



Nottingham
Women's Centre
come on in

What we're offering 2025

Version 28

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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.

Art Studio

These monthly workshops will focus on self-expression through the use of paint, drawing, modelling and more, whilst 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.

Dates	15 th October, 19 th November, 17 th December, 21 st January, 18 th February		
Day	Wednesday	Time	17:00 – 19:00
Room	Room 9	Floor	First
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?**
Please book in advance, see above.
- 2. How much does it cost?**
It is free.
- 3. Do I have to commit to attending every session?**
No.
- 4. Do I need to bring anything with me?**
No, all materials will be provided.

Choir on Fire Singing Group – with When Women Gather

Do you enjoy singing for fun?

Come and join Choir on Fire – an informal, welcoming choir for all women. No auditions, no pressure, just come along and SING!

All women are welcome – no experience needed, just bring your voice and good vibes!

Days and times	Thursdays, 11am – 12.30pm		
Dates	16 th October, 6 th November, 13 th November		
Room	Room 4	Floor	Ground
Facilitator(s)	Janet Rose – When Women Gather		
How to register	Book in advance at Nottingham Women’s Centre Reception or just drop in		

Frequently asked questions

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

Yes you can just drop in

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.

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	Second Tuesday of every month – 11 th November, 9 th December, 13 th January, 10 th February		
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 – Daytime sessions

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.

Dates	29 th October – 10 th December 28 th January 2026 – 6 th May 2026		
Days and times	Wednesdays, 13:00- 14:00		
Room	Room 4	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

2. Can I just turn up on the first day?

No, please contact Reception on 0115 9411475 to register.

4. How much does it cost?

It is free.

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

No, just turn up when you can.

Conversational English – Evening sessions

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.

Days and times	Tuesdays, 18:30- 19:30		
Room	Room 4	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

3. Can I just turn up on the first day?

No, please contact Reception on 0115 9411475 to register.

6. How much does it cost?

It is free.

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

No, just turn up when you can.

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

Start date	9 th January	End date	Ongoing
Day	Thursday	Time	13:00 – 15:00
Room	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.

English: Build Confidence in Reading and Writing



Start date	6 th October	End date	15 th December
Date not running	27 th October 2025		
Day	Monday	Time	17:45-19:00
Room	Room 1	Floor	First
Facilitator(s)	Sally Roberts		
How to register	Please register in advance. Email reception@nottinghamwomenscentre.com or call 0115 9411475 or come to the Women's Centre in person for help. When registering you need to provide your name, languages spoken, and telephone number		

Frequently asked questions

1. Do I have to commit to joining every session?

Ideally but it's not a requirement. It's possible to catch-up a little with independent study.

2. What if I can't attend the first session?

No problem. You can stay after your first attended session for a short 1-to-1 (10 minutes)

3. How much does it cost?

The course is free, but if students like the class they will need to purchase the workbook after the second session. The book is £6.50.

4. Do I need to bring anything?

A pen, or a pencil and rubber.

English: Beginners English for Arabic Speakers

Are you an Arabic speaker and want to learn to speak English?

Join our Beginners classes taught in both languages - English and Arabic - for those with basic or no English language skills.

Build confidence and meet other women.

Certificates provided at the end of the course!

A partnership between Nottingham Women's Centre and Nottingham Muslim Women's Network, funded by Nottingham City Council.

دورة اللغة الإنجليزية للمبتدئات ممن يتحدثن العربية
هل تتحدثين العربية وترغبين في التحدث باللغة الإنجليزية؟
انضمي إلى دوراتنا للمبتدئات التي تُدرّس باللغتين الإنجليزية والعربية
عززي ثقتك بنفسك وتعرفي على نساء أخريات واحصلي على شهادة بعد إكمال الدورة

Start date	7 th November	End date	12 th December
Day	Fridays	Time	10:00 – 11:30
Room	Room 9 (Room 1 on 7 th Nov)	Floor	First floor
Facilitator	Marwa Mustafa		
How to register	Please register in advance. Email reception@nottinghamwomenscentre.com or call 0115 9411475 or come to the Women's Centre in person for help		

Frequently asked questions

- 1. Can I just turn up?**
No, you need to book.
- 2. How much does it cost?**
It is free.

English for Improvers

✓ Practice speaking, listening, and understanding English.

✓ Feel more confident

✓ Meet other women

✓ Improve your reading and writing skills

📌 All women are welcome!

Start date	13 th September	End date	29 th November
Day	Saturday	Time	10:30 – 12:00
Room	Room 1	Floor	Ground
Facilitator	Kateryna Shpota		
How to register	Please register in advance. Email reception@nottinghamwomenscentre.com or call 0115 9411475 or come to the Women's Centre in person for help		

Frequently asked questions

3. Can I just turn up?

No, you need to book.

