



Workshop Timetable October - December 2014



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

**PLEASE NOTE THAT EAVES AND THE BETH CENTRE HAVE MOVED
OFFICES AS OF 23RD JUNE 2014.**

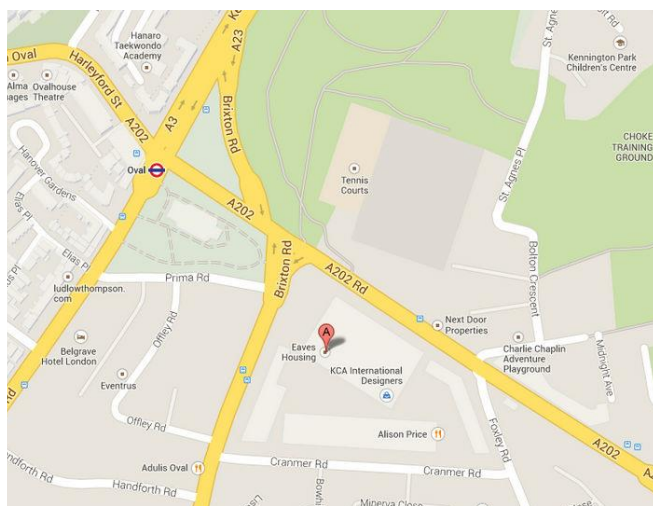
We are relocating from Unit 2.03 Canterbury Court to CC01 Canterbury Court.

Address: Unit CC01 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 down the stairs with the yellow trim, on the left hand side of the building. Turn left then the main door will be on your right hand side. It has a large '1' sign next to the door. For wheelchair access, please go to the right of Canterbury Court and enter from the far right side.

Women
in Prison Supporting and campaigning for women affected by the criminal justice system

WALCOT FOUNDATION

**LONDON
COUNCILS**

Lambeth





The Beth Centre

The Beth Centre offers women affected by the criminal justice system 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

Travel Expenses: If you are a Lambeth resident and require assistance with travel, you can be provided with a bus ticket so that you can attend workshops. When booking onto the workshop or leaving a workshop, please inform staff that you are a Lambeth resident.



Eaves' Alice Project is a specialist advice and advocacy service for women who are affected by violence or are at risk of or experiencing homelessness. The service offers support and advice around housing options, accessing benefits and other services such as health, education, training and employment. **The**

Alice Project consists of the following services: The Amina Scheme, ETE service, ISVA (Lambeth), and Life Skills service.

Workshops that are available from Alice Project are detailed below:

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 Skills 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 and our advice worker will get back to you:

The Education, Training & Employment Service is bringing out the second issue of our **Back on Track magazine!** We need your poems, stories, articles, drawings & photography... These could be about your difficulties or successes as a woman in education, training or employment as a woman, or whatever you'd like. All submissions will be anonymous, but do bring them along to workshops if you'd like to. The workshops are on 30th Oct 3pm, 20th Nov 11am & 11th Dec 11am, so come along to learn your skills and volunteer your time to help create the second issue of our magazine! To submit something for the magazine, or to book onto a workshop, **contact the Education, Training & Employment Worker Nina Humphries** on 020 7840 7958 or by emailing nina.humphries@eavesforwomen.org.uk



Regular Sessions

<p>Every Monday</p> <p>8th September – 14th December 2014</p> <p>12:00pm – 2:30pm</p> <p>Closed</p> <p><i>Facilitator:</i> <i>The Beth Centre</i></p>	<p>EPIC, Enabling Positive Individual Change Peer Mentor Training programme.</p> <p>This is a unique training opportunity open to any woman who has experienced the criminal justice system. The EPIC training offers a specialised and tailored 14 week training programme running weekly. Training focuses on women's journeys throughout the Criminal Justice system, theories linked to offending behaviour and approaches to peer mentoring. Women that are successful in the training will be matched to provide mentoring support to The Beth Centre's service users.</p> <p>Women are also provided with an opportunity to gain a recognised Open College Network Level 1 qualification.</p> <p>Should you want to find out more and apply for the next training programme then please contact Kelly McDonagh at Kelly.mcdonagh@bethcentre.org.uk or call 020 7840 6706 / 07734 896 457.</p>
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Regular Workshops

