

11 January 2012

Weekly Activities

This is an information sheet for your organisation to enable you to let women know what is available at the Derby Women's Centre. If you require any further information, please contact the Centre on 01332 341633

Monday

Aromatherapy Reflexology and Swedish Massage

Re-commences 9 January 2012

These beautiful holistic treatments aim to promote physical and emotional well being and balance. £5.00 donation. For more information or to book an appointment please telephone Derby Women's Centre on 01332 341633.

IT Sessions – 1.00 - 2.30 – Every Monday

Re-commences Monday 9 January 2012

Improve and gain knowledge of Microsoft Word and more. Have some fun in the fascinating world of the Internet. Please just turn up on the day.

For more information please contact Elaine or Zulikha at Derby Women's Centre on 01332 341633.

Tuesday

Creative Arts Workshops – 10.00 – 12.00

Commencing 10 January 2012

Come and express yourself in a fun and friendly environment with the opportunity to engage with a range of creative activities. For more information or to book a place please contact Elaine at Derby Women's Centre on 01332 341633.

Employment Workshops

Running until the end of February 2012

Come and brush up on your skills, interview preparation, first aid course and general health and safety course.

Please see website or for more information please contact Zulikha at Derby Women's Centre on 01332 341633.

Wednesday

1st and 3rd Wednesdays of the month – 10.00 – 12.30

British Red Cross Therapeutic Care

Appointments available from 15 February 2012

Come along relax and pamper yourselves with a massage and/or manicure by a Red Cross Therapeutic Crafts Care Practitioner. £5.00 donations to cover costs and to enable us to continue with this service. Book an appointment by ringing Derby Women's Centre on 01332 341633.

Themed Coffee Mornings – 10.00 – 12.00

2nd and 4th Wednesdays of the month

Come along, relax and meet new people at our coffee mornings. Each coffee morning has a different theme. £1 donations.

Nelsons Solicitors – 12.00 – 1.00

(10.00 - 12.00 last Wednesday in the month)

Free advice on divorce, contact matters and family matters. By appointment only. Donations appreciated. Book an appointment by ringing Derby Women's

Centre on 01332 341633.

Crafts Workshops with Philippa Larkam

Commencing Wednesday 18 January 2012 1.00 – 3.00

For more information or to book a place please contact Elaine at Derby Women's Centre on 01332 341633.

Thursday

Freedom Programme – 10.00 – 12.00 Every Thursday

Re-commencing 5 January 2012

Open programme.

This programme is open to any woman who wishes to learn more about the realities of Domestic Violence (12 week course). Its aims are:

- To help women to understand the beliefs held by abusive men
- To illustrate the effects of Domestic Violence on children
- To help women gain self-esteem and the confidence to improve the quality of their lives

To introduce women to community support

Indian Head Massage or Manicure

Re-commences 12 January 2012

Have a soothing and relaxing massage or pamper yourself with a manicure. Donations of £5.00 appreciated. For more information or to book an appointment please contact Elaine at Derby Women's Centre on 01332 341633.

Love Yourself Heal Yourself Workshops – 1.00 – 3.00

Commencing Thursday 19 January 2012

For more information or to book a place please contact Elaine at Derby Women's Centre on 01332 341633.

Friday

Aromatherapy Reflexology and Swedish Massage

Re-commences 13 January 2012

These beautiful holistic treatments aim to promote physical and emotional well being and balance. £5.00 donation. For more information or to book an appointment please ring Derby Women's Centre on 01332 241633.

Three Workshops on Building Confidence and Self Esteem

3 February, 10 February and 17 February 2012 10.00 – 12.00

These workshops look at recognising and changing negative thoughts, at praise (how to receive and give it) and how to communicate our needs more effectively.

For more information or to book a place please contact Elaine at Derby Women's Centre on 01332 341633.

ALSO AVAILABLE AT THE CENTRE

- **COUNSELLING** - we are pleased to confirm that we are now taking referrals again. Please call us on 01332 341633 to be placed on the waiting list when you should be offered an initial assessment in the near future.

PREGNANCY TESTING – Now everyday