beauty sector, basic manicure, basic pedicure, nail art application, makeup application, facial skincare, photographic makeup, themed face painting, creating a hair and beauty image, client care & communication in beauty related industries and ensure responsibility for actions to reduce risk to health & safety.

<b>Start date</b>	22 <sup>nd</sup> February	<b>End date</b>	26 <sup>th</sup> July
<b>Day</b>	Wednesday	<b>Time</b>	10.00 – 2.30
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Tutor</b>	White Rose Beauty College <a href="http://www.whiterosebeautycolleges.co.uk/our-colleges/derby">www.whiterosebeautycolleges.co.uk/our-colleges/derby</a>		
<b>How to register</b>	Book in advance at Nottingham Women’s Centre Reception, call <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>		

### 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 to women on low income or benefits.

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

Yes, on successful completion of the course you will gain a Level 1 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 2 course in Complementary Therapies.

## 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 an hour, 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. There are no tests or prior experience needed and all levels of English speakers are welcome and will be catered for.

<b>Start date</b>	To be confirmed	<b>End date</b>	To be confirmed
<b>Day</b>	Monday	<b>Time</b>	6.00 – 7.00pm
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Facilitator(s)</b>	Student volunteers from STAR, University of Nottingham (Student Action for Refugees)		
<b>How to register</b>	Book in advance at Nottingham Women's Centre Reception, call <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>		

### 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 friendly 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.

- Create together, have fun and have a go at making something
- Share skills, beginners welcome
- Dip your feet into the wonderful world of craft
- Learn simple techniques or tackle something a little more complex

<b>Day</b>	Thursday	<b>Time</b>	1.00 – 3.00
<b>Room</b>	9 (4)	<b>Floor</b>	First (Ground)
<b>Facilitator(s)</b>	Helen and Deb – NWC volunteers		
<b>How to register</b>	Booking not necessary		

### Frequently asked questions

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

It is free (donations are welcome).

**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.

## Dance for Health and Wellbeing

Dance for Health and Wellbeing classes with Katie are a fun and gentle way of getting your body moving. These classes offer enjoyable exercise for everybody; they are aimed at all abilities, with no dance experience necessary.

Based on contemporary dance from around the world, the style is smooth and safe, low impact and low intensity.

Classes are relaxed and fun, with easy to follow dance moves.

<b>Start date</b>	9 <sup>th</sup> January (3 weeks) 27 <sup>th</sup> February (5 weeks)	<b>End date</b>	23 <sup>rd</sup> January 27 <sup>th</sup> March
<b>Day</b>	Monday	<b>Time</b>	11.15 – 12.45
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Katie – WEA tutor		
<b>How to register</b>	Please register your interest at Reception, call <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>		

### Frequently asked questions

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

No, to guarantee your place, please register in advance (see above).

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

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

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

This course is free to those on low incomes or means tested benefits (or £36.90).

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

Wear comfortable clothing and a drink of water would be a good idea!

## EmPOhWER Yourself

This monthly group run by POhWER will be a fun, informal and supportive group teaching self-advocacy skills to people who face difficult issues and want to make their voice heard.

- Learn how to speak up for yourself (self-advocacy)
- Become part of an empowering network

ALL women are welcome, including those who may be feeling lonely or isolated and those who may be experiencing mental health difficulties.

POhWER is a charity providing information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion.

To find out more about POhWER visit their website <https://www.pohwer.net/>

<b>Start date</b>	20 <sup>th</sup> January	<b>End date</b>	19 <sup>th</sup> May
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Please note, this course will run on **the 3<sup>rd</sup> Friday monthly**, actual dates shown below

20<sup>th</sup> January, 17<sup>th</sup> February, 17<sup>th</sup> March, 21<sup>st</sup> April, 19<sup>th</sup> May

<b>Day</b>	Friday	<b>Time</b>	1.30 – 2.30
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<b>Room</b>	1	<b>Floor</b>	Ground
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<b>Facilitator</b>	Sonia – POhWER
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<b>How to register</b>	Book in advance at Nottingham Women’s Centre Reception, call <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>
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### Frequently asked questions

**1. Can I just turn up?**

Booking is not required but it would be helpful if you could let Reception know if you are coming as spaces are limited.