<p>Every Wednesday</p> <p>12:00pm – 1:30pm</p> <p>By appointment only</p> <p>Capacity of 4 Spaces available</p> <p><i>Facilitator: Eaves</i></p>	<p>Yoga</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>Every fortnight on a Thursday</p> <p>2:00pm – 4:00pm</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Housing Advice</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>
<p>3 Tuesdays a Month</p> <p>11.00am – 1.00p.m.</p> <p>By appointment only</p> <p><i>Facilitator: Eaves</i></p>	<p>Massage</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. Please note that massage will be running at a slightly reduced service from now on. Please call for more information about available dates.</p>

Every Friday

10:00 am -12:15 pm
By appointment only
Facilitator: Eaves

Jobcentre Plus Surgery at Eaves

Speak with an adviser from Kennington Jobcentre Plus about your benefits! Edna from Kennington Jobcentre Plus will be available for half hour appointment every Friday morning at Eaves. She is able to support women from any London borough with regards to their benefit or search for work. She can support specifically with the following:

- questions or concerns around job seeker's allowance claims
- job applications and registering with Universal Job Match
- accessing the domestic violence easement available to women experience domestic violence during their job seeker's allowance claim
- liaising with your local jobcentre
- supporting with better off calculations for those looking to see how much better off they would be financially in work
- support or advice around your income support claim

She is **not** able to support with issues relating to housing or claims for ESA.

TRAVEL POLICY

Please take note before you come to a workshop whether it is facilitated by the Beth Centre or by Eaves. Workshops take place in the same space but depending on the facilitator, there is a different policy over travel arrangements.



The Beth Centre

If a workshop is facilitated by the Beth Centre, and you are a Lambeth resident who requires assistance with travel, then you can be provided with a bus ticket so that you can attend workshops. When booking onto the workshop or leaving a workshop, please inform staff that you are a Lambeth resident.

If a workshop is facilitated by Eaves then you will be reimbursed in cash, regardless of borough, for a return journey to the workshop upon receipt of a print out of journeys which you can obtain from Oval tube station by asking at the ticket office and touching in your Oyster card. The print out need only show the journey to the workshop. We will either double the cost to make up the cost of the return journey or if you reach a daily cap on your return, we will reimburse you up to that cap. If you are using a daily, weekly or monthly travel card already, then we will not be able to reimburse you. We cannot accept top up receipts for Oyster card – you will need a full statement of journeys.



If you are unsure about any of these arrangements, please clarify before coming to the workshop by calling 0207 840 6700 / 0207 735 2062 or by emailing workshops@eavesforwomen.org.uk The workshop timetable will specify if a workshop is facilitated by Eaves or the Beth Centre.

Please note Eaves do not reimburse travel for one-to-one appointments.


One-off Workshops and Courses

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

Thursday 2nd October 2:00pm - 4:30pm Capacity of 8 places available <i>Facilitator: Beth Centre</i>	Jewellery Making Workshop We are proud to announce that jewellery specialist Bridge Parle will be co facilitating the workshop, sharing her expertise knowledge and skills with the group. This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need. You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace and bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!
Friday 3rd October 11:00am – 1:00pm Capacity of 6 places	

<p>available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Knitting with Petite Albion</p> <p>Come and join us for a new series of knitting workshops with Petite Albion, a social enterprise that links creativity with promoting social change. Knitting experts Bronwen and Fanny will be coming to teach basic knitting stitches, patterning, and helping you to pick and execute your choice of knitting project! Join us and discover the therapeutic benefits of knitting!</p>
<p>Thursday 9th October 11:00am - 1:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Mosaic Workshop</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>Thursday 9th October 2:30pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Positive change</p> <p>How do we move forward in our lives with positive intention? Life has many challenges and sometimes it's difficult to keep on the path you would like to follow. During this workshop we will look at how we plan, try to stay positive and actively change our lives.</p>
<p>Friday 10th October 2:00pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Film Club Fridays! This week: The Visitor</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is The Visitor, an emotional story about a US economics professor who unwittingly becomes involved in the fight to help two undocumented immigrants in New York City.</p> <p>TRIGGER WARNING: Be aware that this might upset any women who have experienced trauma or difficulties from immigration processes.</p>
<p>Friday 10th October 11:00am – 1:00pm</p> <p><i>Facilitator: The Beth centre, LEA</i></p> <p><i>Kristin</i></p>	<p>Healthy & Unhealthy Relationships part (1)</p> <p>Let's look at ways to build positive relationships / friendships in our lives.</p> <p>There are many contrasts between Healthy & Unhealthy Relationships - understanding this contrast can help us understand how healthy relationships should work.</p>

