



The Beth Centre

## Workshop Timetable April - June 2014



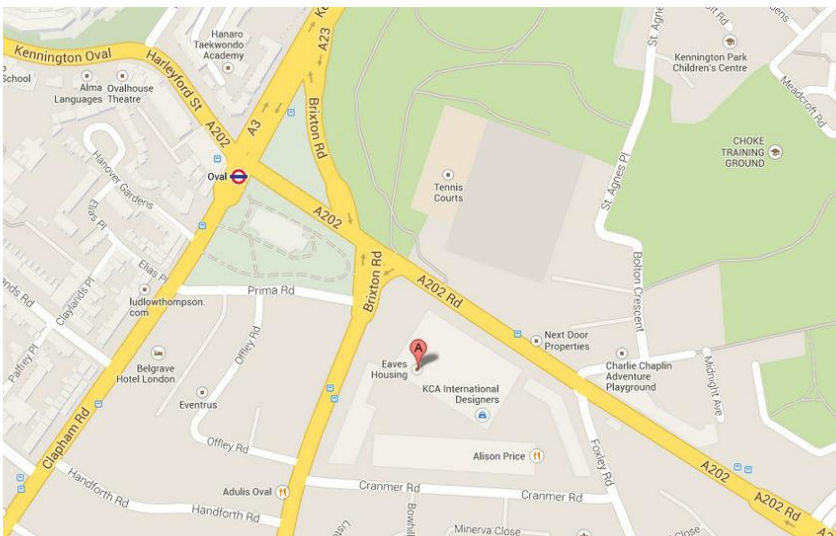
For accessibility information or to book any of the services call:  
**0207 840 6700 / 0207 735 2062** or email **workshops@eavesforwomen.org.uk**

Address: Unit 2.03 Canterbury Court, 1-3 Brixton Road, SW9 6DE.

### How to find us:

Nearest Tube: Oval

Bus stops: Kennington Church - Routes: 3, 59, 159, 415, 133  
Kennington Park – Routes: 36, 185, 436



Eaves' office 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 first floor (floor 2 in the lift) and turn left to the far left hand corner. Go through the double doors and walk to the end of the corridor. We are on the right.





The Beth Centre

**The Beth Centre** offers female offenders or women at risk of offending, advice around substance misuse, housing, resettlement issues, education, employment, training, benefits and exiting prostitution. Please call or drop an email with your query and a Beth Centre worker will contact you.

### **Beth Centre Drop in Advice:**

The Beth Centre offers a drop-in advice surgery every **Tuesday and Thursday from 10am – 5:00p.m.**

The Beth Centre is open to female residents in Lambeth only

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**The Life Skills service** offer free workshops for women from any London borough that have experiences of, or are at risk of homelessness or who have experienced violence at some point in their lives.

The Life Skills service offers advice around housing, education, employment, training and benefits. Please call or drop an email with your query and one of the Life Skills workers will get back to you.

### **Drop in housing advice:**

The Life Skill service offers a drop-in advice surgery every **Tuesday from 10am– 4.30p.m.**

If you are unable to attend at this time you can call or send an email to [lifeskills@eavesforwomen.org.uk](mailto:lifeskills@eavesforwomen.org.uk) and our advice worker will get back to you:

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### **Volunteering opportunity with the Education, Training and Employment service:**

The ETE service at Eaves has established a magazine by service users for service users on issues relating to education and employment called 'Back on Track'. With the first edition off to print, we are looking for contributors to the next edition.

If you are looking for an opportunity to volunteer on a monthly basis and would like to offer your skills in:

- writing content
- graphics/illustration design
- editing
- conducting interviews
- research
- translation

...then please get in touch with Alexa Sage: [Alexa.sage@eavesforwomen.org.uk](mailto:Alexa.sage@eavesforwomen.org.uk) or call 0207 840 7958 (direct) For anyone involved with the creation of the magazine, Alexa will be able to provide a character reference for you when you go to apply for other things such as employment or training.

'ETE magazine' workshops have been scheduled in this timetable to help you develop your skills on a monthly basis with a view to contributing to the magazine eventually.