4. How much does it cost?

It is free.

Family Law Group

The Family Law Group are offering free legal guidance sessions for family matters involving children disputes, protective injunctions and Legal Aid.

Day	Friday	Time	9:30 – 12:00
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Dates	Starting Friday 10 th January
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Room	Room 4	Floor	Ground
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Facilitator	Kim, Family Law Group
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How to register	Booking not necessary
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Frequently asked questions

5. Can I just turn up?

Yes, these are drop-in sessions, so be aware that you may have to wait to be seen.

6. How much does it cost?

It is free.

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	Last Friday of every month
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!

Hatha Yoga Flow – with Body Physical

Embark on a journey of wellness and self-discovery with our 5-week Hatha Yoga Flow course.

Whether you're a beginner or an experienced yogi, our steady-paced Yoga practice combines physical postures, breathing techniques, and gentle chanting.

Weekly classes are 75 minutes in duration. You may bring your own Yoga mat if you wish to or borrow one from us.

Start date	14 th November	End date	19th December
Day	Fridays	Time	15:15 – 16:30
Room	Room 9	Floor	First
Dates not running	28 th Nov		
Facilitator(s)	Cheryl, Body Physical		
How to register	Please register in advance. You can book online by filling in this form: https://nwcentre.com/YOGA Or please speak to NWC reception to get a paper copy of the form.		

Frequently asked questions

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

It would be helpful if you could register first, but you will be welcome if you turn up without booking.

2. How much does it cost?

It is free. The course has been funded by the National Lottery

3. Do I have to attend all sessions?

You don't have to attend every session, you can choose which ones to attend.

4. Do I have to bring anything with me?

You may bring your own Yoga mat if you wish to or borrow one from us.

Healthy Spine Health Group

The "Healthy Spine" Health Group is designed to help women improve their spinal health through a combination of posture correction, targeted exercises, and relaxation techniques. The course will cover:

- Back pain prevention and techniques to relieve tension
- Posture correction to improve mobility and balance
- Flexibility and core strengthening to support spinal health
- Energy-balancing techniques inspired by Reiki for relaxation and stress relief

This course aims to empower women with sustainable habits to maintain a healthy back and improve overall well-being. Sessions are open to all fitness levels, with exercises adapted to individual needs. The course will be led by Natalia, an experienced instructor specializing in back health and rehabilitation. Natalia has extensive expertise in yoga and is a certified Reiki master, offering a holistic approach that combines physical health with emotional and energetic well-being.

Start date	15 th September	End date	3 rd November
Day	Monday	Time	11:30 – 13:00
Room	Room 9	Floor	First
Facilitator(s)	Natalia		
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

Frequently asked questions

2. Can I just turn up on the first day?

It would be helpful if you could register at Reception, but you will be welcome if you turn up without booking.

5. How much does it cost?

It is free.

6. Do I have to bring anything with me?

You will need a yoga mat, 2 small water bottles (300-500ml) and wear comfortable clothing that you can move in.

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 your immune system, busting stress, aerobic exercise, increasing oxygen intake and building self confidence

Start date	9 th September	End date	11 th November
Day	Second Tuesday Monthly	Time	12:00 -12:30
Room	9/9: Room 4 14/10 & 11/11: BTR	Floor	Ground, Basement
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 phone number 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	Wednesdays	Time	13:00 – 15:15
Dates and times	29 th October, 12 th November, 3 rd December, 21 st January, 4 th February, 18 th February 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

Medical English – with Nottingham Muslim Women’s Network

Struggling to have conversations with your GP in English?

Want to feel more confident using medical vocabulary when speaking to health professionals?

Join our 6-week Medical English ESOL Course designed specifically for women!

It's FREE! You must have Entry 3 or above in English to register for the course.

This course has been made possible through the collaboration of Nottingham Muslim Women’s Network and Nottingham Women’s Centre, with funding from Nottingham City Council.

Start date	7 th October	End date	11 th November
Day	Tuesdays	Time	12:00 -14:00
Room	9	Floor	1 st floor
Facilitator(s)	Jane – Nottingham Muslim Women’s Network		
How to register	Register via this link: https://tktp.as/EUBMBT Or contact NMWN: enquiries@nmwn.co.uk 0115 8372627 / 07826 464722		

Frequently asked questions

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

No, please register via details above.

2. How much does it cost?

It is free

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

Yes ideally to get the most out of it.

