

Nottinghamshire Women's aid ltd

Newsletter



We are excited to announce that we have been spending a lot of time and effort to engage both of our centres into their local communities. We are planning for the next few months to be booked full of activities and support opportunities for our women, children and the community to be a part of. We need you to help us to advertise these fantastic groups, sessions and briefings as we will all know a woman that may benefit from what we are offering.

We are facilitating the Freedom Programme, the Recovery Toolkit and Hands are not for hurting at several locations in the new year for our women and children. Please contact us for more information

We have our Free legal drop in's for women seeking support around Family Court issues, continuing at both the Farr Centre (weekly with either Foy's or Ilet & Clark) or at Hickling House (first Wednesday each month with Ilet & Clark)

In the new year we are hosting:



A CGL drop in at the Farr, where our clients that are hoping to reduce or eliminate drugs/ alcohol intake can be offered tailored support. Starting fortnightly from 15/01/2024 at 1pm with 2 slots. Book through Facilitators.

A debt advice service for our clients from CAB at Farr - 29/01/2023 with follow up apts on 05/02/2024. Book through facilitators.

A benefit drop with DWP at the Farr Centre and Hickling House where our clients can come to get support/ advise around benefits. Starting 05/02/2024 at the Farr with 3 slots - 09:15, 10:15, 11:15. Book through facilitators

A women's only AA meeting at the Farr Centre - TBC

A Careers drop in at the Farr Centre, whereby clients and women in the community can access support around career planning/ training opportunities - TBC

The exciting events coming up are:

- 24th January 2024 @ 10am - Menopause Briefing by the Menopause Consortium @ Hickling House (45 places, must book on) - open to NWAL clients and women in the community
- 1st February 2024 @ 10am - 12pm - Future Opportunities Open Day @ Farr Centre (We have Doncaster, West Notts and North Notts colleges, DWP, Framework, National Careers Service and Inspire attending) - Open to NWAL clients and women in the community
- 22nd February 2024 @ 10am-12pm - Warrior of the heart Sound bath @ Farr Centre. Fantastic guided meditation which works on grounding techniques and breathwork - By Amiee O'Neill. (10 spaces - must book on) - only open to NWAL clients currently
- 22nd February 2024 @ 12:30 - 2:30pm - Women and Children Sound bath therapy @ Farr Centre. Brilliant interactive session using instruments, sound, cuddlies focusing on breathwork and bonding - By Aimee O'Neill. (10 spaces - must book on) - only open to NWAL clients currently

More to be confirmed....

Any activities with spaces, will need to be booked in with the Facilitators. Any questions please contact enquiries@nottswa.org.

We are also continuing to develop our Better Together Service to allow our survivors to have their voice heard and to better someone else's journey. This is a really empowering and interesting opportunity for survivors who are ready to talk about their journey. Please contact Laura Jeffcoate if you wish to refer or discuss this service further.

We would love to hear your voice today to empower someone else's tomorrow!