The size of the classes are kept small to allow plenty of one-on-one attention

### Regular Sessions

<p><b>Monday – Friday</b> Various times – please ring or email to check in advance and get a time booked.</p> <p><u>This is currently a service for women living in Lambeth only.</u></p>	<p><b>One to one support accessing education, training and employment</b></p> <p>For any issues relating to education, training and employment (ETE) there are one to one appointments available with the ETE worker for half an hour or an hour. The appointment can be a one off or you can receive up to six weeks intense one to one support with follow ups after six weeks. You will have your own plan of action and advice will be tailored specifically to your needs. You can still access all other services.</p> <p>Email the Education, Training and Employment worker, Alexa Sage at <a href="mailto:alexa.sage@eavesforwomen.org.uk">alexa.sage@eavesforwomen.org.uk</a> or call 0207 840 7958 or contact the Life Skills team.</p>
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### Regular Workshops

<p><b>Every Tuesday</b> 11.00 am – 1.00 p.m. By appointment only</p>	<p><b>Massage</b></p> <p>Relax and unwind with a massage from expert massage therapist Emilie. You will have a consultation with Emilie before the massage where you will have the chance say what type of massage you would prefer.</p>
<p><b>Every Wednesday</b> 12.00 – 1.30 p.m. Drop in class</p>	<p><b>Yoga</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 Wednesday</b> 2.00pm – 4.00pm. Please book – maximum of 5 women per session.</p>	<p><b>Job club online</b></p> <p>Come along to make your applications to volunteering, internships, placements and employment with access to our computers and printers. The education, training and employment worker will be on hand to assist with applications and help direct you if you are not sure where to start.</p>
<p><b>Every fortnight on a Thursday</b> 2:00 – 4:00pm</p>	<p><b>Housing Advice</b></p> <p>Come and have a chat with Angie from St Mungo's in the Beth Centre about your housing concerns. Please ring 0207 840 6700 find out more or if you would like an appointment.</p>

## One-off Workshops and Courses

<p><b>Tuesday 1<sup>st</sup> April</b></p> <p>11:00am – 2:00pm</p> <p>This is the first workshop of a series of three</p> <p>Capacity of 8 places available</p>	<p><b>Pottery – Personalised Box of Memories</b></p> <p>Come and make your own personalised memory box from clay.</p> <p>You will design and learn pottery techniques, as well as hand paint your own individual memory box.</p>
<p><b>Wednesday 2<sup>nd</sup> April</b></p> <p>2:00pm – 4:00pm</p> <p><b>Closed</b></p> <p>This is the second week of an eight week workshop</p> <p>Capacity of 8 places available</p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.</p> <p><b>This session is strictly confidential</b></p>
<p><b>Thursday 3<sup>rd</sup> April</b></p> <p>10:00am - 12:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Healthy and Unhealthy Relationships</b></p> <p>Looking at ways to build positive relationships/ friendships in our lives.</p> <p>There are many contrasts between Healthy &amp; Unhealthy Relationships - understanding this contrast can help us understand how healthy relationships work</p>
<p><b>Thursday 3<sup>rd</sup> April</b></p> <p>11:00 am- 1:30 pm</p> <p>Closed to women who have experienced domestic violence Must be 18+</p>	<p><b>Introduction to Mindfulness with Iris Trust</b></p> <p>Please come and join us, in conjunction with the Iris Trust, for a six week 'Introduction to Mindfulness Meditation' course. The course comprises six weekly 1.5 hour sessions. You will receive a CD to enable you to practise the meditation exercises at home.</p> <p>Find out more about:</p> <p><b>Mindfulness meditation techniques and practises</b></p> <p><b>Relaxation techniques</b></p> <p><b>How mindfulness can help with coping with stress</b></p> <p><b>Being in the present moment</b></p> <p>Moving forwards from domestic abuse</p>

