



# Northants Police

has arranged a

# FREE

Women's self-defence/personal safety session

**Venue:** Upper room at Brackley Hall

**Date:** Tuesday 10<sup>th</sup> November 9.30am to 11.30am

30 places available to women aged 16 and over

- first come, first served basis -

Interested? Please confirm your place by emailing:

[micki.simons@northants.pnn.police.uk](mailto:micki.simons@northants.pnn.police.uk)

*Additional sessions will be offered in the coming months*