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

It is free.

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

A pen and paper for taking notes, but these can be provided.

## ESOL Speaking and Listening (Tuesday & Thursday morning)

In this course, you will start to develop speaking and listening skills. You will take part in a range of classroom activities including pair work, role-plays and discussions. You will also have the opportunity to develop the accuracy of your spoken language by focussing on the grammatical structures you need at this level. You will develop your listening skills through working with other and listening to explanations and presentations.

<b>Start date</b>	10 <sup>th</sup> January	<b>End date</b>	8 <sup>th</sup> June
<b>Day</b>	Tuesday and Thursday	<b>Time</b>	10.00 – 12.00
<b>Dates not meeting</b>	14, 16 February; 4, 6, 11, 13 April; 29 May; 1 June		
<b>Room</b>	Room 1	<b>Floor</b>	Ground
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call <b>0115 9411475</b> . 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 English.

**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. How much does it cost?**

Free to those on eligible benefits, a subsidised rate may be available to those on a low income.

**5. 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.

## ESOL Reading and Writing (Tuesday & Thursday afternoon)

This course is for students who are working towards Entry Level 3 reading skills in ESOL. This course will provide you with an introduction to E3 reading and will cover recognising different purposes of text and reading strategies for obtaining information from texts. You will also develop your vocabulary and knowledge of common letter patterns in English.

<b>Start date</b>	10 <sup>th</sup> January	<b>End date</b>	4 <sup>th</sup> July
<b>Day</b>	Tuesday and Thursday	<b>Time</b>	12.30 – 2.30
<b>Dates not meeting</b>	14, 16 February; 4, 6, 11, 13 April; 29 May; 1 June		
<b>Room</b>	Room 1	<b>Floor</b>	Ground
<b>Tutor</b>	Cathy - WEA tutor		
<b>How to register</b>	Please register your contact details at Nottingham Women's Centre Reception or call <b>0115 9411475</b> . The tutor will let you know if the course is open to new applicants.		

### Frequently asked questions

See the frequently asked questions on the previous page - ESOL Speaking and Listening.

## Introduction to Hapkido

A new self-defence class based on the Korean hybrid martial art of Hapkido.

- Nurture self-confidence
- Develops respect and courtesy for others
- Learn practical defensive skills
- Improve physical fitness and flexibility
- Builds discipline and focus
- Meditation to help calm and focus the mind

<b>Start date</b>	9 <sup>th</sup> January	<b>End date</b>	27 <sup>th</sup> February
<b>Day</b>	Monday	<b>Time</b>	10.00 – 11.00
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Rosie – NWC volunteer		
<b>How to register</b>	Book in advance, call <b>07449 884085</b> or email <b>rosie25evans97@gmail.com</b>		

### Frequently asked questions

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

No, you will need to register in advance – see details above.

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

It is free.

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

Maybe a drink of water, and be sure to wear comfortable clothes suitable for physical activity.

## Legal Advice Clinic

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?

<b>Day</b>	Wednesday	<b>Time</b>	12.00 – 3.00
<b>Dates and times</b>	11, 25 January; 8 February Appointments at 12.00, 1.00, 2.00		
<b>Room</b>	4	<b>Floor</b>	Ground
<b>Facilitator(s)</b>	Students from Nottingham Law School with qualified solicitors		
<b>How to register</b>	Register your interest at reception: tel: <b>0115 9411475</b> 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. Can I just turn up?

No, you need to book an appointment.