<p><b>Friday 4<sup>th</sup> April</b> 10:00am - 12:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Motivation / Barriers to treatment</b></p> <p>Come along to this workshop to share your experience of treatment pathways.</p> <p>What has helped you/motivated you to engage and what barriers have you experienced. Be prepared for challenging but friendly discussions on how we can best work together to ensure you get the appropriate support to reach your goal whatever that may be. Reduction in substance misuse, total abstinence, get back into work and meaningful activities or whatever your ambitions are at this stage in your life.</p> <p>Come along for a taster and contribute to the set up of this workshop to ensure we deliver something you will enjoy and more importantly that will be useful to your own personal journeys.</p>
<p><b>Friday 4<sup>th</sup> April</b> 1:30pm – 3:30pm</p> <p>Priority to those residing in Lambeth Must be 18+</p>	<p><b>Assessment session for those wishing to do English/Literacy course in June</b></p> <p>On 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> June Ruskin College will be delivering a Literacy course at Eaves. Anyone who wishes to attend this course will need to complete an assessment beforehand to check which level they'll be taught at (entry level 3, level 1, level 2). This is the session for the assessment. Another date is scheduled for Thursday 10<sup>th</sup> April those who cannot make this session. If you have already gained an English GCSE (grade A to C) or level 2 English in the UK you will not be eligible for this course.</p>
<p><b>Friday 4<sup>th</sup> April</b> 12:30pm – 1:30pm</p> <p>Capacity of 8 places available</p>	<p><b>Introduction to Theatre!</b></p> <p>Use your lunch hour to find out how you can get involved in the world of theatre!</p> <p>At Clean Break, students are able to explore their creativity and imagination and work collaboratively to develop their skills and build their confidence through theatre.</p> <p>Come and find out about the different courses Clean Break have to offer and take part in a few drama games!</p>
<p><b>Friday 4<sup>th</sup> April</b> 2:00pm – 4:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Percussion Group</b></p> <p>Come and feel the beat every other week. Let your rhythm take over and make the moment something to remember.</p>

<p><b>Wednesday 9<sup>th</sup> April</b> 2:00pm – 4:00pm <b>Closed</b></p> <p>This is the third week of an eight week workshop</p> <p><b>Capacity of 8 places</b></p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.</p> <p>This session is strictly confidential</p>
<p><b>Thursday 10<sup>th</sup> April</b> 2:00pm – 4:00pm</p> <p><b>Priority to those residing in Lambeth</b> <b>Must be 18+</b></p>	<p><b>Assessment session for those wishing to do English/Literacy course in June</b></p> <p>On 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> June Ruskin College will be delivering a Literacy course at Eaves. Anyone who wishes to attend this course will need to complete an assessment beforehand to check which level they'll be taught at (entry level 3, level 1, level 2). This is the session for the assessment. Another date is scheduled on Friday 4<sup>th</sup> April for those who cannot make this session. If you have already gained an English GCSE (grade A to C) or level 2 English in the UK you will not be eligible for this course.</p>
<p><b>Thursday 10th April (Every 2<sup>nd</sup> Thursday of each month)</b> 2:00pm – 4:00pm</p> <p><b>Capacity of 8 places available</b></p>	<p><b>Book Club</b></p> <p>Come to Book Club to share your views and opinions on our selection of fiction, non-fiction books and everything in between. Let the debate commence!</p>
<p><b>Friday 11<sup>th</sup> April</b> 1.30p.m. – 3.30p.m.</p>	<p><b>Disclosing a criminal record to an employer</b></p> <p>Do you have any spent or unspent convictions on your criminal record such as fines, community orders or prison sentences that you are concerned you will need to disclose to a potential employer? If you are not sure about when you need to disclose convictions or would like help in finding the best way to disclose a conviction in a non-judgemental environment, then this workshop is for you. Please note, there is no need to give any personal information during the workshop that you do not wish to share.</p>
<p><b>Tuesday 15<sup>th</sup> April</b> 11:00am – 2:00pm</p> <p>This is the second</p>	<p><b>Pottery – Personalised Box of Memories</b></p> <p>Come and make your own personalised memory box from clay.</p>

<p>workshop of a series of three</p> <p>Capacity of 8 places available</p>	<p>You will design and learn pottery techniques, as well as hand paint your own individual memory box.</p>
<p><b>Tuesday 15<sup>th</sup> April</b> 2:00pm – 4:00pm</p> <p>Must be 18+</p>	<p><b>Robyn Parker’s fortnightly embroidery and beading textiles workshop</b></p> <p>Robyn has recently set up her own textile’s company and is keen to pass on her skills to other women. Come along for a relaxing session to learn embroidery and beading techniques. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of ‘Hope’ and you will be able to borrow materials to take home and embroider in your own time! This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p><b>Wednesday 16<sup>th</sup> April</b> 2:00pm – 4:00pm <b>Closed</b></p> <p>This is the fourth week of an eight week workshop</p> <p>Capacity of 8 places available</p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.</p> <p><b>This session is strictly confidential</b></p>
<p><b>Thursday 17<sup>th</sup> April</b> 2:00pm – 4:00pm</p> <p>Must be 18+</p>	<p><b>Monthly business support group</b> <b>This month’s topic: How to be more effective at achieving your goals</b></p> <p>Are you starting or running your own business? Then make sure you come to this monthly business mentoring session. This session is great if you want some support and accountability to help you grow your business. Each month has a specific topic, so you’ll learn something new too.</p>
<p><b>Thursday 17<sup>th</sup> April</b> 11:00am – 1:30pm</p> <p>Capacity of 8 places available</p>	<p><b>Sexual Health</b></p> <p>This workshop is necessary for our day to day lives. Good sex education provides knowledge, understanding and confidence.</p> <p>It is never too late to learn. Please come along with your questions, this is your space to feel comfortable to ask anything you like.</p> <p>To book a place or have a chat about this workshop please call</p>



