

Welcome to Issue 20 of Eaves News.

### An update from our Chief Exec Denise Marshall

Welcome to our latest newsletter. Much has happened since our last issue at the beginning of the year. In our last issue we had just embarked on establishing The Beth Centre in partnership with Women In Prison. I am very pleased to say that the service has been extremely effective in supporting women affected by the criminal justice system and we look forward to developing it further.

As our Eaves supporters, we also want you to be the first to know that we are launching an Eaves social enterprise called Tiny Diner. Tiny Diner is an organic, chilled baby food range which will be sold in retailers nationwide. For the past year we have been working hard to build up the enterprise and we are hugely excited that it is now about to kick off! This is a completely new venture for us, but one that I believe has huge potential to help Eaves receive regular and sustainable income. In this issue you can find out more about Tiny Diner and how you can support us on page 5.

Altogether this year has proven to be very positive so far and we would like to thank all our supporters for helping us to sustain and develop our services. You have all been incredibly generous this year and we are encouraged by your continued support to empower women who have experienced violence.

### Research and Development update

Our R&D team not only carries out important research on violence against women but also delivers high-quality training and campaigning work. Find out more about what the team is working on here:

#### Advice and Advocacy Officer

The R&D team are pleased to have an addition to their team - a specialist advice and advocacy officer for organisations working with minority ethnic and refugee women. This role provides specialist support, training, advice and practical guidance for these organisations so that they are able to better advocate for women with no recourse to public funds, or those on spousal visas and trapped in abusive situations. We will be delivering training sessions on supporting applicants who are applicable for support assistance the Destitution Domestic Violence (DDV) Concession, along with modes of support for other groups affected by domestic violence, with no recourse to public funds.

*The first training session is on Weds 1st October 2014, 10am-6pm, at the NCVO, London. Please email [rupinder.parhar@eavesforwomen.org.uk](mailto:rupinder.parhar@eavesforwomen.org.uk) to book your place.*

#### Exiting Prostitution Good Practice Workshops

The content of the workshop is based on Eaves' recently published 'Breaking Down the Barriers' research and specialist frontline practice in supporting women to exit. The workshops are available for professionals from both voluntary and statutory agencies working across a range of sectors. The training is ideal for delegates from both the voluntary and statutory sectors who have a responsibility to:

- Provide support, advice and services to women involved in prostitution
- Develop policies and strategies around prostitution which are beneficial to the whole community

*Please email [training@eavesforwomen.org.uk](mailto:training@eavesforwomen.org.uk) if you would like more information or to book a workshop. The next dates are on the 2nd and 3rd October.*

#### Settling In research project

We are currently undertaking research with migrant women looking at their specific circumstances and the challenges they face. Through focus groups, interviews and consultations with migrant women, those supporting them and other stakeholders, we are gathering and analyzing vital information on the reality and breadth of their personal experiences.

- Are you a woman who has arrived in the UK in the last 10 years as a spouse or partner of a British national or a person with Indefinite Leave to Remain (ILR)?
- Are you still on 'spousal' or 'partner' visa and haven't changed to ILR or British citizenship?
- Do you have a passport from OUTSIDE the European Union?
- Do you live in or around London, Oxford, Slough, Woking, Maidstone, Brighton, Southampton or High Wycombe?
- Would you like to share your experiences of settling into UK life?

*Yes? We would like you to participate in our research project! Find out more by emailing us on [nisan.kesete@eavesforwomen.org.uk](mailto:nisan.kesete@eavesforwomen.org.uk)*



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### Alexa Sage, ETE worker in Eaves' Alice Project, tells us about the first year of ETE.

The Education, Training and Employment (ETE) project at Eaves has now come to the end of its first year and I am coming to the end of my first year at Eaves too - and what a year it's been! As with any new project, it took a couple of months for the ETE service to find its feet, sitting within the also newly formed Life Skills service. But once the word got out, the service soon found itself in high demand. In the first year alone 150 women accessed the ETE project through one to one support, workshops, in-house courses, a service-user led magazine, group mentoring and one to one mentoring. This has included:

- A monthly business peer support group facilitated by a life coach and entrepreneur
- A service user led magazine called 'Back on Track' dedicated to ETE support for women who have experienced violence
- A business trade stall selling to professionals in time for the Christmas rush
- Accredited courses in Literacy, Maths and Employability Skills
- A one to one six week mentoring programme in business online with students from the London School of Economics
- Workshops facilitated by over ten industry experts including a textile designer, a theatre director and a senior communications specialist
- An exhibition open to the public for viewing at Morley College of textile art produced by women at Eaves



Initially women were being referred from voluntary and statutory organisations however we found that as the project progressed more women were self-referring and referring friends and family members. We saw this as a positive indication that a quality service was being delivered that women had trust in.