	<i>This workshop is highly confidential.</i>
<p>Tuesday 14th October 2:00pm – 4:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Robyn Parker's fortnightly embroidery and beading textiles workshop</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>Wednesday 15th October 2:00 – 4:30pm</p> <p>Must be 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Thyme Domestic and Sexual Abuse Therapeutic Group Programme* 'Recovery and Resilience'</p> <p>The programme aims to create a safe and confidential therapeutic space to understand the impact that abuse can have on our lives; to appreciate and learn about the strengths we have and nurture these to support us to plan for a positive future. We provide tools to help you think about your future goals and plan to achieve these. We work in a supportive way that enables you to participate whilst maintaining your confidentiality.</p> <p>*Before deciding if this group is suitable for you – come and see Kinnari (Counsellor) to find out if you want to join the group or whether you would benefit from individual counselling instead.</p>
<p>Thursday 16th October 11:00am - 1:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Mosaic Workshop</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>Thursday 16th October 2:30pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Jewellery/beading workshop</p> <p>Come and make something to wear – bracelets, earrings, rings of your own design.</p>


<p>Friday 17th October 11:00am - 1:00pm</p> <p>Capacity of 6 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	 <p>Knitting with Petite Albion</p> <p>Come and join us for a new series of knitting workshops with Petite Albion, a social enterprise that links creativity with promoting social change. Knitting experts Bronwen and Fanny will be coming to teach basic knitting stitches, patterning, and helping you to pick and execute your choice of knitting project! Join us and discover the therapeutic benefits of knitting!</p>
<p>Friday 17th October 11.00am – 1:30pm</p> <p>Only for those who attended part 1.2. &3.</p>	<p>Healthy and unhealthy Relationship part (4) film session.</p> <p>It's that time now for us to view a film with a difference, we will have a discussion after and have a recap of where we were, at the beginning and where we are at now.</p> <p>There are many contrasts between Healthy & Unhealthy Relationships - understanding this contrast can help us understand how healthy relationships should work.</p> <p><i>This workshop is highly confidential.</i></p>
<p>Tuesday 21st October 11.30am – 1:00pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: The Beth Centre and Healthwatch</i></p>	<p>Lets talk about Health Care</p> <p>As a direct result from the women who attended our Healthcare Service User Forum, Healthwatch Lambeth will be delivering a bespoke workshop.</p> <p>This workshop aims to increase confidence and awareness when accessing healthcare. This workshop will deliver practical and general advice and seeks to answer some of the questions that were raised within the forum i.e. "Can I request an interpreter at my consultation?" "Can I make a request to see a female GP?" The Workshop will also continue to capture your views and experiences of healthcare.</p>
<p>Tuesday 21st October 1:00pm-2.30pm</p> <p>Facilitator: Eaves Alice Project</p>	<p>Creative Cycle: Recruitment session</p> <ul style="list-style-type: none"> -Do you have products that are ready to be sold? -Are you keen on starting or expanding your business online? -Are you committed to learning about e-commerce? <p>If you answer yes to these questions, you are perfect for our programme! Come and meet us on this day and find out more about our 7-week programme. To apply for this programme, you will be writing a short</p>

	<p>personal statement as well as a brief interview with us on the day.</p> <p>If you like to find out more before this, please get in touch with Nina Humphries, the Education, Training and Employment (ETE) Officer at Eaves, (020 7840 7958, nina.humphries@eavesforwomen.org.uk)</p>
<p>Wednesday 22nd October 2:00 – 4:30pm</p> <p>Must be 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Thyme Domestic and Sexual Abuse Therapeutic Group Programme* 'Recovery and Resilience'</p> <p>The programme aims to create a safe and confidential therapeutic space to understand the impact that abuse can have on our lives; to appreciate and learn about the strengths we have and nurture these to support us to plan for a positive future. We provide tools to help you think about your future goals and plan to achieve these. We work in a supportive way that enables you to participate whilst maintaining your confidentiality.</p> <p>*Before deciding if this group is suitable for you – come and see Kinnari (Counsellor) to find out if you want to join the group or whether you would benefit from individual counselling instead.</p>
<p>Thursday 23rd October 10:30am – 12:30pm</p> <p>Capacity of 5 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Mother and child workshop</p> <p>This workshop is aiming to encourage mothers to experience the world through their child's eyes and enable them to understand their child's behaviour. During the workshop – that uses creative approaches – the child will be able to practice development skills whilst the mother will be given practical advice related to parenting and get the opportunity to strengthen the mother – child bond.</p>
<p>Thursday 23rd October 2:00pm - 4:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Jewellery Making Workshop</p> <p>We are proud to announce that jewellery specialist Bridge Parle will be co facilitating the workshop, sharing her expertise knowledge and skills with the group.</p> <p>This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need.</p> <p>You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace and bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</p>

