



Nottingham
Women's Centre
come on in

What we're offering 2024

Version 8

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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	19 th March, 16 th April, 14 th May, 11 th June		
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Day	Tuesday	Time	10.30 – 12.30
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Room	Welcome Space	Floor	Ground
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How to register	Just turn up on the day!
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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 continue with Katie. We will develop further the sequences and exercises we have been developing in the beginners classes.

The classes 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	13 th May	End date	24 th June
Day	Monday	Time	11.00 – 12.30
Dates not meeting	27 th May (Bank Holiday)		
Room	9	Floor	First
Tutor	Katie – WEA tutor		
How to register	Please contact the WEA on 0300 303 3464 and quote ref no: Q00012664		

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 £50.40).

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	19 th January	End date	17 th May
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Please note, this course will run on **the 3rd Friday monthly**, actual dates shown below

19th January, 16th February, 15th March, 19th April, 17th May

Day	Friday	Time	1.30 – 2.30
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Room	1	Floor	Ground
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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.

Nottingham Women's Centre Archive

NWC holds an archive of reference material suitable for researchers, students and anyone with an interest in the history of second-wave and later feminism in Britain.

The collection includes documents relating to women's activism in Nottinghamshire and other areas of the country along with some material from overseas. There are collections of magazines such as Spare Rib along with more locally produced publications, some hand written, covering a wide range of topics such as women's health, women and the workplace, childcare, domestic violence, equal opportunities, sexuality and much more.

A full list of subject areas is available and the archive volunteers will be happy to discuss your particular field of interest to help identify appropriate material.

Day & time	By appointment		
Room	18	Floor	Second
Facilitator(s)	Linda, Val, Jayne - Nottingham Women's Centre archive volunteers		
How to register	Contact Reception, tel: 0115 9411475 or email reception@nottinghamwomenscentre.com to arrange an appointment		

Frequently asked questions

1. Can I just turn up to access the archive?

No, you must arrange an appointment with Reception.

2. How much does it cost?

It is free.

3. Do I need to bring anything with me?

You may find it useful to bring a notebook, pencil (no pens allowed) and a laptop if needed.

Nottingham Women's Centre Readers

This is an informal, friendly and inclusive readers' group who meet once a season. The idea is that the group all read the same book and then come together at the Centre to chat about it over a cuppa. We will be borrowing the books from Nottingham library, so there will be no cost involved.

Date	Tuesday 23 rd April	Time	6.00 – 7.30pm
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This group will meet **4 times per year (once a season)**. Future dates to be announced.

Room	4	Floor	Ground
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Facilitator(s)	Alyson & Helena - Nottingham Women's Centre volunteers
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How to register	Contact Reception, tel: 0115 9411475 or email reception@nottinghamwomenscentre.com to secure your place
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Frequently asked questions

1. How much does it cost?

It is free. Books will be borrowed from the library.

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

No, come along when you can. Meetings are every season, so 4 times a year.

3. Do I need to bring anything with me?

A copy of the book and any notes/thoughts you have about it.

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	13 th May	End date	29 th July
Day	Monday	Time	9.00 – 12.00
Dates not meeting	27 th May		
Please note, new enrolments will not be accepted after week 3 (3 rd June)			
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.

Personal Development

To be eligible for this free Personal Development course you must be aged 19+ and be a Nottingham City resident.

Topics covered will include:

- setting new goals
- building your confidence
- developing a positive mind-set
- broadening your options
- improving your wellbeing
- becoming the best version of yourself

Travel expenses and refreshments will be provided.

Start date	30 th April	End date	9 th July
Day	Tuesday	Time	10.00 – 12.00
Dates not meeting	28 th May		
Room	9	Floor	First
Facilitator	Equipped 2 Succeed (www.equipped2succeed.co.uk)		
How to register	Book in advance at www.scla.org.uk/women Call 07399 630885 for further information		

Frequently asked questions

1. Can I just turn up?

No, you must book your place at www.scla.org.uk/women

2. How much does it cost?

It is free.

3. Can anyone enrol on this course?

You must be a Nottingham City resident and be at least 19 year old.

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	26 th January	End date	28 th June
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Please note, this group will meet **monthly**, actual dates shown below

26th January, 23rd February, 22nd March, 26th April, 31st May, 28th June

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 experienced domestic abuse, and feel they could benefit from a safe space to understand what has happened to them to help them move forwards with their lives.

Over 8 weekly sessions the group will explore the impact of abuse, helping to identify and understand the feelings and responses associated with trauma, and how to deal with them.

The group will be facilitated by Laura Griffin, a qualified psychotherapist. There will be space to reflect on personal experiences and feelings in a safe and compassionate space; to learn about the impact of trauma, and to explore how to make positive changes.

Start date	6 th March	End date	1 st May
Day	Wednesday	Time	12.00 – 2.00
Dates not meeting	3 rd April, 10 th April		
Room	Basement Training Room	Floor	Basement
Facilitator	Laura Griffin		
How to register	Book in advance at Nottingham Women’s Centre Reception, call 0115 9411475 or email laura@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	15 th April	End date	22 nd July
Day	Monday	Time	5.45 – 7.45
Dates not meeting	6 th May, 27 th May (Bank Holidays)		
Room	9	Floor	First
Tutor	Lorna – WEA tutor		
How to register	Email: lornagracepoole@gmail.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. 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**](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)