	<p>Kristin on Mobile: 07850 317 052 or contact the Beth Centre on 0207 840 6700 and leave a contact number and Kristin will ring you back.</p> <p><b>This session is strictly confidential</b></p>
<p><b>Thursday 24<sup>th</sup> April</b> 11:00 am- 1:30 pm</p> <p>Closed to women who have experienced domestic violence Must be 18+</p>	<p><b>Introduction to Mindfulness with Iris Trust</b></p> <p>Please come and join us for a for a six week 'Introduction to Mindfulness Meditation' course. The course comprises six weekly 1.5 hour sessions. You will receive a CD to enable you to practise the meditation exercises at home.</p> <p>Find out more about:</p> <p><b>Mindfulness meditation techniques and practises</b> <b>Relaxation techniques</b> <b>How mindfulness can help with coping with stress</b> <b>Being in the present moment</b> <b>Moving forwards from domestic abuse</b></p>
<p><b>Thursday 24th April</b></p> <p>10:00am– 3:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Thinking Skills</b></p> <p>The workshop will aim to help women set realistic goals for themselves; improve their problem solving and assertiveness skills; take more control of their lives by thinking before they act and by recognising and controlling emotions.</p> <p>It can help to develop healthy relationships and 'reframe' beliefs which may sabotage their goals, and develop more positive self narratives.</p>
<p><b>Friday 25<sup>th</sup> April</b></p> <p>10:00am - 12:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Motivation for Treatment</b></p> <p>Be prepared for challenging but friendly discussions on how we can best work together to ensure you get the appropriate support to reach your goal whatever that may be. Reduction in substance misuse, total abstinence, get back into work and meaningful activities or whatever your ambitions are at this stage in your life.</p>
<p><b>Friday 25<sup>th</sup> April</b></p> <p>1:00pm – 4:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Introduction to creating your own website</b></p> <p>Are you trying to start a business but worried about the costs of having someone set up a website for you? Not sure who to trust? Or do you just want to learn a new skill? Come to this workshop to find out how you can create your OWN website for under £20 and without any programming or web design</p>



<p>Must have basic computer skills Priority to those residing in Lambeth Must be 18+</p>	<p>skills! (This is not about blogs, this is about actual websites like any other www.example.com).</p> <p>1pm – 3pm will be a presentation guiding you through your options and teaching you the skills.</p> <p>3pm – 4pm will be a chance for you to ask questions and even start trying to set up your own site if you are bringing your own laptop with you. Additional laptops are not currently available.</p>
<p><b>Friday 25<sup>th</sup> April</b> 2:00pm – 4:00pm  Capacity of 8 places available</p>	<p><b>Percussion Group</b></p> <p>Come and feel the beat every other week. Let your rhythm take over and make the moment something to remember.</p>
<p><b>Monday 28<sup>th</sup> April</b> 12:30pm – 2:30pm  Must be 18+</p>	<p><b>ETE magazine volunteering.</b> <b>This month's topic: 'How to use language to write effectively'</b></p> <p>If you are interested in volunteering in the ETE magazine which goes out to other women in London and would like to contribute articles or pictures or translations or any other skills, come along! This session will teach you how to use writing techniques such as similes, metaphors, alliteration, present tense, 1<sup>st</sup>/3<sup>rd</sup> person, onomatopoeia etc. to create a really vivid piece of writing. Alternatively if you do not want to volunteer and just want to come along to improve your writing and language skills, then this is for you too.</p>
<p><b>Monday 28<sup>th</sup> April</b> 2:30pm – 4:30pm  Must be 18+</p>	<p><b>Robyn Parker's fortnightly embroidery and beading textiles workshop</b></p> <p>Robyn has recently set up her own textile's company and is keen to pass on her skills to other women. Come along for a relaxing session to learn embroidery and beading techniques. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope' and you will be able to borrow materials to take home and embroider in your own time! This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p><b>Tuesday 29<sup>th</sup> April</b>  11:00am – 2:00pm This is the last workshop of a series of three</p>	<p><b>Pottery – Personalised Box of Memories</b></p> <p>Come and make your own personalised memory box from clay.</p> <p>You will design and learn pottery techniques, as well as hand paint your own individual memory box.</p>

