

# Eaves' Scarlet Centre

## December 2011 – January 2012 Events Timetable

The Scarlet Centre is a vibrant advice, support and learning centre for women, based in London. For accessibility information or to book any of the services call: **020 7840 7142** or email [advice\\_centre@eaveshousing.co.uk](mailto:advice_centre@eaveshousing.co.uk). Unit 3.12 Canterbury Court. 1-3 Brixton Road. SW9 6DE.

### How to find us



Eaves' Scarlet Centre is on the corner of Brixton Road and Camberwell New Road.

Look for the large white wind turbines on poles. Go through the gates and up the stairs (or use the outdoor lift) to the glass fronted building.

Once inside go up the spiral stairs to the top (floor 3 in the lift) and turn left.

Press 312 enter on the intercom system.

Go through the double doors and walk straight ahead. Turn right at the corridor junction and follow it to the end - Room 3.12.

### Drop in

Come along and talk to one of our advisors about domestic violence, prostitution, rape and sexual abuse, drugs and alcohol, benefits and housing, or just use the computers, printers, books and phones. Open Tuesday to Saturday 10-5pm.

Specialist young women's drop-in (ages 16-24) on Tuesday and Thursday.  
Specialist rape and sexual abuse drop in on Thursday afternoons.

### Counselling

Eaves offers 16 free sessions of counselling for women affected by violence and abuse, via female BACP accredited counsellors. Call the Scarlet Centre and ask for a counselling referral.

### Cognitive Behavioural Therapy (CBT)

In partnership with Lambeth IAPT (Increasing Access to Psychological Therapies), Eaves offers up to 20 sessions of CBT to women in Lambeth, looking at issues like depression, anxiety, phobias and panic attacks. Call the Scarlet Centre and ask for an IAPT referral.

### Domestic Violence Support Group and Sexual Violence Support Group

Closed support groups for women who would like to feel more positive about themselves, challenge any feelings of self blame, and explore different ideas around rape, childhood sexual abuse, sexual assault and domestic abuse. The groups meet weekly for 12 weeks. Call for more information and to book a space.

### Sexual Violence Services

The Amina Scheme, helps women who are living with experiences of rape, sexual assault or sexual abuse through a network of volunteers who have been through similar experiences. We also have an Independent Sexual Violence Advocate for any woman in Lambeth who would like help around rape or abuse and the police or court systems.

## The Scarlet Centre Courses and Events December 2011 – January 2012

The Scarlet Centre runs courses and events every week. All courses are free and open to women who live and work in London. These courses are not for training staff but for supporting women. Give us a call on **020 7840 7142** to book a place.

### Regular workshops:

<p><b>Every Wednesday</b> 12.00 – 1.15 p.m. Drop in class</p>	<p><b>Yoga and Meditation</b></p> <p>Need some inner calm? Why not try our yoga sessions? They're suitable for complete beginners, or those who have done some yoga before. Wear loose clothes and prepare to feel stretched and relaxed!</p>
<p><b>Every Thursday afternoon</b> Please call for an appointment</p>	<p><b>Massage therapy</b></p> <p>Free hour long massage sessions by a qualified female massage therapist, including a consultation on the type of massage that you would like. You must book an appointment in advance for this.</p>
<p><b>MONTHLY</b> Please call for an appointment</p>	<p><b>Natural Body Balancing</b></p> <p>The insight behind the success of Natural Body Balancing is that the harmonious flow of energy within and around the body is essential for health and wellbeing. Through the use of sensitive touch techniques the essential energy flow can be re-established.</p>

### New workshops:

<p><b>Thursday 1<sup>st</sup> December</b> 10.30 a.m. – 1.00 p.m.</p>	<p><b>Fabric Printing Workshop – Drop In</b> Max 10 women per workshop</p> <p>No need to book.</p>
<p><b>Monday 5<sup>th</sup> December</b> 10am – 4pm.</p> <p><b>Held at:</b> <b>Rivercourt Church House,</b> <b>King Street,</b> <b>Hammersmith,</b> <b>London,</b> <b>W6 9JT</b></p>	<p><b>Self Defence Training</b></p> <p>14 spaces only available. Eaves have secured a small amount of funding for a group of women to be trained in self defence, and then follow this up with a focus group and a personal safety workshop that more women can access.</p> <p>This is a great opportunity to develop some skills and knowledge around self defence, and to then have the opportunity to pass that onto more women, with the support of staff.</p> <p>Travel to the venue from Oval will be provided/ reimbursed and lunches for the day will be provided/ funds provided.</p>