#### 3. How do I make an appointment?

Appointments can be booked by contacting reception on 0115 9411475 or [reception@nottinghamwomenscentre.com](mailto:reception@nottinghamwomenscentre.com)

## Let Your Voice Shine

Unleash your creativity, build your confidence & improve your singing skills! Activities include:

- Singing together
- Harmonising
- Karaoke
- Soundscapes
- Improvisation
- Solo performance
- Vocal exercises
- and more...!

For each activity, you can choose to take part from the performance space or the audience space.

Anyone is welcome to attend a taster class. To book your taster, please contact [lornagracepoole@gmail.com](mailto:lornagracepoole@gmail.com)

<b>Start date</b>	12 <sup>th</sup> January	<b>End date</b>	30 <sup>th</sup> March
<b>Day</b>	Thursday	<b>Time</b>	10.45 – 12.45
<b>Dates not meeting</b>	16 <sup>th</sup> February (half term)		
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Lorna – WEA tutor		
<b>How to register</b>	Email: <a href="mailto:lornagracepoole@gmail.com">lornagracepoole@gmail.com</a>		

### Frequently asked questions

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

No, to guarantee your place, please register in advance (see above).

**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 to those on low incomes or means tested benefits.

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

A bottle or flask of water, pen and paper or a notebook and a folder or plastic wallet to store your song lyrics.

## Life Coaching

Does life feel unfulfilling?

Do you want to make changes in your life but don't know where to start?

Are there things you would like to achieve in life but never get round to taking action?

### **Our new life coaching sessions could be for you**

- One to one sessions via Zoom
- No fixed amount of sessions- it's whatever you need/want
- Work out your goals and how to obtain them
- Be listened to
- Increase your self-confidence
- Put yourself in the driving seat for your progression

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

<b>Day &amp; time</b>	Wednesday afternoon
<b>Dates</b>	To be arranged by appointment
<b>Facilitator</b>	Amy, Nottingham Women's Centre volunteer
<b>How to register</b>	Contact Reception, tel: <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b> and you will be contacted to arrange an appointment

### **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, sessions will be held over Zoom.

**4. What if I don't have the technology available to use Zoom?**

Contact us and Amy will try to arrange a time to meet with you face-to-face at the Centre.

## Own My Life

The Own My Life course is an innovative, creative and educational 12-week course for women. It supports women to regain ownership of their lives when they have subjected to abuse or violence by partner. This is done through training practitioners to run the course with women and using short videos, structured discussions, group and individual activities, and a comprehensive learning journal.

The Own My Story Journal provides women with space for reflective practice, and includes all the information provided throughout the course. This becomes an ongoing resource for women after the course has finished. The course explores how women can regain ownership of our lives including owning our mind, body, choices, relationships, world, and feelings.

<b>Start date</b>	9 <sup>th</sup> January	<b>End date</b>	3 <sup>rd</sup> April
<b>Day</b>	Monday	<b>Time</b>	12.30 – 2.30
<b>Dates not meeting</b>	13 February		
<b>Room</b>	1	<b>Floor</b>	Ground
<b>Tutor</b>	TBC		
<b>How to register</b>	Book in advance at Nottingham Women’s Centre Reception, call <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>		

### Frequently asked questions

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

No, to guarantee your place, please register in advance (see above)

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

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

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

This course is free.

## Photo Art Group

Join Paula for a sociable stroll exploring photography and enjoying the outdoors.

You will be set a challenge based on a different theme each week to expand your creativity.

Participants will meet at the Centre and then have a gentle wander together, to various locations nearby. Afterwards we'll discuss your images over a cuppa back at the Centre.

Be sure to bring along your camera or camera phone, although there may be the opportunity to borrow one, depending on demand.

Places are limited, so be sure to reserve your place by contacting our friendly reception team.

<b>Start date</b>	30 <sup>th</sup> January	<b>End date</b>	Ongoing
<b>Day</b>	Monday	<b>Time</b>	10.00 – 12.00
<b>Room</b>	Welcome Space	<b>Floor</b>	First
<b>Facilitator(s)</b>	Paula – NWC volunteer		
<b>How to register</b>	Contact Reception, Tel: <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>		

### Frequently asked questions

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

It is free.

