




December Newsletter

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WEBSITE:

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

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Hello YANA Community!

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



The Christmas period is fast approaching and YANA has some exciting classes to finish off 2020. Our Psychological Wellbeing classes were very popular and will be run weekly on Fridays. During November YANA has reached out to numerous charities and organisations to help refugees, providing clothing and essential items.

Join us for **Yalda Night on 20th December** (the Night of the Winter Solstice) where we will enjoy Persian poetry, music, singing and dance. Yalda Night is the longest and darkest night of the year and is a time to celebrate with friends and family. This festival is most popular in Iran, Azerbaijan, Afghanistan, Iraqi Kurdistan, Tajikistan and Turkey (Kurds and Azeris communities).

The last day of classes will be on the 22nd of December and restart on the 5th of January 2021.

Make sure you sign up early for our classes! Our class schedule can be [found here](#).

What's On in December

- Psychological Counselling and Wellbeing (online) every week on Friday's, at 6pm
- Singing (online) - Every Tuesday, at 6pm, via Zoom.
- Yoga and Meditation Classes (online) - Every Sunday and Wednesday, at 11am, via Zoom.
- Persian Music Workshop (online) - Every Thursday, at 6pm, via Zoom.
- Modern Iranian Dance (online) - Saturdays 5th & 12th December 11am
- Yalda Festival (online) 20th December, at 6pm

To join these fantastic classes, visit the YANA Community website [here](http://www.yanacommunity.co.uk) 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

Please Support Us:

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

[Volunteer](#) to make a difference.

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