



Nottingham  
Women's Centre  
come on in

# What we're offering online

Version 4

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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.

## Frequently Asked Questions

**1. Will I need to fill a form in?**

If you have computer access 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?**

Obviously, we are restricted with what support we are able to offer at this time but 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**

## Art at Home

We have been isolated at home for weeks now and we don't have many outlets. With these sessions you can get creative, let yourself go, learn new skills or simply have fun. They are 'no pressure' activities and you can get the kids to join in. There will be one-to-one opportunities if you want some guidance. They will be held via Zoom and there will be no pressure to get work completed, just have a go and see what happens. Art is an essential way for the brain to relax so these sessions can give you a break from the routine.

They will be one hour long, see dates and times below. You can attend one or all. Materials can be collected from around the house but if you have any art materials you want to try out feel free. Basic materials like paper, pencils, charcoal would be useful or even household paints you have lying around. Each week there will be a different theme e.g. textures, shape, colour.

<b>Day</b>	Wednesday	<b>Time</b>	5.30 – 6.30
<b>Start date</b>	16 <sup>th</sup> September	<b>End date</b>	7 <sup>th</sup> October
<b>Dates</b>	September 16, 23, 30; October 7		
<b>Facilitator</b>	Diana Ali – Diana is a local professional artist and curator who has mentored on BBC's 'The Big Painting Challenge'		
<b>How to register</b>	Contact Reception, tel: <b>07930 825030</b> between 10.00 - 2.00, Monday - Friday or email <b>reception@nottinghamwomenscentre.com</b> to be sent the log in details for these sessions.		

### Frequently asked questions

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

It is free.

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

You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).

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

Basic material like paper and pencils plus any art materials you may have around the house.

**4. Do I have to attend all sessions?**

No, you can attend as many or as few as you like.

## Assessment Sessions for Maths, English and ESOL - WEA Course Ref: C2343501

Anyone wanting to enrol on a Maths, English or ESOL course needs to complete an initial assessment session online first so that they can be placed on a course at the right level. The sessions will be by appointment and as relaxed and supportive as possible. During initial assessment, students will work with WEA staff to agree the current level that they are working at and discuss the best course for them to develop their skills.

<b>Tutor</b>	Caroline – WEA
<b>How to register</b>	You will need to enrol online with the <b>WEA</b> , see the instructions later in this booklet and use the Course Reference <b>C2343501</b> or call <b>0300 303 3464</b>

### Frequently asked questions

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

It is free.

**2. Do I have to book a place for the assessment?**

Yes, you will need to book an appointment slot for your assessment, see above.

**3. Do I need a computer to be able to complete this course?**

You will need a device with internet access to be able to take the assessment (computer, laptop, tablet, smart phone).

**4. Will I be able to enrol on a Maths, English or ESOL course after completing an assessment?**

Your options will be discussed with you once you have completed the assessment.

## Body Move

A fun and gentle class to get you moving. Suitable for all levels of ability - if you have children with you, they could join in too!

Janine is offering these classes online via Zoom. The sessions will be closed groups just for the Women's Centre so you will need to contact Reception (see below) to get the Meeting ID and Password to enter the sessions.

You will need to have Internet access and a room with space to be able to do the exercises.

<b>Start date</b>	Ongoing	<b>End date</b>	Ongoing
<b>Day</b>	Monday	<b>Time</b>	2.00 – 3.00
<b>Tutor</b>	Janine – Exercise Roadshow		
<b>How to join</b>	Contact Reception, tel: <b>07930 825030</b> between 10.00 - 2.00, Monday - Friday or email <b>reception@nottinghamwomenscentre.com</b> and we will give you the <b>Meeting ID</b> and <b>Password</b> that you will need to join the sessions.		

### Frequently asked questions

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

These sessions are offered for free by Janine from Exercise Roadshow.

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

You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).

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

No, just join a session whenever you can.

**4. What should I wear?**

Comfortable clothing is recommended, and maybe have a drink handy.

## Complementary Therapies

The Level 2 Diploma in Complementary Therapies is ideal if you are looking to enhance your own well-being, learn new skills or embark on a new career in complementary therapies. You will learn about massage, reflexology, aromatherapy, healthy eating and general well-being.

You will be able to complete the theory element of the course online with interactive tasks, activities and tutorials whilst we are unable to offer direct contact classes, and then complete the practical part of the course once we are able to offer face-to-face classes again.

