



WOMEN'S BE SAFE & SELF DEFENCE CAMPAIGN

- **13 Week Workshop**
- **FREE Course**
- **Every Thursday, 7:00pm - 7:45pm (Starting 21st March)**

Contact: 07738216892

**Kingswood Neighbourhood Centre,
Alberta Close, NN18 9HU**

WOMEN'S BE SAFE & SELF DEFENCE CAMPAIGN

North Northants Sports & Welfare Club is set to host a FREE 13 week self-defence course for women as part of an ongoing 'BE SAFE' programme. Offering a FREE 13 week workshop to be a Safer you. Help Empower and bring a friend too!

The 13 week free course is being funded by in partnership with the North Northamptonshire Council and Northamptonshire Sports.

The course will be tailored by the instructors each week to suit attendees, so new attendees are welcome to join at any time, when spaces are available.

NN S&W will be offering the classes at Kingswood Neighbourhood Centre in Corby to help women become more confident and aware of their surroundings.

Once the course has completed it will run again, giving more women the chance to participate.

The free classes will take place on Thursdays from 7.00pm to 7.45pm, starting on Thursday 21st March 2024.

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 Scan & Stay Safe