<p>Capacity of 8 places available</p>	
<p><b>Wednesday 30<sup>th</sup> April</b></p> <p>2:00pm – 4:00pm  <b>Closed</b>  This is the fifth week of an eight week workshop</p> <p>Capacity of 8 places available</p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.  This session is strictly confidential</p>
<p><b>Thursday 1<sup>st</sup> May</b></p> <p>11:00 am- 1:30 pm</p> <p>Closed to women who have experienced domestic violence  Must be 18+</p>	<p><b>Introduction to Mindfulness with Iris Trust</b></p> <p>Please come and join us for a for a six week 'Introduction to Mindfulness Meditation' course.  The course comprises six weekly 1.5 hour sessions. You will receive a CD to enable you to practise the meditation exercises at home.</p> <p>Find out more about:  <b>Mindfulness meditation techniques and practises</b>  <b>Relaxation techniques</b>  <b>How mindfulness can help with coping with stress</b>  <b>Being in the present moment</b>  <b>Moving forwards from domestic abuse</b></p>
<p><b>Friday 2<sup>nd</sup> May</b></p> <p>10:00am - 12:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Motivation for Treatment</b></p> <p>Be prepared for challenging but friendly discussions on how we can best work together to ensure you get the appropriate support to reach your goal whatever that may be. Reduction in substance misuse, total abstinence, get back into work and meaningful activities or whatever your ambitions are at this stage in your life.</p>
<p><b>Tuesday 6<sup>th</sup> May</b></p> <p>12:00pm – 2:00pm</p> <p>Must be 18+</p>	<p><b>How to become self-employed</b></p> <p>If you want to start your own business but are not sure of the legal requirements or how this could affect your benefit entitlement, come along to this workshop. It will talk you through the process of what is required: when you need to register as self-employed, how you register, what this means for your business, and how this will affect your benefit entitlement. It does not matter which stage you are at – you</p>

	<p>may just be curious about the UK business system or be on the point of running a business.</p>
<p><b>Wednesday 7<sup>th</sup> May</b> 2:00pm – 4:00pm <b>Closed</b></p> <p>This is the sixth week of an eight week workshop</p> <p>Capacity of 8 places available</p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.</p> <p><b>This session is strictly confidential</b></p>
<p><b>Thursday 8<sup>th</sup> May</b> 11:00 am- 1:30 pm</p> <p>Closed to women who have experienced domestic violence Must be 18+</p>	<p><b>Introduction to Mindfulness with Iris Trust</b></p> <p>Please come and join us for a for a six week 'Introduction to Mindfulness Meditation' course.</p> <p>The course comprises six weekly 1.5 hour sessions. You will receive a CD to enable you to practise the meditation exercises at home.</p> <p>Find out more about:</p> <p><b>Mindfulness meditation techniques and practises</b> <b>Relaxation techniques</b> <b>How mindfulness can help with coping with stress</b> <b>Being in the present moment</b> <b>Moving forwards from domestic abuse</b></p>
<p><b>Thursday 8<sup>th</sup> May (Every 2<sup>nd</sup> Thursday of each month)</b> 2:00pm – 4:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Book Club</b></p> <p>Come to Book Club to share your views and opinions on our selection of fiction, non-fiction books and everything in between. Let the debate commence!</p>
<p><b>Friday 9<sup>th</sup> May</b> 10:00am - 12:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Motivation for Treatment</b></p> <p>Be prepared for challenging but friendly discussions on how we can best work together to ensure you get the appropriate support to reach your goal whatever that may be. Reduction in substance misuse, total abstinence, get back into work and meaningful activities or whatever your ambitions are at this stage in your life.</p>