4. Do I need to bring anything with me?

You might want to bring paper/notebook and a pen/pencil

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	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 Drop-In

Looking for advice and guidance? Come along to the New Changes Drop-In to find out about what's happening at Nottingham Women's Centre and to meet a New Changes caseworker.

Dates & time	Ongoing		
Day	Tuesdays	Time	10:00 – 13:00
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?**
Free

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 **The Lover** by Marguerite Duras. A free PDF will be sent.

Date	Wednesday 1 st October Future dates tbc	Time	18:00 – 19:30pm
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This group will meet **4 times per year (once a season)**. Future dates to be announced.

Room	BTR (to be confirmed)	Floor	
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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 borrowing the next book choice.
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Frequently asked questions

1. How much does it cost?

It is free. A PDF will be sent.

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?

The PDF 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	8 th September	End date	8 th December
Day	Monday	Time	12:30 – 14:30
Dates not meeting	October Half Term		
Please note, new enrolments will not be accepted after week 3			
Room	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.

Pilates Class with When Women Gather

Come and try Pilates with Tina from When Women Gather CIC. An accessible mobilising, stretching, and strengthening session exploring standing and mat-based exercises.

Mats provided, or bring your own. Wear comfortable clothing you can move in and bring water to stay hydrated.

Sessions are free thanks to support from This Girl Can and When Women Gather CIC.

Suitable for beginners.

Start date	5 th November	End Date	10 th December
Day	Wednesday	Time	14:30 – 15:30
Room	Room 9	Floor	First
Facilitator(s)	Tina		
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, you will need to register in advance at reception.

2. How much does it cost?

It is free.

3. Do I have to bring anything with me?

Mats provided, or bring your own. Wear comfortable clothing you can move in and bring water to stay hydrated.

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	13:00 – 16:00
Room	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 September	End date	19 th December
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Please note, this group will meet **monthly**, actual dates shown below

26th September, 31st October, 14th November 19th December

Day	Friday	Time	13:00 – 15:00
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Room	Room 4	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.

Salsa and Bachata

The aim of this activity is to promote relaxation, boost self-confidence, improve overall well-being, and provide a fun and engaging way to stay active through simple and enjoyable Salsa and Bachata dance practices.

Start date	13 th September	End Date	1 st November
Day	Saturday	Time	10:30 – 12:30
Room	Room 9	Floor	First
Facilitator(s)	Olha (for further information call 07867 292660)		
How to register	It would be helpful if you could 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?

It would be helpful if you could book in advance, see above, but not essential.

2. How much does it cost?

Your first class will be FREE, but following classes will cost £5.00 each

3. Do I need to bring anything with me?

No, but wear clothes and footwear that you can dance in!

Standing Firm in Power and Pride: Celebrating Black Hair

From afros to twists, braids to locs, — our hair tells stories of culture, creativity, and pride. Paint, share stories and celebrate together in a relaxed, safe space led by **Angolan Women's Association**.

Materials and light refreshments provided!

No painting experience needed — just bring your energy! Let's honour our roots, our beauty, and pride.

Date and time	Tuesday 28 th October 2025, 2.30-4.30pm		
Room	1	Floor	Ground floor
Facilitator(s)	Angolan Women's Association		
How to register	Just turn up!		

Frequently asked questions

1. Can I just turn up?

Yes.

2. How much does it cost?

It is free.

3. Do I need to bring anything with me?

No, resources and refreshments will be provided.

Surviving to Thriving

This group is for women who have survived domestic abuse and need a safe space to talk about their experiences and learn new coping skills.

Throughout the duration we will be reflecting on how difficult experiences can impact us and looking at ways to deal with anxiety, anger, shame and other difficult emotions.

We will be talking about the effects of trauma and how to work with them, and exploring how to build healthier relationships with others and ourselves.

Start date	11 th November	End Date	20 th January 2026
Day	Tuesdays	Time	11.30 – 13.30
Room	BTR, 1 and 18	Floor	Basement, Ground and 2 nd floor
Dates not running	25 th November, 23 rd December, 30 th December, 6 th January		
Facilitator(s)	Jenna Wall and Angela Browne (NWC Therapists)		
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

Frequently asked questions

4. Can I just turn up?

No, you will need to book in advance

5. Do I need to attend all sessions?

It is preferred that the participants complete the full course, but planned absences will be accepted.

6. How much does it cost?

It is free.

7. Do I need to bring anything with me?

No, resources and refreshments will be provided.

Starting Your Own Business

This course is for those who are looking to start their own business.

