



Nottingham
Women's Centre
come on in

What we're offering 2024

Version 22

Frequently Asked Questions.....	2
Coffee and Chat	3
Conversational English	4
Crafty Club	5
Dance for Health and Wellbeing	6
EmPOhWER Yourself	7
Growing at AMC Gardens	8
It's All About Drawing.....	9
Laughter Yoga	10
Legal Advice Clinic	11
Lunchtime Listening: Support for Schooling	12
Nottingham Women's Centre Archive	13
Nottingham Women's Centre Readers	14
Own My Life.....	15
Quilting and Textiles Workshop	16
Recovery Room.....	17
United Voices Choir - November	18
What is Vaginismus? (Online workshop & discussion)	19
Women Write at the Centre (Poetry Workshop).....	20
Other Organisations	21
Nottinghamshire Sexual Violence Support Services	21
JUNO Women's Aid	21
Kairos	21
Nottingham Women's Centre Membership	23
Contact Details	23
Keep in touch with us!.....	23

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	8 th October, 12 th November, 10 th December		
Day	Tuesday	Time	10.30 – 12.30
Room	Welcome Space	Floor	Ground
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.

Conversational English

STAR's Women's Conversation Class (Student Action for Refugees) is a class aimed at giving any woman with English as a second language 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.

Start date	13 th November	End date	11 th December
Day	Wednesday	Time	13.00 – 14.30
Room	1	Floor	Ground
Facilitator(s)	Student volunteers from STAR, University of Nottingham (Student Action for Refugees)		
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 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	23 rd September	End date	2 nd December
Day	Monday	Time	11.00 – 12.30

Please note, there will be no class on 28th October

Room	9	Floor	First
Tutor	Katie – WEA tutor		
How to register	Please contact the WEA, either online at wea.org.uk , or by calling 0300 303 3464 and quote ref no: Q00016228		

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 £63.00).

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	21 st June	End date	20 th December
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Please note, this course will run on **the 3rd Friday monthly**, actual dates shown below

21st June, 19th July, 16th August, 20th September, 18th October, 15th November, 20th December

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.

Growing at AMC Gardens

Come along to AMC Gardens community space for a welcoming women's group and a chance to do some growing. You can bring a picnic and enjoy the relaxing outdoor space. There will be tea and cake provided and indoor space in the polytunnel available in case of rain.

Dates	Friday 25 th October Friday 29 th November Friday 28 th March 2025
Time	10.30 – 12.30
Location	Arkwright Meadows Community Gardens, Kirby Gardens, Nottingham, NG2 2HZ
Facilitator	Rachel – AMC Gardens Community Engagement & Community Gardener
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com

Frequently asked questions

- 1. How much does it cost?**
It is free.
- 2. Do I have to commit to attending every session?**
No.
- 3. Do I need to bring anything with me?**
No, everything you need will be provided, but be sure to wear suitable footwear for gardening!

It's All About Drawing

These workshops will focus on self-expression through the use of drawing and exploring the creative potential and innovative ideas of participants.

In a warm and welcoming atmosphere, you will be introduced to a variety of techniques and references, which will allow you to develop your creativity through art.

No previous experience or skill is needed, just an open mind to try new techniques.

All materials will be provided and each workshop is stand-alone so join us when you can.

Day	Wednesday	Time	18.00 – 19.30
Dates	4 th , 18 th September; 16 th October; 6 th , 20 th November; 4 th , 11 th December		
Time	6.00pm – 7.30pm		
Room	1	Floor	Ground
Facilitator	Marcia – www.marciaporto.art.br		
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?

No, you will need to book in advance at Reception, see above

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

Each workshop is stand-alone so join us when you can.

3. How much does it cost?

It is free.

4. Do I need to bring anything with me?

No, all materials will be provided.

Laughter Yoga

“Laughter is the best medicine!”

Come along to our monthly Laughter Yoga wellbeing group taking place every second Tuesday towards the end of the Coffee and Chat session. It’s all about the breath and releasing endorphins – no previous experience, sportswear or yoga mat required.

It’s great for:

- Strengthening immune- system
- A stress buster
- Aerobic exercise
- Increases oxygen intake
- Helps build self confidence

Start date	10 th December	End date	11 th February
Day	2 nd Tuesday monthly	Time	12.00 – 12.30
Actual dates	10 th December, 14 th January, 11 th February		
Room	4	Floor	Ground
Facilitator(s)	Tara		
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, you don’t need specific clothes or yoga mats - it’s standing and chair based.

Legal Advice Clinic

Make an appointment for our FREE legal advice clinic! Nottingham Law School students, supervised by qualified solicitors will be available (by appointment only) to offer advice on a range of legal issues, including:

Family

- Arrangements for children
- Divorce
- Protection from abuse

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?