<p>Friday 24th October 11:00am – 12:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>ROOTS & BULBS </p> <p>Juicing with Roots and Bulbs</p> <p>Come and learn the benefits of juicing, the hot new health fad du jour! Roots and Bulbs, a Marylebone juicing and healthy eating café, will be giving a talk on juicing: what is it, why is it good for you, how do you do it? They will then demonstrate making juices, and allow you to have a chance to make your own based on what you want it to be beneficial for!</p>
<p>Friday 24th October 2.00pm – 4.00pm</p> <p>Capacity of 10 places available</p>	<p>Creative Writing</p> <p>Learn different ways to express and recover - through creative writing.</p> <p>Open to all women accessing services at Eaves and the Beth Centre</p> <p><i>(One of two – the second one will be on Friday 31st October at the same time)</i></p>
<p>Friday 24th October 2:00pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Film Club Fridays! This week: Hocus Pocus</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Hocus Pocus, a fabulously fun Halloween comedy set in Salem, Massachusetts (USA) and focusing on the legendary witches the Sanderson sisters!</p> <p>TRIGGER WARNING: Those who don't like Halloween as a fun holiday may not like this film.</p>
<p>Tuesday 28th October 2:00pm – 4:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves</i></p>	<p>Robyn Parker's fortnightly embroidery and beading textiles workshop</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>Wednesday 29th October 2:00 – 4:30pm</p> <p>Must be 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Thyme Domestic and Sexual Abuse Therapeutic Group Programme* 'Recovery and Resilience'</p> <p>The programme aims to create a safe and confidential therapeutic space to understand the impact that abuse can have on our lives; to appreciate and learn about the strengths we have and nurture these to support us to plan for a positive future. We provide tools to help you think about your future goals and plan to achieve these. We work in a supportive way that enables you to participate whilst maintaining your confidentiality.</p> <p>*Before deciding if this group is suitable for you – come and see Kinnari (Counsellor) to find out if you want to join the group or whether you would benefit from individual counselling instead.</p>
<p>Wednesday 29th October</p> <p>2:00pm - 4:00pm</p> <p>Capacity of 6 places available</p> <p>*Registration required</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Creative Cycle: Introduction to Online Selling on Marketplaces (Workshop 1)</p> <p>Are you interested in selling your products online? Are you keen to learn more about e-commerce? The 2-hour session will cover how to sell items online on two main marketplaces for creative products namely Etsy and Ebay. You will also have a chance to gain hands-on experience with your personal mentor. By the end of the session, you will be able to list your products online!</p>
<p>Thursday 30th October 10:30am – 12:30pm</p> <p>Capacity of 5 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Mother and child workshop</p> <p>This workshop is aiming to encourage mothers to experience the world through their child's eyes and enable them to understand their child's behaviour. During the workshop – that uses creative approaches – the child will be able to practice development skills whilst the mother will be given practical advice related to parenting and get the opportunity to strengthen the mother – child bond.</p>
<p>Thursday 30th October</p> <p>3:00pm – 5:00pm</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>'Back on Track' Magazine Workshop Session 1: Doing Effective Research</p> <p>Want to volunteer to be a part of putting together our second issue of the ETE 'Back on Track Magazine'? Come along and we'll decide together what direction the magazine will take and what content will be included in this edition. We'll then look at how to do effective research for articles and stories, should you need to do this in your contribution to the magazine.</p> <p>Regardless of your skills, level or experience everyone is welcome.</p>