**2. Can I just turn up?**

No, please contact Reception on 0115 9411475 to register.

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

If you have a camera phone or camera, bring it along. Be sure to wear comfortable footwear and clothing suitable for outdoors.

## Recovery Room

Come to meet other women and enjoy creative mindfulness whilst exploring different techniques to combat anxiety.

Samantha will take you through a different theme each meeting that you will work through as a group to help you build resilience and strength through positive relationships.

Please note that this is not a counselling or a therapy session, but a supportive group.

<b>Start date</b>	27 <sup>th</sup> January	<b>End date</b>	24 <sup>th</sup> February
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Please note, this group will meet **monthly**, actual dates shown below

27 January, 24 February

<b>Day</b>	Friday	<b>Time</b>	12.30 – 2.45
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<b>Room</b>	1	<b>Floor</b>	Ground
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<b>Facilitator</b>	Samantha
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<b>How to register</b>	Book in advance at Nottingham Women's Centre Reception, call <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b>
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### Frequently asked questions

**1. Can I just turn up?**

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

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

It is free.

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

No.

## United Voices Choir

Sing a range of empowering songs as part of a choir!

The choir works towards regular performances at community events around Nottingham. We also sing in 3 part harmonies.

<b>Start date</b>	9 <sup>th</sup> January	<b>End date</b>	27 <sup>th</sup> March
<b>Day</b>	Monday	<b>Time</b>	5.45 – 7.45
<b>Dates not meeting</b>	13 <sup>th</sup> February (half term)		
<b>Room</b>	9	<b>Floor</b>	First
<b>Tutor</b>	Lorna – WEA tutor		
<b>How to register</b>	Email: <a href="mailto:lornagracepoole@gmail.com">lornagracepoole@gmail.com</a>		

### Frequently asked questions

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

No, to guarantee your place, please register in advance (see above)

**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 to those on low incomes or means tested benefits.

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

A bottle or flask of water, pen and paper or a notebook and a folder or plastic wallet to store your song lyrics.

## 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.

The group meets in person and using Zoom, so you may need to have Internet access and a quiet space to participate.

<b>Day</b>	4 <sup>th</sup> Monday of the month	<b>Time</b>	5.30 – 7.30
<b>Facilitator</b>	Clare – Nottingham Women’s Centre volunteer		
<b>How to register</b>	<p>No need to register, just turn up</p> <p>If you want to join using Zoom: contact Reception, Tel: <b>0115 9411475</b> or email <b>reception@nottinghamwomenscentre.com</b> for the Meeting ID and Password that you will need</p>		

### Frequently asked questions

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

No need to register, just turn up.

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

If you want to participate over Zoom you will need a device with Internet access (computer, laptop, tablet, smart phone). See details in ‘How to register’ above.

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

It is free.

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

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

## 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:  
[lisg.nottingham@gmail.com](mailto:lisg.nottingham@gmail.com) / 07938 556788

## Nottingham Women's Centre Membership

Membership entitles you to vote at our AGM and gives you access to the Nottingham Women's Library collection to borrow books (one of the UK's last remaining women libraries!) You will also receive regular e-bulletins to keep you up to date with everything happening at the Centre.

There are three tiers of membership fees depending on your circumstances:

- Unwaged – £2
- Students and OAPs – £5
- Waged – £10

To become a member, or if you have any questions, get in touch:  
[reception@nottinghamwomenscentre.com](mailto:reception@nottinghamwomenscentre.com)

07930 825 030 (Mon-Fri: 10am-2pm)

## Contact Details

For further information about our courses or to arrange an online 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).

## Keep in touch with us!

Find us on Facebook, Instagram, Twitter and LinkedIn:

**@nottswomenscent**

Find out more about what we're up to and how you can be involved:

[\*\*www.nottinghamwomenscentre.com\*\*](http://www.nottinghamwomenscentre.com)