



# OCTOBER NEWSLETTER

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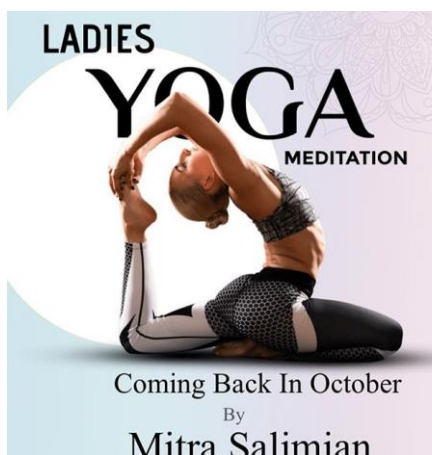
**Hello YANA Community!**

Thank you very much for your donations to YANA community, it is very much appreciated, especially during this time of uncertainty. Your support will directly support vulnerable and isolated women and children.

We are also preparing for support services following the pandemic; consequences of Covid-19 and the associated lockdown restrictions will include many people suffering with mental health. Your donations will contribute to our current services, as well as our preparation for extending our services in the future. This includes the provision of the following:

- Food
- Support Services
- Classes

Without your support YANA could not provide the support that we do, and help our community in the same way.



**YANA COMMUNITY**  
**Sport employable opportunity**

YANA is helping you for building trading opportunity, to get in the long term paid work ladder.

YANA gives you sport activities training opportunity which you can get qualification by Active Nottingham.

It's suitable for who is already practicing sports and is committed to attend to all classes.

If you want to be an sport instructor, please email YANA with the name of the sport activity you are interested.

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**YANA COMMUNITY**  
**Corona virus and dental care during Quarantine**

Join our webinar on what you need to know

[www.yanacommunity.co.uk](http://www.yanacommunity.co.uk)

By Dr Vina Rouhanifar  
 Friday 9th October At 6:00pm

Online

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**Organized by Yana Community**  
**Consultation sessions with experts in various fields as well as various training online classes**

## What's On:

- **Dental Care Seminar (online) on Friday 9<sup>th</sup> October, at 6pm, via zoom.** Coronavirus and dental care during quarantine, by Dr Vina Rouhanifar.
- **Yoga and Meditation Classes (online)**
- **Persian Music Workshop (online)**
- **Learn Persian Cuisine (online)**
- **Jewellery Making (online)**
- **Singing (online)**
- **Persian Dance (online)**

To join these fantastic classes, visit the YANA Community website and fill in the membership form; you will receive Zoom login info/link.

[Click here](#) to see our timetable

**YANA COMMUNITY**

It is a long-standing custom of the mothers of our land, that they always prepared a dish for the neighbors to knock on the door of their houses to offering the food and to ask about his/her condition so that he/she does not feel lonely and forgotten.

Yana is by your side like a neighbor who does not want you to feel lonely in the difficult days of quarantine.

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Hot and Cold food parcels, delivered to your door