<p><b>Friday 9<sup>th</sup> May</b></p> <p>1:30pm – 3:30pm</p> <p><b>Must be 18+</b></p>	<p><b>Herb Pot Gardening</b></p> <p>Come join us for a session on how best to grow herbs in your own home. This useful workshop will give you resources to create your own indoor herb garden, which will save you money, give you delicious additions to you meals, and give you the satisfaction of having successfully grown something yourself!</p>
<p><b>Friday 9<sup>th</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p><b>Capacity of 8 places available</b></p>	<p><b>Percussion Group</b></p> <p>Come and feel the beat every other week. Let your rhythm take over and make the moment something to remember.</p>
<p><b>Monday 12<sup>th</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p><b>Must be 18+</b></p>	<p><b>Candle Making with M&amp;J London</b></p> <p>Come join us in a fun and creative workshop in which we will be making our own candles. This workshop will be run by Jennifer McNabb, founder of M&amp;J Ethical Luxury, a company that creates beautiful, ethically made and sourced candles. Come and add some luxury to your life!</p>
<p><b>Tuesday 13<sup>th</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p><b>Must be 18+</b></p>	<p><b>Robyn Parker’s fortnightly embroidery and beading textiles workshop</b></p> <p>Robyn has recently set up her own textile’s company and is keen to pass on her skills to other women. Come along for a relaxing session to learn embroidery and beading techniques. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of ‘Hope’ and you will be able to borrow materials to take home and embroider in your own time! This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p><b>Wednesday 14<sup>th</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p><b>Closed</b></p> <p>This is the seventh week of an eight week workshop</p> <p><b>Capacity of 8 places available</b></p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.</p> <p><b>This session is strictly confidential</b></p>

<p><b>Thursday 15<sup>h</sup> May</b></p> <p>11:00 am- 1:30 pm</p> <p>Closed to women who have experienced domestic violence Must be 18+</p>	<p><b>Introduction to Mindfulness with Iris Trust</b></p> <p>Please come and join us for a for a six week 'Introduction to Mindfulness Meditation' course. The course comprises six weekly 1.5 hour sessions. You will receive a CD to enable you to practise the meditation exercises at home.</p> <p>Find out more about:  <b>Mindfulness meditation techniques and practises</b>  <b>Relaxation techniques</b>  <b>How mindfulness can help with coping with stress</b>  <b>Being in the present moment</b>  <b>Moving forwards from domestic abuse</b></p>
<p><b>Thursday 15<sup>th</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p>	<p><b>Monthly business support group</b>  <b>This month's topic: Habits of successful business owners</b></p> <p>Are you starting or running your own business? Then make sure you come to this monthly business mentoring session. This session is great if you want some support and accountability to help you grow your business. Each month has a specific topic, so you'll learn something new too.</p>
<p><b>Friday 16<sup>th</sup> May</b></p> <p>12:00pm – 3:00pm</p> <p>Must be 18+</p>	<p><b>Pitching and Presenting</b></p> <p>This workshop has will allow you to achieve two things:</p> <ol style="list-style-type: none"> <li>1. You will learn valuable skills which you can use in your own business or in education or employment. Pitching skills learned will help you when putting a business idea forward or presenting products to customers and presenting skills will help in interviews, course assessments, in fact pretty much any presentation scenario!</li> <li>2. If you complete this course, you will have the opportunity to put yourself forward for leading a workshop at Eaves in the new July – August timetable. You will be required to pitch and present your proposed workshop to a panel of Eaves staff in June. The two successful candidates will then liaise with the ETE worker to put their own workshop in place. The ETE worker will supervise both workshops and each candidate will have a maximum of one workshop to lead.</li> </ol>
<p><b>Wednesday 21<sup>st</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p><b>Closed</b></p>	<p><b>Taking Choices, Making Changes</b></p> <p>This is a group work programme delivered by WIP staff which explores key issues such as exploring patterns in your life, raising your self esteem, exploring new ways of approaching</p>

