



NOVEMBER NEWSLETTER

Hello YANA Community!

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At YANA, it is our mission to create a supportive network to help our members and their children, throughout Nottingham. We provide workshops and cultural events, that aim to empower women and girls, by helping them achieve their potential at every stage of their lives. We also provide donations of food and other essentials to new arrivals, to show everyone "You Are Not Alone".

We are always adding to our classes and workshops, please visit our website for more information.

YANA News

We have been very busy during October, working to deliver food parcels to vulnerable members of the community, delivering weekly hot meals and providing essential support and guidance in these challenging times. Your donations help us do this!

WEBSITE:

<http://www.yanacommunity.co.uk/>

EMAIL:

info@yanacommunity.co.uk

We have helped and supported new arrivals living in temporary accommodation, who called for help from their Iranian community in Nottinghamshire and Derby, and YANA stepped in. Hot food was prepared, cooked and delivered by our volunteers. Thank you so much to our supporters, as well as Nottinghamshire County Council, Hindu Temple, and food banks.

We have started a new online Baking class on a Friday at 11am, yummy photos below:




We have also started a new online class on a Friday at 6pm, which so far has covered Breast Cancer Awareness, Mental Health and Wellbeing, and Menopause. Our class schedule can be [found here](#).



What's On in November:

YANA COMMUNITY

Ladies
YOGA DAY




Every Sunday At 11:00 am
By
Mitra Salimian

 /yana.community
  /yanacommunity.co.uk
 /YANA_UK
  info@yanacommunity.co.uk
www.yanacommunity.co.uk



YANA COMMUNITY

If you are passionate to learn life skills and get over any mental health problems, join us for online session



میخوام از دست خستگی
 برات بگویم
 هیچ مقصدی وجود
 نداره هشت مسیره
 تا جایی که میخوای از
 مسیرت لذت ببری

ALI JAFARIAN

YANA COMMUNITY

Persian Star And Daf Workshop



By
Arnica

Every Thursday
At 6:00Pm

 /yana.community
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 /YANA_UK
  info@yanacommunity.co.uk
www.yanacommunity.co.uk



YANA COMMUNITY

Singing Workshop

By Arnica



Every Tuesday At 6:00pm

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  info@yanacommunity.co.uk
www.yanacommunity.co.uk



- Psychological Counselling and Wellbeing (online) on Friday 6th November and Friday 20th November, at 6pm, via Zoom.
- Singing (online) - Every Tuesday, at 6pm, via Zoom.
- Persian Music Workshop (online) - Every Thursday, at 6pm, via Zoom.
- Baking Classes (online) - Every Friday, at 11am, via Zoom
- Yoga and Meditation Classes (online) - Every Sunday, at 11am, via Zoom.
- Persian Cuisine Classes (online)
- Jewellery Making (online)
- Persian Dance (online)


To join these fantastic classes, visit the YANA Community website [here](#) and fill in the membership form; you will receive Zoom login info/link. Donation is not mandatory, but helps contribute towards the cost of activities. If you have financial difficulties and cannot pay for registration, please contact info@yanacommunity.co.uk

[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.




 Nottinghamshire County Council
 

Please Support Us:

[Donate](#) to provide essential help to women and children in Nottingham.

[Volunteer](#) to make a difference.

Share this email with your friends and contacts.