Alternatively, we may be able to offer a tailored version of the course to support your mental health and wellbeing, if you feel that the full course would be too much for you.

<b>Start date</b>	By arrangement	<b>End date</b>	By arrangement
<b>Day</b>	By arrangement	<b>Time</b>	By arrangement
<b>Tutor</b>	Jo - White Rose Beauty College		
<b>How to register</b>	Email Jo for further details: <b>Jo.hemsley@whiterosebeautycolleges.co.uk</b>		

### Frequently asked questions

- 1. Do I need a computer to be able to complete this course?**  
You will need a device with internet access to be able to access course materials and participate in tutorial sessions (computer, laptop, tablet, smart phone).
- 2. How much does it cost?**  
It is free.
- 3. Can I work towards a qualification?**  
Yes, on successful completion of the course you will gain a Level 2 Diploma in Complementary Therapies.
- 4. What are my options after taking this course/activity?**  
You could progress to a Level 3 course in Complementary Therapies and become a fully qualified therapist.

## Confidence Building: The Psychology and Practise - WEA Course Ref: C2343875

Whatever your circumstances, this course will help you to build confidence in everyday life activities and to explore effective ways to make changes in your chosen direction. In particular, this course will enable you to develop your own existing life-skills to deal better with the impact of emotional experiences and interactions that can often make us feel uncomfortable and lower our self-esteem.

Join us to understand and overcome some of the barriers that can get in the way of having a confident sense of self and well-being and as you learn to be OK with the more confident 'you', will look at how to make practical plans for positive change - including new perspectives and attitudes to life!

<b>Start date</b>	1 <sup>st</sup> October	<b>End date</b>	19 <sup>th</sup> November
<b>Day</b>	Thursday	<b>Time</b>	4.45 – 6.45
<b>Facilitator(s)</b>	Jill Arnold – WEA tutor		
<b>How to register</b>	You will need to enrol online with the <b>WEA</b> , see the instructions later in this booklet and use the Course Reference <b>C2343875</b>		

### Frequently asked questions

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

This course is free to those in receipt of an income related benefit; otherwise £44.80.

#### 2. Is there anything I need to join in?

- i. You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).
- ii. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- iii. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

#### 3. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>

## CV Writing and Advice

Improve your employability, increase job opportunities, build your confidence and identify skills you didn't know you had!

- One to one sessions giving guidance on CVs and cover letters
- Reviewing and improving an existing CV
- Tailoring a CV to suit a specific job description to increase your employability
- Identifying transferable skills
- Transform a non-UK CV into a UK CV

Sessions can be by Skype/Zoom/email/phone call

<b>Start date</b>	Ongoing	<b>End date</b>	Ongoing
<b>Dates</b>	To be arranged by appointment		
<b>Tutor</b>	Valentina – Nottingham Women's Centre volunteer		
<b>How to register</b>	Contact Reception, tel: <b>07930 825030</b> between 10.00 - 2.00, Monday - Friday or email <b>reception@nottinghamwomenscentre.com</b> and you will be contacted to arrange an appointment		

### Frequently asked questions

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

It is free.

**2. Do I have to come to the Centre for my appointment?**

No. Sessions will be held by Skype, Zoom, telephone or email.



## Peer Support

Peer support is a talking group for women who are experiencing mental/emotional difficulties or have at some point in their lives. The group is a safe place to learn effective ways of coping and to support others in the group by sharing lived experience.

This group is online via Zoom, so you will need to have Internet access and a quiet space to participate.

Contact Reception (see below) for further details of how to join the group.

<b>Start date</b>	Ongoing	<b>End date</b>	Ongoing
<b>Day</b>	Wednesday	<b>Time</b>	1.00 – 2.30
<b>Facilitator(s)</b>	Peer Support Coordinator		
<b>How to register</b>	Contact Reception, tel: <b>07930 825030</b> between 10.00 - 2.00, Monday – Friday or email <a href="mailto:reception@nottinghamwomenscentre.com">reception@nottinghamwomenscentre.com</a>		

### Frequently asked questions

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

It is free.

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

You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).

**3. Do I have to commit to coming to every session?**

No, this is an open group, members can come as often or as little as they like.

**4. Where in my home should I be to take part in the group?**

Create a quiet undisturbed space whenever possible. Members of your household should not be able to overhear the group.