<p>This is the first week of an eight week workshop</p> <p>Capacity of 8 places available</p>	<p>situations, engaging with services and healthy relationships.</p> <p>This is safe space to share your experiences.</p> <p><b>This session is strictly confidential</b></p>
<p><b>Thursday 22<sup>nd</sup> May</b></p> <p>11:00 am- 1:30 pm</p> <p>Closed to women who have experienced domestic violence Must be 18+</p>	<p><b>Introduction to Mindfulness with Iris Trust</b></p> <p>Please come and join us for a for a six week 'Introduction to Mindfulness Meditation' course. The course comprises six weekly 1.5 hour sessions. You will receive a CD to enable you to practise the meditation exercises at home.</p> <p>Find out more about:</p> <p><b>Mindfulness meditation techniques and practises</b>  <b>Relaxation techniques</b>  <b>How mindfulness can help with coping with stress</b>  <b>Being in the present moment</b>  <b>Moving forwards from domestic abuse</b></p>
<p><b>Thursday 22<sup>nd</sup> May</b></p> <p>2:00 – 4:00 pm</p> <p>Capacity of 8 places available</p>	<p><b>Drawing Still Life Workshop</b></p> <p>Are you having trouble figuring out what to draw? Finding a subject isn't always easy. Come and join us for an eight week course where you will be inspired with ideas for drawing and painting with objects or still life. For the first four weeks we will be sketching and for the last four weeks we will be painting. Come and explore your ideas through art.</p>
<p><b>Thursday 22<sup>nd</sup> May (Every 2<sup>nd</sup> Thursday of each month)</b></p> <p>2:00pm – 4:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Book Club</b></p> <p>Come to Book Club to share your views and opinions on our selection of fiction, non-fiction books and everything in between. Let the debate commence!</p>
<p><b>Tuesday 27<sup>th</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p>	<p><b>Robyn Parker's fortnightly embroidery and beading textiles workshop</b></p> <p>Robyn has recently set up her own textile's company and is keen to pass on her skills to other women. Come along for a relaxing session to learn embroidery and beading techniques. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope' and you will be able to borrow materials to take home and embroider in your own time! This is a very relaxed session and will give you the chance to chat and socialise too.</p>

<p><b>Thursday 29<sup>th</sup> May</b> 12:00pm – 2:00pm</p> <p>Must be 18+</p>	<p><b>ETE magazine volunteering.</b> <b>This month's topic: 'How to do effective research for an article'</b></p> <p>If you are interested in volunteering in the ETE magazine which goes out to other women in London and would like to contribute articles or pictures or translations or any other skills, come along! This session will teach various research techniques such as using primary and secondary sources, surveys and interviews along with issues in research such as bias and ethics. Alternatively if you do not want to volunteer and just want to come along to improve your research skills, then this is for you too.</p>
<p><b>Thursday 29<sup>th</sup> May</b> 2:00 – 4:00 pm</p> <p>Capacity of 8 places available</p>	<p><b>Drawing Still Life Workshop</b></p> <p>Are you having trouble figuring out what to draw? Finding a subject isn't always easy. Come and join us for an eight week course where you will be inspired with ideas for drawing and painting with objects or still life. For the first four weeks we will be sketching and for the last four weeks we will be painting. Come and explore your ideas through art.</p>
<p><b>Thursday 5<sup>th</sup> June</b> 11:00am – 1:00pm</p> <p>Capacity of 10 places available</p>	<p><b>Jewellery Making</b></p> <p>Would you like to jazz up your wardrobe? This is a fun and exciting workshop to create your own unique fashion jewellery and learn different jewellery making techniques. No experience needed.</p> <p>You will learn how to attach clasps; design and make a pair of earrings; necklace and a bracelet from a range of assorted materials such as, beads, wood, fabrics, chain and metal etc. You will be provided with an information pack to take home, which outlines basic techniques and materials guide.</p>
<p><b>Thursday 5<sup>th</sup> June</b> 1.30pm – 3pm</p> <p>Capacity of 8 places available</p>	<p><b>Mosaic Workshop</b></p> <p>Making mosaic is a very therapeutic process and only requires imagination. There are lots of different materials that can be used from marble and pebbles to glass, shells and all sorts of ceramics. The direct method – which is really a 4 step procedures – involves designing, choosing materials, sticking them down and then grouting the mosaic to finish it off. Throughout the process you can have fun and relax.</p>
<p><b>Friday 6<sup>th</sup> June</b> 11:00 to 1:00pm</p>	<p><b>Healthy and Unhealthy Relationships</b> Looking at ways to build positive relationships/ friendships in our lives.</p>