<p>Friday 31st October 11:00am - 1:00pm</p> <p>Capacity of 6 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>PETITE ALBION BELIEVE IN PEOPLE AND COMMUNITY</p> <p>Happy Halloween!! Knitting with Petite Albion</p> <p>Come and join us for a new series of knitting workshops with Petite Albion, a social enterprise that links creativity with promoting social change. Knitting experts Bronwen and Fanny will be coming to teach basic knitting stitches, patterning, and helping you to pick and execute your choice of knitting project! Join us and discover the therapeutic benefits of knitting!</p>
<p>Friday 31st October 2:00pm – 4:00pm</p> <p>Capacity of 10 places available</p>	<p>Creative Writing</p> <p>Learn different ways to express and recover - through creative writing.</p> <p>Open to all women accessing services at Eaves and the Beth Centre</p> <p>(Two of two)</p>
<p>Wednesday 5th November 2:00 – 4:30pm</p> <p>Must be 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Thyme Domestic and Sexual Abuse Therapeutic Group Programme* 'Recovery and Resilience'</p> <p>The programme aims to create a safe and confidential therapeutic space to understand the impact that abuse can have on our lives; to appreciate and learn about the strengths we have and nurture these to support us to plan for a positive future. We provide tools to help you think about your future goals and plan to achieve these. We work in a supportive way that enables you to participate whilst maintaining your confidentiality.</p> <p>*Before deciding if this group is suitable for you – come and see Kinnari (Counsellor) to find out if you want to join the group or whether you would benefit from individual counselling instead.</p>
<p>Thursday 6th November 2:00pm - 4:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Jewellery Making Workshop</p> <p>We are proud to announce that jewellery specialist Bridge Parle will be co facilitating the workshop, sharing her expertise knowledge and skills with the group. This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need. You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace</p>

	and bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!
<p>Friday 7th November 10:00am – 12:00pm</p> <p>Capacity of 8 places available</p> <p><i>Open to young women between 16 to 25 years old</i></p> <p><i>Facilitator: Beth Centre</i></p>	<p>Driving Programme</p> <p>Offers young women the opportunity to apply for their provisional licenses & support young women through the process of their driving theory tests by going through mock theory tests with the benefit of a trained facilitator, whom will advise & guide you through potentially passing their theory tests.</p>
<p>Friday 7th November 11:00am – 1:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p></p> <p>Knitting with Petite Albion</p> <p>Come and join us for a new series of knitting workshops with Petite Albion, a social enterprise that links creativity with promoting social change. Knitting experts Bronwen and Fanny will be coming to teach basic knitting stitches, patterning, and helping you to pick and execute your choice of knitting project! Join us and discover the therapeutic benefits of knitting!</p>
<p>Friday 7th November 1:00pm - 3:30pm</p> <p>Capacity of 8 places available</p> <p><i>Open to young women between 16 to 25 years old</i></p> <p><i>Facilitator: Beth Centre</i></p>	<p>Inspirational Speaker</p> <p>A session that will focus on raising young women's self esteem through inspirational discussion from a radio celebrity whom went through various barriers & traumatic experiences in her life. Jenny is an ambassador on domestic violence and actively tries to raise awareness in the community.</p>
<p>Friday 7th November 2:00pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Film Club Fridays! This week: Carve Her Name with Pride</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Carve Her Name with Pride, a film based on the true story of one of WWII's bravest women, Violette Szabo. Violette is a woman who volunteers to parachute into France at the height of the war in order to bolster resistance against the Germans. Come and watch her</p>