## Psychology for Beginners - WEA Course Ref: C2344013

The psychology of what makes people 'tick' can be very confusing. This class will help to make sense of yourself and other people, as we explore the social issues of growing up and managing the roles and relationships of everyday life.

This beginners' course will consider topics that could help you to deal with some of the everyday challenges that face us today. Understanding the basic processes of psychology, offers ways to become more confident about yourself, how to better manage change and much more - so join us for an informal and interesting course that could change your life!

<b>Start date</b>	21 <sup>st</sup> September	<b>End date</b>	9 <sup>th</sup> November
<b>Day</b>	Monday	<b>Time</b>	4.45 – 6.45
<b>Facilitator(s)</b>	Jill Arnold – WEA tutor		
<b>How to register</b>	You will need to enrol online with the <b>WEA</b> , see the instructions later in this booklet and use the Course Reference <b>C2344013</b>		

### Frequently asked questions

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

This course is free to those in receipt of an income related benefit; otherwise £44.80.

#### 2. Is there anything I need to join?

- i. You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).
- ii. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- iii. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

#### 3. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>

## Women's Voices: Singing - WEA Course Ref: C2343690

Learn to sing like a professional in a women-only online group with a qualified vocal coach. This course is suitable for everyone, beginners or advanced. We will cover professional vocal techniques in depth, as well as discussing a range of options to progress your singing further for those who want to, such as taking exams, promoting your music, or building the confidence to sing in front of others. Participants can even privately submit up to 3 songs a week to the tutor for personal feedback.

There are two time slot options, let the tutor know which time slot you would like when booking your place.

<b>Start date</b>	16 <sup>th</sup> September	<b>End date</b>	25 <sup>th</sup> November
<b>Day</b>	Wednesday	<b>Time</b>	11.30 – 1.30 or 6.00 -8.00
<b>Facilitator(s)</b>	Lorna – WEA tutor		
<b>How to register</b>	Email: <a href="mailto:lornagracepoole@gmail.com">lornagracepoole@gmail.com</a> or via the WEA website, see instructions later in this booklet, use the Course Ref <b>C2343690</b>		

### Frequently asked questions

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

This course is free to those in receipt of an income related benefit; otherwise £64.00, reduced to £32.00 if your household income is less than £20,000.

#### 2. Is there anything I need to join?

- i. You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).
- ii. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- iii. You will also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer.
- iv. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

#### 3. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>

## Yoga - Sunset Yoga with Helen

For the rest of 2020, Snugg Yoga are offering free online classes to NWC women. You will need to have Internet access and a room with space to be able to stretch out.

If you are new to yoga, don't worry - what's great about yoga is there is no competition, the practice is completely your own and all our bodies are different, no matter how hard (or how little) we practice.

The Yin Yang Yoga class will start off with an active practice, to fire up your muscles and get the blood flowing, building strength & stamina (Yang), it will then be followed by a deep dreamy Yin sequence, where you will enjoy holding postures for longer, dissolving into a gentle meditative state allowing your body to feel more flexible and to enjoy an intense relaxation. You'll finish feeling lighter than air.

*"This is an unusual time for everybody and we want to use our yoga sessions to help anyone feeling isolated, anxious or stressed out, or just anyone who would like to see some friendly faces and get their bodies moving."* Helen, Snugg Yoga

<b>Start date</b>	1 <sup>st</sup> September	<b>End date</b>	22 <sup>nd</sup> December
<b>Day</b>	Tuesday	<b>Time</b>	8.00 pm
<b>Facilitator(s)</b>	Helen – Snugg Yoga		
<b>How to register</b>	Go to: <a href="https://snugg.simplybook.it/v2/">https://snugg.simplybook.it/v2/</a> to book your place, then simply bypass the payment option		

### Frequently asked questions

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

Snugg Yoga is offering these sessions free; there is an option to make a donation if you are able to when booking your place.

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

You will need a device with internet access to be able to take part in the sessions (computer, laptop, tablet, smart phone).

**3. Do I have to commit to coming to every session?**

No, just book whichever sessions you are able to join.

**4. What should I wear?**

Comfortable clothing is recommended, and maybe have a drink handy.

## WEA courses

The WEA is the UK's largest voluntary sector provider of adult education with nearly 3,000 volunteers, 2,000 tutors and over 10,000 members; they deliver friendly, accessible and enjoyable courses for adults from all walks of life.

The WEA has a wide range of online courses available covering areas such as Arts and Crafts; English, Maths and Digital; History and Culture; Languages and Writing; Natural and Social Sciences and Performing Arts.