	There are many contrasts between Healthy & Unhealthy Relationships - understanding this contrast can help us understand how healthy relationships work
<p><b>Monday 9<sup>th</sup> June, 16<sup>th</sup> June and 23<sup>rd</sup> June (3 day course across 3 weeks)</b></p> <p>10:30am – 2:30pm</p> <p>Priority to those residing in Lambeth Must be 18+</p>	<p><b>Entry Level 3, Level 1 and Level 2 Literacy (English) Course with Ruskin College</b></p> <p>Ruskin College are coming to Eaves to deliver a three day English course. You will need to arrange to complete an assessment to gauge your level beforehand and you will need to be available on all three days for the full four hours each day. You will complete units that make up part of the City and Guilds Literacy Skills qualification at either Entry Level 3, Level 1 or Level 2. Each of the units is a qualification in its own right.</p>
<p><b>Tuesday 10<sup>th</sup> June</b></p> <p>12:00pm – 2:00pm</p> <p>Must be 18+</p>	<p><b>Robyn Parker’s fortnightly embroidery and beading textiles workshop</b></p> <p>Robyn has recently set up her own textile’s company and is keen to pass on her skills to other women. Come along for a relaxing session to learn embroidery and beading techniques. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of ‘Hope’ and you will be able to borrow materials to take home and embroider in your own time! This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p><b>Thursday 12<sup>th</sup> June</b></p> <p>11:00am – 1:00pm</p> <p>Capacity of 10 places available</p>	<p><b>Jewellery Making</b></p> <p>Would you like to jazz up your wardrobe? This is a fun and exciting workshop to create your own unique fashion jewellery and learn different jewellery making techniques. No experience needed.</p> <p>You will learn how to attach clasps; design and make a pair of earrings; necklace and a bracelet from a range of assorted materials such as, beads, wood, fabrics, chain and metal etc. You will be provided with an information pack to take home, which outlines basic techniques and materials guide.</p>
<p><b>Thursday 12<sup>th</sup> June</b></p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p>	<p><b>Monthly business support group</b> <b>This month’s topic: Strategic business planning – How to grow your business</b></p> <p>Are you starting or running your own business? Then make sure you come to this monthly business mentoring session. This session is great if you want some support and accountability to help you grow your business. Each month has a specific topic, so you’ll learn something new too.</p>

<p><b>Friday 13th June</b></p> <p>11:00am – 1:00pm</p> <p>Must be 18+</p>	<p><b>Taking Care of You</b></p> <p>Come and learn with us about healthy foods and life style choices. We'll also discuss the importance of exercise and different ways to pamper yourself on a budget.</p>
<p><b>Friday 13<sup>th</sup> June</b></p> <p>1:00pm – 3:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Anger Management (18+ yrs)</b></p> <p>Looking at triggers to anger and seeing how to manage them. A nice sandwich will be provided.</p>
<p><b>Thursday 19<sup>th</sup> June</b></p> <p>11:00am – 1:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Greeting Cards and Decoupage</b></p> <p>Come and create your own personalised greeting cards, from timeless, classy to weird and wacky.</p>
<p><b>Thursday 19<sup>th</sup> June</b></p> <p>1.30pm – 3pm</p> <p>Capacity of 8 places available</p>	<p><b>Mosaic Workshop</b></p> <p>Making mosaic is a very therapeutic process and only requires imagination. There are lots of different materials that can be used from marble and pebbles to glass, shells and all sorts of ceramics. The direct method – which is really a 4 step procedures – involves designing, choosing materials, sticking them down and then grouting the mosaic to finish it off. Throughout the process you can have fun and relax.</p>
<p><b>Friday 20th June</b></p> <p>11:00am – 1:00pm</p> <p>Must be 18+</p>	<p><b>Knitting</b></p> <p>Come and learn easy, super fun knitting stitches. Knitting is a great way to relax and keep your hands busy, but you'll also learn to make something you'll cherish!</p>
<p><b>Tuesday 24<sup>th</sup> June</b></p> <p>12:00pm – 2:00pm</p> <p>Must be 18+</p>	<p><b>Robyn Parker's fortnightly embroidery and beading textiles workshop</b></p> <p>Robyn has recently set up her own textile's company and is keen to pass on her skills to other women. Come along for a relaxing session to learn embroidery and beading techniques. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope' and you will be able to borrow materials to take home and embroider in your own time! This is a very relaxed session and will give you the chance to chat and socialise too.</p>

<p><b>Thursday 29<sup>th</sup> June</b></p> <p>2:00 – 4:00 pm</p> <p>Capacity of 8 places available</p>	<p><b>Drawing Still Life Workshop</b></p> <p>Are you having trouble figuring out what to draw? Finding a subject isn't always easy. Come and join us for an eight week course where you will be inspired with ideas for drawing and painting with objects or still life. For the first four weeks we will be sketching and for the last four weeks we will be painting. Come and explore your ideas through art.</p>
<p><b>Friday 27<sup>th</sup> June</b></p> <p>1:00pm – 3:00pm</p> <p>Capacity of 8 places available</p>	<p><b>Anger Management (18+ yrs)</b></p> <p>Looking at triggers to anger and seeing how to manage them. A nice sandwich will be provided.</p>