	<p>gripping story with us!</p> <p>TRIGGER WARNING: Wartime drama, may be some disturbing scenes.</p>
<p>Tuesday 11th November 2:00pm – 4:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves</i></p>	<p>Robyn Parker’s fortnightly embroidery and beading textiles workshop</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>Wednesday 12th November 2:00 – 4:30pm</p> <p>Must be 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Thyme Domestic and Sexual Abuse Therapeutic Group Programme* <i>‘Recovery and Resilience’</i></p> <p>The programme aims to create a safe and confidential therapeutic space to understand the impact that abuse can have on our lives; to appreciate and learn about the strengths we have and nurture these to support us to plan for a positive future. We provide tools to help you think about your future goals and plan to achieve these. We work in a supportive way that enables you to participate whilst maintaining your confidentiality.</p> <p>*Before deciding if this group is suitable for you – come and see Kinnari (Counsellor) to find out if you want to join the group or whether you would benefit from individual counselling instead.</p>
<p>Wednesday 12th November 2:00pm - 4:00pm</p> <p>Capacity of 6 places available</p> <p>*Registration required</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Creative Cycle: Introduction to Online Marketing for E-Commerce (Workshop 2)</p> <p>You’ve completed the session on how to put your products online. But how do you <i>sell</i> it? The Online Marketing session will give you the opportunity to learn how to make the most of social media in your business. Bringing you an introduction on how to use Facebook, Twitter, Instagram and more, you will get the chance to promote your own brand and develop your online presence.</p>
<p>Thursday 13th November 11:00am – 1:30pm</p> <p>Capacity of 8 places</p>	<p>Relaxation</p> <p>How do we relax and find a less stressful, way to live? Come along and share your experiences of what works for you and maybe explore new ways to feel more at ease. We will be</p>

<p>available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>able to try out some relaxation techniques in a safe space.</p>
<p>Thursday 13th November</p> <p>2:00pm – 4:00pm</p> <p>Capacity of 8 places available</p>	<p>Makeup Tutorial with MyMakeover: Winter Skin and Festive Makeup!</p> <p>Lee Pycroft from MyMakeover and her team of makeup artists are coming to give us a workshop on how to look our loveliest! Lee and her team will be providing us with a tutorial on the importance of skin care at all times (and especially in the colder months!), the importance of cleansing, and how to create a quick, festive look that's best for you. Come and have some fun with us!</p> <p>**All makeup will be provided. Please make us aware of any allergies or skin problems you may have before coming to this workshop.</p>
<p>Wednesday 19th November</p> <p>2:00 – 4:30pm</p> <p>Must be 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Thyme Domestic and Sexual Abuse Therapeutic Group Programme*</p> <p>'Recovery and Resilience'</p> <p>The programme aims to create a safe and confidential therapeutic space to understand the impact that abuse can have on our lives; to appreciate and learn about the strengths we have and nurture these to support us to plan for a positive future. We provide tools to help you think about your future goals and plan to achieve these. We work in a supportive way that enables you to participate whilst maintaining your confidentiality.</p> <p>*Before deciding if this group is suitable for you – come and see Kinnari (Counsellor) to find out if you want to join the group or whether you would benefit from individual counselling instead.</p>
<p>Thursday 20th November</p> <p>2:00pm - 4:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Jewellery Making Workshop</p> <p>We are proud to announce that jewellery specialist Bridge Parle will be co facilitating the workshop, sharing her expertise knowledge and skills with the group.</p> <p>This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need.</p> <p>You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace and</p>

	bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!
Thursday 20th November 11:00am – 1:00pm Capacity of 10 places available <i>Facilitator: Eaves Alice Project and Beth Centre</i>	Made of Money Session 2: Saving Money Do you struggle with saving money? Do your finances make you feel overwhelmed and like giving up? Then come join us at Made of Money Session 2, a fantastic money awareness program developed by Quaker Social Action. This time, we will focus on savings: what kinds of savings are best for us, how savvy we were in terms of knowing how to save, etc! Note: there will be treats!
Thursday 20th November 11:00am – 1:00pm Facilitator: Eaves Alice Project	'Back on Track' Magazine Workshop Session 2: How to Use Language Effectively Want to volunteer to be a part of putting together our second issue of the ETE 'Back on Track Magazine'? Come along and we'll decide together what direction the magazine will take and what content will be included in this edition. We'll then look at how to do use language effectively for articles and stories, should you need to do this in your contribution to the magazine. Regardless of your skills, level or experience everyone is welcome.
Friday 21st November 2:00pm – 4:30pm Capacity of 10 places available <i>Facilitator: Eaves Alice Project</i>	Film Club Fridays! This week: Frida Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Frida, the story of the tumultuous life of renowned artist Frida Kahlo. TRIGGER WARNING: Some violence including fistfights and verbal arguments, as well as scenes of drug use and drinking.
Friday 17th November 11.00am – 1:30pm <i>Facilitator: Kristin, Beth centre</i>	Healthy & Unhealthy Relationships part (2) Let's look at ways to build positive relationships / friendships in our lives. There are many contrasts between Healthy & Unhealthy Relationships - understanding this contrast can help us understand how healthy relationships should work. <i>This workshop is highly confidential.</i>