In feedback gathered from ETE sessions, we asked those accessing the service why they chose to access ETE at Eaves. For some it was because they felt they had no other alternative. Women without recourse to public funds are not able to access support from job centres for advice on business or employment, nor are they able to access most mainstream college courses which are government funded or otherwise too expensive to enrol on despite often having the right to work or study in the UK. Eaves provides a way for these women to gain qualifications at no cost and to receive quality advice around finding work or starting a business. For other women who said they were able to access ETE support elsewhere such as at libraries, job centres, colleges and charities, there was a theme throughout feedback that said they still preferred to access ETE support from Eaves because they felt it was the only organisation that addressed their specific needs as women.

The centre is a safe, women-only space where all staff are committed to acknowledging and eradicating violence against women and girls (VAWG). For the ETE project, this has meant addressing VAWG specific education and employment barriers such as fear of revealing contact information on applications and CVs; disclosures of criminal records related to experiences of violence including prostitution and trafficking; setting up business accounts or controlling salaries when experiencing financial abuse; giving reference information when referees are perpetrators of violence; and avoidance of work and study in male-dominated environments due to triggers. The feedback helped us to understand why women were willing to travel up to two hours from 16 different London boroughs to access the ETE project.

“ Hopefully through continuing to facilitate women specific ETE support we can provide a path for women to lead independent lives free from violence. ”

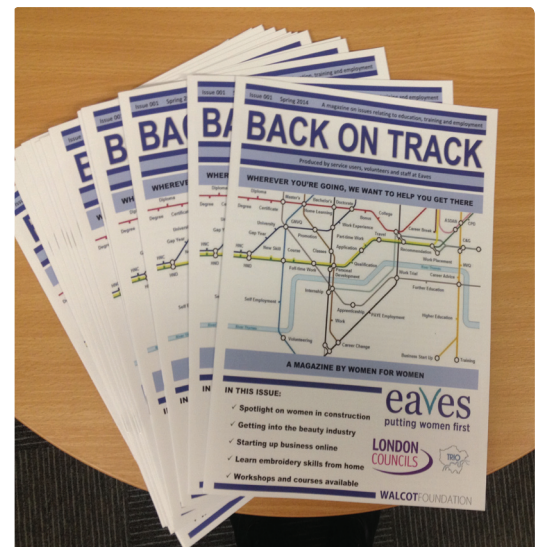
Other than a VAWG specific approach, the ETE project has been focused on two areas of innovation that differ from what many other ETE providers are offering:

1. A strong focus on the use of and education around technology
2. Encouragement and facilitation of peer support methods

The ETE project has been fortunate enough to be able to offer one to one support, workshops and even mentoring around the use of the online world in technology. With the already low number of women in STEM (Science, Technology, Engineering and Mathematics) areas decreasing, the ETE project has encouraged women to engage with technology and provided the resources to do so. We have run workshops on subjects such as 'Staying Safe in Business Online' including how to hide your IP address and WHOIS database privacy, and 'Introduction to Creating Your Own Website'. Understandably many women avoid the use of online technology either because of lack of IT education or through concerns relating to online safety. The ETE project has worked to empower women to embrace this resource through education and an awareness of what you can control online so that technology can enhance the ETE experience rather than create risks. We also ran a pilot mentoring programme around business online: three women were paired with student mentors from LSE university over six weeks to help them in selling online, marketing online and accountancy. All three women now have an online presence for their business and are aiming to become self employed full time this year. We are hoping to run the programme again in conjunction with future LSE students.



This year also saw the publication of the first edition of 'Back on Track' – a magazine produced anonymously by service users, staff and volunteers at Eaves as a way of offering indirect peer support to other women on issues relating to ETE. A total of 31 service users were involved in the production of the 16 page colour magazine. Women at Eaves had expressed an interest in supporting their peers through sharing their knowledge and experience but at the same time we wanted to guarantee the right to confidentiality when accessing the ETE project at Eaves. The anonymous collaboration of work in the 'Back on Track' magazine was the solution. Before women contributed, we ran educational workshops on subjects such as 'How to do effective research' and 'How to use language effectively to write an article' to help women best express their shared knowledge. The magazine has been disseminated to organisations and individual women across all London boroughs and has gained a great deal of interest from those wishing to support the continuation of the magazine. We are hoping that this might become a regular feature of the ETE project if additional funding is secured.



So the first year has ended on a fantastic note and now we are looking ahead into our second year to see how we can continue to improve the service and make it accessible to even more women. We will be focusing on promoting the support we offer by telephone and email as well as face to face in order to reach out to more women who are perhaps not able to come to our centre. We will also be delivering more external workshops to reach women throughout Lambeth who are not already engaged with Eaves. We will continue to ask for feedback from service users and organisations involved with the ETE project so we can keep shaping the service in a way that is most relevant to women's needs. Then hopefully through continuing to facilitate women specific ETE support we can provide a path for women to lead independent lives free from violence.