They will not cover immigration, probate or conveyancing matters

Day	Wednesday	Time	13.00 – 15.15
Dates and times	30 th October, 13 th November, 27 th November 2024 22 nd January, 5 th February, 19 th February 2025 Appointments at 13.00, 13.45, 14.30 (45 minutes)		
Room	Basement Training Room	Floor	Lower ground
Facilitator(s)	Students from Nottingham Law School with qualified solicitors		
How to register	Book an appointment at reception: tel: 0115 9411475 or email reception@nottinghamwomenscentre.com		

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

Lunchtime Listening: Support for Schooling

This is a listening session for all women who are parents of children aged 5- 16years attending school in Nottinghamshire.

Nottingham Women's Centre is running this session with parents in Nottinghamshire to understand their experiences of supporting their child/children to attend school, the challenges they have faced and good practices. This is an opportunity to get your voices heard and share your experiences with like-minded women in a safe space.

Date & time	Friday 15 th November, 12:00 – 14:00
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Room	Room 9	Floor	First
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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?

It'd be handy if you could give us a call or drop us an email (see above) to register your interest.

2. How much does it cost?

It is free.

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.

The book for October will be *Sing, Unburied, Sing* by Jesmyn Ward.

Date	Tuesday 1 st October	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 and find out about the next book choice.		
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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 programme is an innovative, creative and educational 12-week course for women. It supports women to regain ownership of their lives when they have been subjected to abuse or violence by a partner. The course uses multimedia content to explain complex concepts about trauma and abuse in easy-to-understand video clips which evidence how popular culture reinforces or perpetuates:

- Sexism
- Rape culture
- Violence
- Misogyny
- Disrespect in relationships
- Abusive behaviour

The course explores how women can regain ownership of their lives including owning their mind, body, choices, relationships, world and feelings.

Start date	27 th September	End date	20 th December
Day	Friday	Time	12.00 – 14.00
Dates not meeting	25 th October, 1 st November		
Please note, new enrolments will not be accepted after week 3			
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	24 th September	End date	27 th June 2025
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Please note, this group will meet **monthly**, actual dates shown below

2024: Thursday 24th October, Friday 29th November

2025: Fridays: 31st January, 28th February, 28th March, 25th April, 30th May, 27th June

Day	Friday – except October (Thurs)	Time	12.30 – 2.30
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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.

United Voices Choir - November

The United Voices Choir is made up of diverse women from all walks of life who meet at Nottingham Women's Centre to find empowerment through singing together.

The songs we sing are well known pop/soul songs with empowering lyrics. Recent examples include Girl on Fire, You've Got a Friend and Beautiful.

Choir members learn the songs by ear, including adding layered vocals and harmonies. A copy of the song lyrics is provided.

The choir performs live at community events around Nottingham and members are encouraged and supported to take part in a least one performance per term, usually on a Saturday afternoon.

Start date	4 th November	End date	16 th December
Day	Monday	Time	5.45 – 7.45
Room	9	Floor	First
Tutor	Lorna		
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. How much does it cost?

The cost is £35 per half term of 7 classes, this is payable in full, in advance.

For those experiencing financial hardship, we also have a limited number of 'pay as you can afford' places, which are allocated on a rolling basis.

3. Do I need to be able to sing?

All choir members must be able to hold a tune and clap in time to a beat. You will also need to be comfortable with learning songs by ear (we don't use sheet music). Due to the types of songs the choir sings, you will need a basic pop vocal range. The tutor will send you a very quick vocal range identifier before you attend your taster class. The weekly classes also include vocal coaching and tips, so you'll learn how to improve both your singing and confidence!

4. 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.

What is Vaginismus? (Online workshop & discussion)

This is a workshop on the causes and treatment for vaginismus - a condition that causes vaginal pain for women and how this condition could make cervical screening uncomfortable.

You will need to contact Reception for details of how to join this session (see 'How to register' below)

Date & time	Thursday 21 st November, 18:00 – 19:30
Venue	Online
How to register	For details of how to join, contact Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com

Frequently asked questions

1. Can I just log in?

You'll have to contact us (see above) to obtain details of how to log in to the session.

2. How much does it cost?

It is free.

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 (except Bank Holiday Mondays)	Time	5.30 – 7.30
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NOTE: December's meeting will be on Monday 16th December

Facilitator	Clare and Sue – Nottingham Women's Centre volunteers
How to register	No need to register, just turn up 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

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.

Drop-in times: Monday, Tuesday and Friday; 9.30am – 3.00pm

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:
lisc.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