

# Eaves' Scarlet Centre

## June - October 2010 Events Timetable

The Scarlet Centre is a vibrant new advice, support and learning centre for women, based in London.

### 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), go through the double doors on your left 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 Friday 10-5 and Saturday 10 - 3:30. Specialist young women's drop-in (ages 16-24) available on Tuesday and Thursday.

### Counselling

One to one or group counselling for women affected by violence, abuse, drug and alcohol problems, and emotional issues. Afternoons and evenings every weekday, by appointment. Please call to make a referral.

### Domestic Violence Support Group

Support group for women who would like to feel more positive about themselves, challenge any feelings of self blame and explore different ideas around domestic violence. This group will meet once every 2 weeks on a Tuesday morning for 12 meetings. Please call 0207 840 7142 to book an individual assessment with the group facilitator.

### Sexual Violence Support Group

Support group for women affected by sexual violence or abuse. For more details on how to refer or attend please contact the advice centre on 020 7840 7142.

### 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. Wednesdays 12:00 – 1:15.

### Amina Scheme

Amina is a support and befriending service for women who are living with experiences of rape, sexual assault or sexual abuse. It pairs women with specially trained volunteers who have been through similar experiences and offers low level, informal, friendly support.

## The Scarlet Centre April - May 2010 Courses and Events

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. Sessions marked with an asterisk (\*) may be limited by age or location. Give us a call on 020 7840 7142 to book a place.

**Every woman attending a workshop will get a FREE Soap and Glory pampering product!!!!**

### **Wednesday 5<sup>th</sup> May '10**

2:00pm – 4:00pm

### **My Rights to Council Housing**

Come and find out what your rights are and what you're entitled to, through the council's housing system.

### **Thursday 20<sup>th</sup> May '10**

2.00pm – 4.00pm

### **Routes into Employment**

Do you ever worry about getting a job? Do you wonder what sort of job you will be able to get? Have you thought about starting your own business? The HERA Project may be able to help you!

### **Wednesday 2<sup>nd</sup> June '10**

2:00pm – 3:30pm

### **How to get into Private Renting**

Thinking about renting from a private landlord? This workshop will show you what you need and how to go about it and where to go for help!

### **Friday 4<sup>th</sup> June '10**

2.00pm – 4.00pm

### **Legal Rights: Know your Rights!**

Police officer will come to talk about how to report crimes committed against you followed by a discussion on what the police do to protect and work together with women involved in prostitution.

Solicitor will come and give an overview of legal aid and where to go for legal help an advice, how to defend yourself against charges such as ASBO's, and how to report crimes committed against you

### **Wednesday 16<sup>th</sup> June '10**

2:00pm – 4:00pm

### **Communicating with Confidence**

Got something you want to say? Not sure if you can make people listen? Then come along to this confidence building session.

### **Thursday 17<sup>th</sup> June**

11am – 2pm

**FULLY BOOKED**

### **Save-A-Life First Aid Training by Red Cross (18+)**

Two hours basic first aid training for women run by the Red Cross, with an hour specialist advice on first aid for children.

### **Friday 18<sup>th</sup> June**

11:00am - 4:00pm

### **Women's Empowerment Day (16+)**

Come to The Scarlet Centre for a day of women's empowerment, with workshops on confidence, communication, mental health and self esteem. Refreshments provided.

**Friday 25<sup>th</sup> June**  
**Saturday 3<sup>rd</sup> July**  
**Friday 9<sup>th</sup> July**  
**Friday 16<sup>th</sup> July**  
**Friday 23<sup>rd</sup> July**  
**Friday 30<sup>th</sup> July**  
12-3pm

### **Mums, Bumps and Babies (16+)**

The first of six weekly sessions for women who have experienced violence and are pregnant or have babies under 9 months old. The sessions include antenatal and baby massage, post natal exercise and relaxation and post natal massage for Mums. Call for more details or to make a referral.

**Thursday 1<sup>st</sup> July**  
11:30 am – 1:30pm

### **CV Writing for Beginners (18+)**

An introduction to CV's! Tips on what information should be included on a CV, when to use a CV and the different styles of CV.

**Wednesday 7<sup>th</sup> July '10**  
2:00pm – 3:30pm

### **I'm in Debt What Can I Do?**

We will look at how to avoid debt, tackle debt problems and positive solutions to managing money issues.

**Friday 16<sup>th</sup> July**  
11:30am – 1:30pm

### **Interview Skills (18+)**

Tips for tackling interview nerves, interview preparations and skills.

**Wednesday 21<sup>st</sup> July '10**  
2:00pm – 4:00pm

### **How Fair is Welfare?**

An introduction to Welfare benefits. Are getting what you're entitled to? Find out what you can claim from the benefits system.

**Friday 30<sup>th</sup> July**  
11:30am – 1:30pm

### **Mental Health vs Substance Misuse (18+)**

A debate rather than a workshop! Looking at the discussions and debates around dual diagnosis and the relationship between drugs and mental health. With some harm minimisation as well!

**Friday 13<sup>th</sup> August**  
11:30am – 1:30pm

### **New Developments in Drug Use (18+)**

Looking at some of the new drugs that have been recently developed and introduced - legal highs. And new developments in the understanding of other drugs such as Ketamine.

**Friday 27<sup>th</sup> August**  
11:30am – 1:30pm

### **Dealing with Depression (18+)**

Looking at the signs, symptoms and triggers of depression, as well available treatments, self help techniques and other sources of support.

**Friday 10<sup>th</sup> September**  
11:30am – 1:30pm

### **Assertiveness Skills (18+)**

Learn how to recognise and avoid passive and aggressive behaviour, and gain skills in how to be more assertive in life. Learn the importance of building self-esteem and confidence as a key way of developing assertiveness skills.

**Friday 24<sup>th</sup> September**  
11:30am – 1:30pm

### **Dealing With Panic Attacks (18+)**

Panic attacks can leave you feeling frightened and anxious. This workshop will teach you why panic attacks

happen, give you ways to cope with them, and help you find further support.

**Friday 8<sup>th</sup> October**

11:30am – 1:30pm

**The Early Years (18+)**

Looking at the impact and importance of the early years, and some techniques to support children during this period, such as positive reinforcement and therapeutic play.

**Friday 22<sup>nd</sup> October**

11:30am – 1:30pm

**Self Esteem & Confidence Building (18+)**

A workshop aimed at exploring ways to build on our own confidence and self esteem.