

DERBY WOMEN'S CENTRE

4 Leopold Street

Derby, DE1 2HE

Tel/Fax: 01332 341633



Derby Women's Centre is a resource for all 18+ women in and around Derbyshire, which aims to improve the quality of life for local women. We have been operating for over 30 years and support women from all backgrounds, ages and cultures.

DWC provide services such as counselling, courses, workshops, pregnancy testing, coffee mornings, complimentary therapies and one-to-one debt and benefit and legal advice and support.

Projects and courses run regularly at *DWC* and these have included Assertiveness Building and Arts & Crafts activities. *DWC* also host themed Coffee Mornings on a fortnightly basis.

Helplines

Samaritans - 08457 90 90 90

Derby Rape Crisis- (01332) 372545

Hadhari Nari (01332) 270101

Derby Women's Centre

Funded by Derby City Council
REG. CHARITY No: 700488

Support & Information

Counselling

Projects

Courses

Therapies

Improving the quality of life for women in Derbyshire

Email: enquiries@derbywomenscentre.co.uk

Website: derbywomenscentre.org.uk

What do Women say about Derby Women's Centre?

'After previous counselling came to an end I felt I needed continued support. I found that at the Centre and it has been a great help to me.' - **Janet.**

'I have been hiring a room at DWC for over 3 years and have always found it a good resource and the staff helpful.' - **Chylie**

'Thank you all for your support this year during the most difficult year of my life. Without the Women's Centre I wouldn't like to think about how much worse it would have been for me.' - **Claire**

'DWC gave me a safe space when I needed it & answered my need when I just turned up on the doorstep.' - **Anonymous.**

'As a counsellor on placement at DWC I've had lots of support from the staff.' - **Carol**

Courses & Projects

- **The Freedom Programme** - Due to restart 5th May 2011. Thursday 10:00 - 12:00. Open to all women who want to know more about domestic violence. Due to popularity, there are limited spaces available for new members so we advise calling in advance to avoid disappointment.
- **Benefit & Debt Support** - Mondays and Wednesdays 1-3pm Please contact Rehana at the Centre for more information and to book an appointment.
- **Themed Coffee Mornings** - 2nd and 4th Wednesdays of the month, 10:00 - 12:00 – Come along and enjoy tea and coffee in a relaxed setting. An ideal opportunity to meet new people. A £1 donation is asked to cover running costs.

Services & Therapies

- **Red Cross Massages** - 1st and 2nd Wednesday of every month 10.00—12.00pm. Please ring before hand or call in to the centre to book an appointment. A donation of £5 is needed to cover the costs.
- **Counselling Service** - Low cost counselling for a range of mental health problems provided by volunteer counsellors. Open to all 16+ women across Derby city and county. Please call the Centre to get on the waiting list.
- **Pregnancy Testing Service** - Every day 10:00am - 3:00pm. Please phone DWC for an appointment. A first morning sample is required for an accurate result. A £1 donation would be much appreciated.
- **Legal Surgery** - Every Wednesday 12:00 - 1:00pm. Individual legal advice on divorce, injunction, matters concerning children, probate and wills. This service is provided by Nelson's Solicitors. Please ring in advance to book an appointment.
- **Hypnotherapy** - Thursdays 11.30am-3.30pm If you're struggling to deal with certain thoughts or behaviour, come along to one of our hypnotherapy sessions! Hypnotherapy can be used to treat a wide range of problems. Please ring DWC for more information and to book an appointment.