

Eaves' Scarlet Centre

October - November 2011 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. 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 October – November 2011

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.

BEGINNERS

Every Tuesday

2.00 p.m. – 3.30 p.m.

Drop in class

INTERMEDIATE

Every Wednesday

2.00 p.m. – 3.30pm

Drop in class

Every Wednesday

12.00 – 1.15 p.m.

Drop in class

Every Thursday afternoon

Please call for an appointment

MONTHLY

Please call for an appointment

MONTHLY

Register with a member of staff to be contacted when dates are made available.

Tues 4th October

12:00-2:00 p.m.

English as a Second Language (ESOL Class)

Do you need help to improve your English? Our free, women-only ESOL classes, run by a qualified English teacher, can help you to improve your speaking, reading, listening and writing skills. So come along to practise your English, meet new people and have some fun!

Yoga and Meditation

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!

Massage therapy

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.

Natural Body Balancing

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.

Professional Employment Support

If you're interested in receiving support around employment in an authentic business setting call the centre to book onto.

One-to-one sessions on:

- Understanding Methods of Recruitment used by UK Employers
- CV advice or support with a specific job application
- Top Tips for Interview Preparation and Success

Learn to Crochet with Kristin (1)

Come along and help us make a blanket for the Scarlet Centre.
Enjoy spending time learning to crochet a square that

will sewn up on the last session.
This is a five week workshop and those joining should be able to attend all five weeks.

Friday 7th October

2:00 p.m. – 4:00 p.m.

Beading /Jewellery making workshop

Come along and make a piece of beaded jewellery. This workshop offers the opportunity to make something creative, learn new skills in a supportive environment.

Tuesday 11th October

6.00 p.m. – 8.00 pm

**I Am Emma Humphreys
Radio 4 Play followed by discussion**

Dramatisation of the true story of Emma Humphreys, who in 1985, aged 16, murdered her pimp, Trevor Armitage. Emma's case changed the law

Weds 12th October

12:00 -2:30 pm

Learn to Crochet with Kristin (2)

Come along and help us make a blanket for the Scarlet Centre.

Enjoy spending time learning to crochet a square that will sewn up on the last session.

This is a five week workshop and those joining should be able to attend all five weeks.

Friday 14th October

11:30 a.m. – 1:30 p.m.

Domestic Violence Awareness

This workshop explores the physical, sexual, emotional, psychological, and financial abuse which can occur in intimate relationships. You will get information on your options, and where to go for help and advice.

Thursday 20th October

12:00 - 2.00 p.m.

Learn to Crochet with Kristin (3)

Come along and help us make a blanket for the Scarlet Centre.

Enjoy spending time learning to crochet a square that will sewn up on the last session.

This is a five week workshop and those joining should be able to attend all five weeks.

Friday 21st October

10:30 a.m. – 12:30 p.m.

Housing Law Workshop

Come and find out about housing law from the solicitors who work at Wainwright & Cummins Solicitors

Tuesday 25th October

11.45 a.m. – 1.00 p.m.

Fire Safety in the home

London Fire Brigade will deliver a presentation and discussion session around fire safety. Come along to access valuable information around fire safety in your home.

Friday 28th October

2.00 p.m. - 4.00 p.m.

Learn to look after yourself

Everybody Needs a Break, So Enjoy Some Self-Indulgence with our Ideas!

Pampering yourself is important for maintaining a positive outlook, and staying healthy. Feel balanced from the inside out. Learn how to “escape” to your and

return to daily life refreshed and rejuvenated!

Thursday 3rd November

10.30 a.m. – 1.00 p.m.

Fabric Printing Workshop – Drop In

Max 10 women per workshop

Friday 4th November

11.15 a.m. – 2:00 p.m.

Red Cross Save-a-Life First Aid training

Two hours basic first aid training for women run by the Red Cross, with an additional hour specialist advice on first aid for children. All attendees will receive a wallet-sized certificate of attendance.

Thursday 10th November

12:00 - 2.00 p.m.

Learn to Crochet with Kristin (4)

Come along and help us make a blanket for the Scarlet Centre.

Enjoy spending time learning to crochet a square that will sewn up on the last session.

This is a five week workshop and those joining should be able to attend all five weeks.

Friday 11th November

10.30 am – 3.00 p.m.

Speaking and Presenting with Confidence

The aim of this workshop is to support women to gain the confidence, the tools and the skills to present and talk publicly. You will get the chance to plan, create and deliver a short presentation.

Friday 18th November

11:30 a.m. – 1:30 p.m.

Self-esteem and Confidence Building

You are not born with high or low self-esteem or confidence. Just as they can be damaged in life, they can also be rebuilt. This session will look at strategies for building our self-esteem and confidence.

Friday 18th November

2:30 p.m. – 4:00 p.m.

Women & The Media: Who's In Control?

From magazines, to television commercials, to bus and tube adverts—media is all around us. But what role does it play in influencing both our own, and society's understanding about women? This exciting workshop will encourage participants to discuss, explore, and challenge the impact that media representations have on women individually and society more generally.

Tuesday 22nd November

11.30 a.m. - 2.00 p.m.

Learn to Crochet with Kristin (5 – final session)

Sewing and completing the Scarlet Centre blanket followed by lunch and tips and ideas on making your own crochet item.

Friday 25th November

12:00 - 2:00 p.m.

Family Law Workshop

Come and find out about Family and Domestic violence law from the solicitors who work at Hanne & co solicitors

Thursday 1st December

10.30 a.m. – 1.00 p.m.

Fabric Printing Workshop – Drop In

Max 10 women per workshop