<p>Tuesday 25th November 2:00pm – 4:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves</i></p>	<p>Robyn Parker's fortnightly embroidery and beading textiles workshop</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>Wednesday 26th November 2:00pm - 4:00pm</p> <p>Capacity of 6 places available</p> <p>*Registration required</p> <p><i>Facilitator: Eaves Alice Project /Beth centre</i></p>	<p>Creative Cycle: Introduction to Basic Accounting on Excel for E-commerce (Workshop 3)</p> <p>Are you interested in learning about how to manage your finances? Keeping track of your expenses and revenue? This workshop will provide you with the basic Microsoft Excel skills in addition to useful accounting knowledge to running a business and tracking your money.</p>
<p>Thursday 27th November 11:00am – 1:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project /Beth centre</i></p>	<p>Soaps, Body Scrubs and Body Butter!</p> <p>Fancy coming and making some soaps, body scrubs or body butter? We will be making all of these and adding lovely essential oils, so that your choices will make the finished product original to you. Use them yourself or give them away as a gift!</p>
<p>Thursday 27th November 2:00pm - 4:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Jewellery Making Workshop</p> <p>We are proud to announce that jewellery specialist Bridge Parle will be co facilitating the workshop, sharing her expertise knowledge and skills with the group.</p> <p>This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need.</p> <p>You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace and bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</p>

<p>Friday 28th November 12:00pm – 2:00pm</p> <p>Capacity of 8 places available</p> <p>16-25 year olds only</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Healthy & Unhealthy Relationships</p> <p>Let's look at ways to build positive relationships / friendships in our lives.</p> <p>There are many contrasts between Healthy & Unhealthy Relationships - understanding this contrast can help us understand how healthy relationships should work.</p>
<p>Thursday 4th December 10:30am – 1:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Creative workshop – home made decorations and cards</p> <p>Want to make decorations, cards? This creative workshop will give you the opportunity to make something special for yourself or someone special to you. We will be using many different materials – there is no limit to creativity!</p>
<p>Friday 5th December 11:00am – 1:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p></p> <p>Knitting with Petite Albion</p> <p>Come and join us for a new series of knitting workshops with Petite Albion, a social enterprise that links creativity with promoting social change. Knitting experts Bronwen and Fanny will be coming to teach basic knitting stitches, patterning, and helping you to pick and execute your choice of knitting project! Join us and discover the therapeutic benefits of knitting!</p>
<p>Friday 5th December 2:00pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Film Club Fridays! This week: Elf</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Elf, a hilarious Christmas film with American comedian Will Ferrell. This is the story of Buddy, a human raised by Christmas elves, and his search to find where he belongs. Lots of fun!</p>
<p>Tuesday 9th December 2:00pm – 4:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves</i></p>	<p>Robyn Parker's fortnightly embroidery and beading textiles workshop</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'</p>

	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.
Wednesday 10th December 2:00pm - 4:00pm Capacity of 6 places available *Registration required <i>Facilitator: Eaves Alice Project</i>	Creative Cycle: Test your knowledge (Workshop 4) Now that you've learnt about online selling, online marketing and basic accounting, it is the time to test your knowledge and judge whether you have really mastered the materials taught in the previous three workshops! We will be providing you with interactive quizzes and plenty of opportunities to ask your personal mentor whenever you are not familiar with anything.
Thursday 11th December 11:00am – 1:00pm <i>Facilitator: Eaves Alice Project</i>	'Back on Track' Magazine Workshop Session 3: Designing a Publication Want to volunteer to be a part of putting together our second issue of the ETE 'Back on Track Magazine'? Bring along any contributions you have for this issue, and we can discuss the layout and visuals of the magazine. We'll look at how to design the format of a magazine page on the computer, and how to use imagery to make pages aesthetically appealing. Regardless of your skills, level or experience everyone is welcome.
Thursday 11th December 2:00pm - 4:30pm Capacity of 8 places available <i>Facilitator: Beth Centre</i>	Jewellery Making Workshop We are proud to announce that jewellery specialist Bridge Parle will be co facilitating the workshop, sharing her expertise knowledge and skills with the group. This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need. You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace and bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!