Further details are available on their website: <https://www.wea.org.uk/east-midlands/browse-all-our-courses-east-midlands>

### 1. How much do these courses cost?

For ESFA funded courses, you are entitled to free tuition if you receive certain benefits (or if you are dependent on someone who receives those benefits). You may be asked for evidence of your benefit status such as a letter from Job Centre Plus.

Costs will be shown on the Information Sheet for each individual course.

### 2. Is there anything I need to join in?

- i. You will need an internet connection, speakers, a microphone and a webcam so that you can use WEA's video learning platform, Zoom.
- ii. You may also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer.
- iii. You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas.

### 3. Will these classes be for women only?

**No**, the WEA who offer courses to everyone, so expect a mixed group and either male or female tutors. Any women only courses will be listed individually in this booklet.

### 4. How will I be taught?

The WEA's digital learning platform, Canvas will be used, if you want to understand more about this please visit: <http://bit.ly/WEAonline>

If you are not sure if an online course is right for you at this time there are free 'learn from home' resources that can be downloaded from their website:

<https://www.wea.org.uk/learning-resources>

**IMPORTANT: WEA courses are available to everyone, so expect a mixed group if you enrol on a course. The tutor may be male or female. Any women only courses offered by the WEA are listed separately in this booklet.**

## How to enrol on a WEA course

WEA courses are being run online for the time being, so you will need to complete your enrolment online.

Please note that you will need to have an email address to receive confirmation of your enrolment.

Go to: <https://www.wea.org.uk/find-course>

If you know the course reference follow the instructions below.

The image shows a search form on a green background. On the left, there are three annotations with orange arrows pointing to specific parts of the form:

- Click to 'Show more search options'**: An arrow points to a dropdown menu labeled "Or select a category" with a downward arrow icon. Below this menu is a link that says "▼ Show more search options".
- Enter the course reference number**: An arrow points to a text input field labeled "Know which course you want?" with the placeholder text "Enter the course ref".
- Click 'Search'**: An arrow points to a dark green button labeled "Search" at the bottom right of the form.

The form fields include:

- Town or postcode: Enter your town or postcode
- Subject or keyword: Enter a subject or keyword
- Be inspired: Or select a category (dropdown menu)
- Know which course you want?: Enter the course ref
- WEA branch: Enter your local branch

You will now be able to find more details about the course and complete the rest of the enrolment form. You will then receive an email confirmation from WEA with further instructions.

If you are browsing to see what the WEA have on offer use this link:

<https://www.wea.org.uk/east-midlands/browse-all-our-courses-east-midlands>

## Other Organisations

### Nottinghamshire Sexual Violence Support Services

Nottinghamshire Sexual Violence Support Services (formerly Nottingham Rape Crisis Centre) supports women over the age of 13 who have suffered any form of sexual violence – recent or historical. They offer face-to-face counselling sessions and a helpline where survivors can speak to trained counsellors.

Tel: 0115 9410440

[www.nottssvss.org.uk](http://www.nottssvss.org.uk)

### JUNO Women's Aid

JUNO Women's Aid is run by women, for women and their children experiencing or escaping domestic abuse. They offer a range of services including a 24 hour emergency helpline, drop in service, domestic violence awareness training, floating support and outreach support.

Tel: 0808 8000340

<https://junowomensaid.org.uk>

### Kairos

This group provides a social network offering emotional support to lesbians and bisexual women who are currently applying for asylum and those refugees who have been granted leave to stay in the UK.

It offers practical support and assistance to members with current asylum applications based on sexuality to help ensure that our members are treated fairly and with dignity during the often inhuman asylum process.

All asylum seekers, refugees and immigrant women who identify as lesbian or bisexual are welcome to join!

For further information contact:

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

## Nottingham Women's Centre Membership

Membership of Nottingham Women's Centre entitles you to a vote at our AGM and gives you access to our library for borrowing books. You will also receive regular e-bulletins to keep you up to date with everything happening at the Centre.

For more information or if you have any questions, please email [reception@nottinghamwomenscentre.com](mailto:reception@nottinghamwomenscentre.com) or call us on 07930 825 030 between 10.00 - 2.00.

## Contact Details

For further information about courses or to arrange an online welcome meeting, please contact Reception and ask to speak to one of our advisors.

Tel: 07930 825 030 between 10.00 - 2.00

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).