<p><b>Tuesday 6<sup>th</sup> December</b> 12pm – 2pm</p>	<p><b>Customising Clothes Workshop</b></p> <p>Delivered by Yasmin Laibi.</p> <p>Come along and learn some basic, start up skills on how to customise clothing with beading and embroidery. As well as learning where to find more information and skills to continue. This workshop is aimed at giving you some basic skills to take away with you and expand upon.</p>
<p><b>Tuesday 6<sup>th</sup>, Wednesday 7<sup>th</sup> and Thursday 8<sup>th</sup> December</b> 10am – 2pm each day</p>	<p><b>3 Day, Accredited Level 2 Literacy Course with Ruskin College @ Eaves</b></p> <p>Delivered by Rachel Hemstock from John Ruskin College – Oxford</p> <p>3 days of creative based literacy skills; this is great opportunity to improve your literacy skills with help from the experts, as well as a good taster for those thinking about going into education, training, volunteering or employment. This mini course runs for 3 days and participants <b>MUST</b> be able to attend all 3 days.</p> <p>You do <b>NOT</b> have to of completed the Level 1 course in July to attend.</p>
<p><b>Saturday 10<sup>th</sup> December</b> 12.30pm – 3.30pm</p>	<p><b>Festive decoration making</b></p> <p>Welcome in the festive season with this one off workshop. You will get the chance to work with natural materials such as driftwood, alongside vibrant and colourful ribbons and thread to create interesting decorations for Christmas.</p>
<p><b>Thursday 15<sup>th</sup> December</b> 1pm – 4pm</p>	<p><b>Festive Party</b></p> <p>Come and celebrate the festive season with the Scarlet Centre.</p>
<p><b>Friday 16<sup>th</sup> December</b> 12:30pm – 2:30pm</p>	<p><b>Dress for Success</b></p> <p>This workshop will help you gain confidence through how you dress. We can teach you how to dress for your shape as well as giving you guidance on how to dress for certain occasions, such as interviews.</p> <p><b>You will receive a free beauty pamper pack courtesy of Bloomberg.</b></p>
<p><b>Tuesday 20<sup>th</sup> December</b> 1.00pm - 3.00pm</p>	<p><b>Speaking with Confidence</b></p> <p>This workshop will provide a supportive environment for you to develop your communication skills and learn to speak with confidence. We will look at how to speak without preparation, the importance of body language as well as how to vary the tone of your voice.</p>

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<p><b>Wednesday 21st December</b> 2.30pm - 4.30pm</p>	<p><b>Creative Writing 1</b></p> <p>Come to this workshop and find out that everyone can be a writer! We'll take inspiration from pictures and music to write poems and short stories. This is a great way to write about your emotions and experiences in a fun and interactive session. Please note that this workshop is run by a male volunteer.</p> <p><b>You will receive a free beauty pamper pack courtesy of Bloomberg.</b></p>
<p><b>Tuesday 10<sup>th</sup>, Wednesday 11<sup>th</sup> and Thursday 12<sup>th</sup> January</b> 10am – 2pm each day</p>	<p><b>3 Day, Accredited Level 2 Numeracy Course with Ruskin College @ Eaves</b></p> <p>Delivered by Rachel Hemstock from John Ruskin College – Oxford.</p> <p>A 3 day course, level 2 course, this is a great opportunity to improve your numeracy skills with help from the experts at Ruskin College, and a great taster for those thinking about going into education. This mini course runs for 3 day, participants <b>MUST</b> be able to attend all 3 days.</p> <p>You do <b>NOT</b> have to of completed the Level 1 course in September to attend.</p>
<p><b>Thursday 12th January</b> 10.30am – 12.30pm</p>	<p><b>Creative Writing 2</b></p> <p>This is a follow up from Creative Writing 1 (see above) but you don't have to have attended the first session. This workshop is a great way to write about your emotions and experiences in a fun and interactive session. Please note that this workshop is run by a male volunteer.</p> <p><b>You will receive a free beauty pamper pack courtesy of Bloomberg.</b></p>
<p><b>Friday 13<sup>th</sup> January</b> 10.30 -1.30 p.m</p>	<p><b>Positive Change</b></p> <p>A workshop looking at how to bring about positive change in your life.</p>
<p><b>Tuesday 17th January</b> 12:00 - 2.00 p.m.</p>	<p><b>All About You...</b></p> <p>This workshop will help you discover who you are, what your strengths are and what you are really passionate about. This workshop is run by a professional who works to help increase your confidence, personal impact and employability.</p>

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<p><b>Thursday 19<sup>th</sup> January</b> 11am – 4pm <b>NO NEED TO BOOK</b></p> <p>Full timetable available closer to the day.</p>	<p><b>Education, Training and Employment Day</b></p> <p>Come along to the Scarlet Centre to find out more about education, training and employment, how to access these areas and what courses are available.</p> <p>There will be experts available to look over your CV so bring those along ready (the computers might be busy that day and you may not be able to print them on the day so please bring them printed to avoid disappointment.)</p> <p>As well as professionals from a variety of organisations aimed at helping you to access education, training and employment.</p>
<p><b>Thursday 19th January</b> 1.00pm – 2:30 p.m.</p>	<p><b>Employment Law</b></p> <p>Make sure that you understand your employment rights by attending this workshop. It will help you know what to look out for when getting a new job and signing a contract. It will make you aware of your rights regarding holidays, childcare and maternity pay, making you feel more confident when starting a new role. You will receive a booklet with useful information.</p> <p><b>You will receive a free beauty pamper pack courtesy of Bloomberg.</b></p>
<p><b>Friday 20<sup>th</sup> January</b> 11am – 4pm</p>	<p><b>New Beginnings</b></p> <p><b>Delivered by staff from Hillcroft Women’s College</b></p> <p>Come and find out about your current skill level through self assessment, look at where you want to be in the future and gain specialist information and guidance as to the steps you need to take to achieve them.</p>
<p><b>Thursday 26th January</b> 11.00 am – 1.00 p.m.</p>	<p><b>CV and Interview Skills</b></p> <p>If you are looking to find or change jobs this is the workshop for you! We'll start by discussing how best to find a job and you'll pick up some tips that you may never have thought of. Then we will look at how to succeed in interviews, how to answer questions and how to cope with nerves. This workshop is run by a professional interview coach so don't miss it!</p> <p><b>You will receive a free beauty pamper pack courtesy of Bloomberg.</b></p>
<p><b>Friday 27th January</b> 11.00 am – 1.00 p.m.</p>	<p><b>Money Sense: How to Look After Your Money</b></p> <p>This workshop will provide you with essential advice for managing your finances. By the end of the workshops, you</p>

will know about different types of bank accounts, how to open an account and how to plan for the future by budgeting.

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