



Free Self-defence Sessions

Free self-defence sessions are available to women and girls aged 16* and over in Wyre Forest. These sessions aim to build confidence and teach practical techniques as part of the Violence Against Women and Girls (VAWG) initiative.

Areley Kings Village Hall, Areley Common Road, Stourport, DY13 0NB

Wednesday 19th November 2:45pm-4:15pm
Wednesday 3rd December 2:45pm-4:15pm
Wednesday 17th December 2:45pm-4:15pm

St Michaels Church, Church Drive, Stourport, DY13 9DD

Wednesday 26th November 5:45pm – 7:15pm
Wednesday 10th December 5:45pm – 7:15pm

Scan the QR code to complete the registration form:



If you are female and over 16 and feel this session would be useful for you, please scan the QR code to complete the registration form, or email stourport.snt@westmercia.police.uk.

We will then be in touch with you to confirm your place. We will be taking reservations on a first come first served basis. (*those aged 16 or 17 must be accompanied by an adult aged 18+).