

# Eaves' Scarlet Centre

## May – June 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, Wednesday, Thursday and Saturday 10-5pm, and Friday 2-5pm.

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.

### 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.

### 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 an assessment.

## The Scarlet Centre Courses and Events May - June 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>MONTHLY</b></p> <p>1<sup>st</sup> Saturday of each month.</p> <p>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>
<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>

### New workshops:

<p><b>Wednesday 2<sup>nd</sup> May</b></p> <p><b>12.00 – 2.00pm</b></p>	<p><b>Crisis Skylight Information Drop-in</b></p> <p>Come and meet the Women's Progression Co-ordinator from Crisis Skylight, Anna Thomas, to find out about what free courses and classes for women are available at their centre in Aldgate East. Anna will be at the Scarlet Centre between 12-2pm – come and meet her to find out more!</p>
<p><b>Thursday 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> May</b></p> <p><b>10.00 – 2.00pm</b></p>	<p><b>Literacy Level 1</b></p> <p>This is a 3 day accredited course of creative based literacy skills. This is great opportunity to improve your literacy skills with help from the experts at Ruskin College, and a great taster for those thinking about going into education.</p> <p><b>This mini course runs for 3 days and participants MUST be able to attend all 3 days, and for the full 4 hour session each day</b></p>
<p><b>Tuesday 15<sup>th</sup> May</b></p> <p><b>12.00 – 2.00pm</b></p>	<p><b>Interview technique and Practice Interviews</b></p> <p>Come along and learn a few simple tips for combating nerves and presenting yourself well in an interview.</p> <p>You'll then get the opportunity to practice these skills in some practice interviews where you'll receive some real feedback and understand how to give the best interview possible.</p> <p><b>You will also receive a Bloomberg Pamper Pack when you attend this session!</b></p>

<p><b>Tuesday 15<sup>th</sup> May</b></p> <p><b>2.30 pm – 4.30pm</b></p>	<p><b>Knitting and Quilting</b></p> <p>In this interactive session you can come along and help to make something special. Everyone will be able to create their own patch and customise it with different designs. These patches will then be sown together to create a quilt.</p> <p>You'll also have the opportunity to knit something special, with access to knitting needles and thread.</p> <p><b>You will also receive a Bloomberg Pamper Pack when you attend this session!</b></p>
<p><b>Tuesday 22<sup>nd</sup> May</b></p> <p><b>Meet at Scarlet Centre at 10:00am</b></p> <p><b>Arrive Lambeth College at 10:45am</b></p>	<p><b>Free manicures and Free Haircuts at Lambeth College!</b></p> <p>On Tuesday 22<sup>nd</sup> May, Lambeth College, Vauxhall Campus have given spaces for women to have <b>free</b> haircuts and manicures, from their final year students, with the supervision of their tutors.</p> <p>The sessions will run at the same time, so women can only access a manicure <b>or</b> a hair cut, please decide which one you would like.</p> <p>Everyone will meet at the centre at 10am, to go along to the college together.</p> <p>These treatments are free for this day only! There after treatments are low cost so this a great opportunity to try it out!</p>
<p><b>Friday 25<sup>th</sup> May</b></p> <p><b>11.30pm – 12.30pm</b></p>	<p><b>The Alexander Technique</b></p> <p>The Alexander Technique discusses how to rid your body of tension and stress by understanding how you move and interact with the world.</p> <p>Come along to this hour long session and understand how the Alexander Technique can help you in your day to day life.</p> <p><b>You will also receive a Bloomberg Pamper Pack when you attend this session!</b></p>
<p><b>Tuesday 29<sup>th</sup> May</b></p> <p><b>2.30 pm – 4.30pm</b></p>	<p><b>Knitting and Quilting</b></p> <p>In this interactive session you can come along and help to make something special. Everyone will be able to create their own patch and customise it with different designs. These patches will then be sown together to create a quilt.</p> <p>You'll also have the opportunity to knit something special, with access to knitting needles and thread.</p> <p><b>You will also receive a Bloomberg Pamper Pack when you attend this session!</b></p>
<p><b>Thursday 31<sup>st</sup> May</b></p> <p><b>11.00 – 1.15pm</b></p>	<p><b>Domestic Violence Awareness</b></p> <p>This workshop explores the physical, sexual, emotional, psychological, and financial abuse which can occur in intimate relationships. There will be opportunities for discussion around what abuse is and myths about the causes of abuse, get information on your rights and options, and where to go for help and advice.</p>

<b>Tuesday 5<sup>th</sup> June</b> <b>2.00 – 4.00pm</b>	<b>Relaxation workshop</b> Come and spend some time learning and practising relaxation techniques and share some of your own ideas on how to relax and take it easy!
<b>Tuesday 26<sup>th</sup> June</b> <b>11.30 – 1.30pm</b>	<b>Anger Management</b> This workshop looks at triggers to anger, identifying our own anger buttons and how we can manage anger more effectively.
<b>Wednesday 27th June</b> <b>2.30 – 4.30pm</b>	<b>Exiting Prostitution workshop</b> This session is a confidential and closed group for women wishing to seek support in order to exit. Contact Cheryl on: 07834 192 404