- Build your confidence and self-belief to pursue your vision
- Tools to manage stress and navigate running your own business
- Set goals and access the support to make them a reality

You must be a Nottingham City resident

Start date	19 th September	End Date	26 th November
Day	Wednesday	Time	10:00-12:30
Room	Room 1	Floor	First
Facilitator(s)	Second Chance Learning Academy		
How to register	Book in advance, call 07399 630885 or go online to www.scla.org/courses		

Frequently asked questions

1. Can I just turn up?

No, you will need to book in advance

2. How much does it cost?

It is free.

3. Do I need to bring anything with me?

No.

Surviving to Thriving

This group is for women who have survived domestic abuse and need a safe space to talk about their experiences and learn new coping skills.

Throughout the duration we will be reflecting on how difficult experiences can impact us and looking at ways to deal with anxiety, anger, shame and other difficult emotions.

We will be talking about the effects of trauma and how to work with them, and exploring how to build healthier relationships with others and ourselves.

Start date	11 th November	End Date	20 th January 2026
Day	Tuesdays	Time	11.30 – 13.30
Room	BTR, 1 and 18	Floor	Basement, Ground and 2 nd floor
Dates not running	25 th November, 23 rd December, 30 th December, 6 th January		
Facilitator(s)	Jenna Wall and Angela Browne (NWC Therapists)		
How to register	Book in advance at Nottingham Women's Centre Reception, call 0115 9411475 or email reception@nottinghamwomenscentre.com		

Frequently asked questions

8. Can I just turn up?

No, you will need to book in advance

9. Do I need to attend all sessions?

It is preferred that the participants complete the full course, but planned absences will be accepted.

10. How much does it cost?

It is free.

11. Do I need to bring anything with me?

No, resources and refreshments will be provided.

United Voices Choir

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	1 st September	End date	13 th October
Day	Monday	Time	17:45 – 19:45
Dates not running	Bank Holidays		
Room	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.

WEA 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	27 th October	End date	15 th December
Day	Monday	Time	11:00 – 12:30
Facilitator	Katie (WEA tutor)		
How to register	Book online with WEA: https://www.wea.org.uk/courses/skills-life/health-wellbeing/20-october-fitness-and-exercise-dance-health-and-wellbeing		

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. Otherwise, it is £72 for 7 weeks.

4. Do I need to bring anything with me?

Comfortable clothing and a drink of water would be a good idea!

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	17:30 – 19:30
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NOTE: Dates that fall on a Bank Holiday will be rescheduled.

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!

Writing for Wellness

Are you someone interested in writing? Or a total beginner? Are you looking for ways to manage your emotions? Or express yourself creatively? Or simply to enjoy yourself?

This 8-week writing course will help you to learn more about writing as a tool for your well-being. Writing can help you to sort through your thoughts, process your emotions and express yourself, and you never know, you might have some fun along the way!

Each week we will engage with our senses, try out new activities, discuss our thoughts and opinions, share and read pieces of writing or poetry - even wrestle with the “I don’t get it” or “I can’t do this”. By the end of the course, no matter your prior experience or ability level you will have a piece of writing you’ve created.

Come join us and write in a safe space, free from criticism.

Bring your notebooks and pens.

Start date	1 st October	End date	26 th November
Day	Wednesdays	Time	10.00 – 12.00
Room	To be confirmed	Floor	To be confirmed
Tutor	Lizzie - UKCP Accredited Psychotherapist		
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?

It is free

4. Do I need to bring anything with me?

Bring a notebook and a pen/pencil!

Zumba with Margarita

This course offers fun and energetic Zumba sessions based on Latin dance rhythms. Each session will include a warm-up, easy-to-follow choreographed routines, and a cool-down. The focus is on movement, joy, and wellbeing — not on performance or perfection. The activity is designed to improve physical health, boost mood, and create a sense of community among women.

These sessions are often described as fun, energising, and uplifting — like a night out dancing in a club, but in a supportive and welcoming environment.

Start date	3 rd November	End date	15 th December
Day	Mondays	Time	14:30 – 15:30
Room	9	Floor	1 st floor
Facilitators	Margarita Rubio – Zumba Instructor		
How to register	Please contact Nottingham Women's Centre reception by phone (0115 941 1475) or email (reception@nottinghamwomenscentre.com) to register your interest.		

Frequently asked questions

1. How much does it cost?

It's completely free!

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

No – you're welcome to come when you can. Just let us know you're coming in advance, if possible.

3. Do I need to bring anything with me?

Just wear comfortable clothes and bring a bottle of water. We'll provide the music and the good vibes!

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 - Friday; 9:30 – 15:00

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, please contact Reception and ask to speak to one of our advisors.

Tel: **0115 941 1475**

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 | LinkedIn | Threads | YouTube:

@nottswomenscent

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

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