



# Shantona Women & Family Centre

Building confidence & independence in the community

## Activities September 2019

Shepherds Lane, Leeds, LS8 5AW, Tel: 0113 2497120, Web: [www.shantona.co.uk](http://www.shantona.co.uk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Free <u>Conversation Class</u> to improve English for 18+ Women Only 10-12 at Bangladeshi Ctr. Term-time only, <a href="mailto:shafia@shantona.co.uk">shafia@shantona.co.uk</a>	Free <u>Herbal tea making</u> session for 4 weeks for 18+ women only at Shantona starting 18 <sup>th</sup> September <a href="mailto:naseema@shantona.co.uk">naseema@shantona.co.uk</a>	<u>Swimming</u> for 18+ women only, 9.30 – 11.30am at Quarry House, meet at Shantona. Cost £1 towards minibus + swimming pool fee. <a href="mailto:thamanna@shantona.co.uk">thamanna@shantona.co.uk</a>	Free <u>one to one drop in for Employment support</u> 18+women only 9.30-11.30 at Shantona women's centre <a href="mailto:naseema@shantona.co.uk">naseema@shantona.co.uk</a>	Free <u>Coffee Morning</u> for 16+ women only 8.45 – 11.00am at Bangladeshi Ctr. <a href="mailto:khela@shantona.co.uk">khela@shantona.co.uk</a>	<u>Youth Club</u> for 10 – 17yrs girls only 1.00 – 3.00pm at Shantona, until 31/03/2018. Cost depending on activities. <a href="mailto:fahima@shantona.co.uk">fahima@shantona.co.uk</a>
	Free <u>Arts&amp; Crafts-</u> for 50+ women only, 12.30-2.30pm at Bangladeshi Community Centre Contact: <a href="mailto:nahila@shantona.co.uk">nahila@shantona.co.uk</a>	Free <u>ICT/Job shop cv writing class</u> For 18+ Women only 9.30-11.30 at Shantona women's Centre. <a href="mailto:naseema@shantona.co.uk">naseema@shantona.co.uk</a>  Free <u>Stepping Forward – Confidence Building Course</u> for 16+ women only 12.30 – 2.30pm at Bangladeshi Ctr. <a href="mailto:khela@shantona.co.uk">khela@shantona.co.uk</a>	Free <u>men's healthy relationship workshop</u> Men only 18+ 11.30-1.30pm at Bangladeshi CTR starting on 10 <sup>th</sup> October for 4 weeks contact: <a href="mailto:khela@shantona.co.uk">khela@shantona.co.uk</a>  Free <u>stitch and Patch Sewing class</u> for women only 18+ 1.00-2.30pm at Bangladeshi Ctr <a href="mailto:thamanna@shantona.co.uk">thamanna@shantona.co.uk</a>	Free <u>Discussion Group</u> for 50+ women only 11.30am – 1.00pm at Bangladeshi Ctr. Contact: <a href="mailto:nahila@shantona.co.uk">nahila@shantona.co.uk</a>	
		Free <u>Peaceful Mind six-week course around mental health and wellbeing)</u> Women only 18+ Starting Wednesday 18thSeptember Bangladeshi Centre 1pm-2.30pm <a href="mailto:Shafia@shantona.co.uk">Shafia@shantona.co.uk</a>	Free <u>youth club for Boys</u> Aged 10-14 3.15pm-4.15pm @Bangladeshi Centre Starting 24 <sup>th</sup> October 2019 <a href="mailto:zubeda@shantona.co.uk">zubeda@shantona.co.uk</a>	<u>Luncheon Club</u> for 50+ women only 12.30 – 2.00pm at Bangladeshi Ctr. Cost £1.50 per meal. <a href="mailto:nahila@shantona.co.uk">nahila@shantona.co.uk</a>	
		<u>Girls group-</u> For girls aged 12+ At Shantona starting 25 <sup>th</sup> September 2019.16.30-17.30pm Contact: <a href="mailto:zubeda@shantona.co.uk">zubeda@shantona.co.uk</a>	<u>Youth Club</u> for 10 – 17yrs girls only, 4.30 – 6.30pm at Bangladeshi Ctr. until 31/03/2018. Cost 20p Contact: <a href="mailto:Fahima@shantona.co.uk">Fahima@shantona.co.uk</a>		

For DV support for Adults contact Khela Begum- [khela@shantona.co.uk](mailto:khela@shantona.co.uk)

**Early Years for 2 – 4 Year Olds, running Monday – Friday, 8.45am – 3.30pm at Shantona; Contact: [Sabuj@shantona.co.uk](mailto:Sabuj@shantona.co.uk).**

For further information please contact Ashia on 2497120 or email: [admin@shantona.co.uk](mailto:admin@shantona.co.uk)