



Nottingham
Women's Centre
come on in

What we're offering 2023

Version 10

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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.

Coffee and Chat

This is the perfect opportunity to visit the Centre if you've never been before, or come and have a social catch-up if you're a regular!

There's no need to book, you can just turn up on the day! It's a very informal opportunity for you to meet and chat with other women, see the Centre, and find out what's going on here.

We encourage you to head up to the top floor of our building to the wonderful Nottingham Women's Library to see the full collection, and to find out more about upcoming learning courses, activities and events whilst you're here.

See you for a natter soon!

Dates & time	12 th September, 10 th October, 14 th November, 12 th December		
Day	Tuesday	Time	10.30 – 12.30
Room	Welcome Space	Floor	First
How to register	Just turn up on the day!		

Frequently asked questions

1. Can I just turn up?

Yes, we'd love to see you!

2. How much does it cost?

There's no charge, but of course, donations are always welcome.

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

Day	Thursday	Time	1.00 – 3.00
Room	9	Floor	First
Facilitator(s)	Our arts and crafts peer support volunteers		
How to register	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.

Start date	18 th September	End date	27 th November
Day	Monday	Time	1.00 – 2.30
Actual dates	18 th , 25 th September; 2 nd , 9 th , 16 th , 23 rd October; 6 th , 13 th , 20 th , 27 th November		
Room	9	Floor	First
Tutor	Katie – WEA tutor		
How to register	You need to enrol directly with the WEA using their website https://enrolonline.wea.org.uk/ or phone them on 0300 303 3464		

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/>

Start date	18 th August	End date	15 th December
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Please note, this course will run on **the 3rd Friday monthly**, actual dates shown below

18th August, 15th September, 20th October, 17th November, 15th December

Day	Friday	Time	1.30 – 2.30
Room	1	Floor	Ground

Facilitator	Sonia – POhWER
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How to register	Book in advance at Nottingham Women’s Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com
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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.

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
- 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

Day & time	Monday, Tuesday and Wednesday evenings
Dates	To be arranged by appointment
Facilitator	Amy and Donna - Nottingham Women's Centre volunteers
How to register	Contact Reception, tel: 0115 9411475 or email reception@nottinghamwomenscentre.com 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 online via Zoom or Google Meet.

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

Contact us and Amy or Donna may be able 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.

Start date	11 th September	End date	18 th December
Day	Monday	Time	9.00 – 12.00
Dates not meeting	25 th September; 23 rd & 30 th October		
Room	1	Floor	Ground
Tutor	JUNO Women's Aid		
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, 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.

Quilting and Textiles Workshop

This is a friendly informal group, where you can bring your sewing, knitting, textile projects and work on them in warm, welcoming environment. You can also have a chat and share ideas/techniques, have a coffee and meet new friends. There are dedicated volunteers who will share their skills with you and can show you how to use the equipment too.

- 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

Day	Monday	Time	1.00 – 4.00
Room	4	Floor	Ground
Facilitator(s)	Our quilting and textiles peer support volunteers		
How to register	Prior booking with reception is essential, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

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.

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.

Start date	29 th September	End date	24 th November
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Please note, this group will meet **monthly**

29th September, 27th October, 24th November

Day	Friday	Time	12.30 – 2.45
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Room	1	Floor	Ground
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Facilitator	Samantha - Nottingham Women's Centre volunteer
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How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com
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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.

4. Do I have to attend every week?

To ensure you get the maximum benefit from the sessions we ask that you attend all sessions. (Authorised absences will be accepted.)

Surviving to Thriving

Surviving to Thriving is a group for women who have survived domestic abuse, and who want a safe space to talk about their experiences, learn new coping skills and make positive changes.

In the group, we will reflect on how difficult experiences can impact us, and look at ways to deal with anxiety, anger, shame and other challenging emotions. We'll talk about the effects of trauma, and look at how to work with them.

We will reflect on our feelings and explore how we can build healthier relationships with others and ourselves.

Start date	21 st September	End date	23 rd November
Day	Thursday	Time	12.00 – 2.00
Dates not meeting	26 th October, 2 nd November		
Room	Basement Training Room	Floor	Basement
Tutor	Sam McLean		
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email lesley@nottinghamwomenscentre.com		

Frequently asked questions

1. Can I just turn up?

Booking is required as resources are provided with the course and we want to make sure everyone has all the necessary information.

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.

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.

Start date	4 th September	End date	18 th December
Day	Monday	Time	5.45 – 7.45
Dates not meeting	23 rd , 30 th October		
Room	9	Floor	First
Tutor	Lorna – WEA tutor		
How to register	Register your interest with Lorna: Lorna.Poole@wea.ac.uk You need to enrol directly with the WEA using their website https://enrolonline.wea.org.uk/ or phone them on 0300 303 3464		

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.

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

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 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

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**

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