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# Transforming lives

## The Beth Centre

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Since the Beth Centre opened its doors on 2nd January, we have had 327 women referred to our service. The Beth Centre works with women who have come into contact with the criminal justice system, or are at risk of doing so. There are various ways that the women we work with engage with the Beth centre: we run workshops; have one to one support sessions; the Beth Bus and we have a peer mentor and volunteering scheme. The workshop timetable changes on a quarterly basis and we run a variety of workshops, based on what the women ask us for.

So far, we have run workshops on jewellery making; assertiveness; parenting; healthy relationships; managing your money – to name just a few! The Beth Bus is now driving around Lambeth twice a week, speaking to women involved in prostitution and offering advice in a safe environment. We also have an agreement with Lambeth Police that any women involved in prostitution is given two opportunities to engage with the Beth Centre, before being arrested. The aim of this scheme is to divert women away from court and give them the time and opportunity to obtain extra support for any additional needs they may have.

Multi agency working is paramount to this support and we have good working relationships with CRI; Spires; the Poppy Project; Lifeskills; Lorraine Hewitt House; the Gaia centre as well as many other local charities and statutory organisations. Our joint working with Women in Prison also means that we have an excellent opportunity to provide on-site counselling and joint working at the Hub based at Holloway prison. The Hub is a groundbreaking way of working with women who are released from Holloway.

The Beth Centre is also taking part in research with Revolving Doors. This centres on how local services can best meet the needs of women affected by the criminal justice system. In addition to this, the Beth Centre is working with the MsUnderstood project, which aims to look at ways of improving service responses to young women who are involved in gangs.



We accept self referrals as well as from agencies.

Get in touch with us at:

e: [referral@bethcentre.org.uk](mailto:referral@bethcentre.org.uk)

t: 020 7840 6700

Since The Beth Centre has opened in January:

- 327 women have been referred
- 10% reduction in re-offending rates (year on year)
- 20% reduction in the number of women engaged in street based prostitution (year on year)

Overall, it has been a very exciting time at the Beth Centre and we regularly ask our service users for feedback on the service they want. We will continue to do this and expect even more positive working relationships and developments for the Beth Centre!

*The Beth Centre is open Monday to Friday (10am - 5pm). We also have an open access drop-in on Tuesdays and Thursdays (10am - 4.30pm) at The Beth Centre, Unit CC01, Canterbury Court, Kennington Business Park, 1-3 Brixton Road, SW9 6DE.*

# Transforming lives

## Tiny Diner

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### Tiny Diner - Small beginnings, brighter tomorrows.

As Denise Marshall mentioned in her update we are incredibly excited to announce the upcoming launch of Tiny Diner - a social enterprise producing organic, chilled baby food.

#### Small Beginnings

In keeping with all of our projects, the women that we work with were our inspiration. Just over a year ago, they mentioned how difficult it was to find baby food that they would be happy to give to their babies. They really emphasised fresh ingredients and meals that reflected the food that they would eat at home.



At the same time Eaves as an organisation desperately needed a form of sustainable income. After much discussion and collaboration we decided to develop a social enterprise making and selling baby food. We were clear that we wanted 100% of the profits to be ploughed back into Eaves and directly support the very women who had inspired the idea.

#### So what is Tiny Diner?

In a nutshell, it is a premium organic chilled baby food range for babies six months plus. The meals are chilled and organic which means that they retain the highest levels of nutrients as well as complex flavours. We believe food should be nurturing and wanted to develop a range which would aid an infant's development from weaning age. The women we had spoken to had expressed an authentic alternative to homecooking. And so this became our goal. An alternative to homecooking, it is

designed for parents who want the best for their children and gives confidence and traceability where it is needed most. The convenient meals free up parents for family time at the same time as developing infants' tastebuds.

#### Brighter tomorrows

So what do we hope to achieve with Tiny Diner? Ultimately we want to create sustainable employment for the women we work with. Giving women meaningful training and employment means that we can give them the very best chance to rebuild their lives after their experiences of violence. In addition as 100% of Tiny Diner's profits will come directly to Eaves, we can also continue our vital frontline services. Ultimately Tiny Diner will not only provide these women the future they deserve but also introduce a whole new way of looking at food for their children.

**Follow us on facebook and twitter  
for updates, photos and more!**  
**[www.facebook.com/TinyDinerFood](https://www.facebook.com/TinyDinerFood)**  
**[@TinyDinerFood](https://twitter.com/TinyDinerFood)**

#### What we want you to do

You can help us get the show on the road by helping to develop our crowdfunding campaign which will be launched early November! We are raising money to fund a Tiny Diner van which will allow us to go on a nationwide tour to appropriate food festivals and markets to raise awareness and generate sales of Tiny Diner. Can you:

- Complete the survey at this link (<https://www.surveymonkey.com/s/tdcrowdfund>) to give us valuable feedback on the possible rewards and pledges.
- If you have any connections to, or work as, a food stockist then please get in touch with us - we really would love your help!



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# Get involved

## Fundraising

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Support from organisations and companies is vital to ensure that our services receive the funding needed. This year we have developed a number of strong and fruitful partnerships, which we hope will continue well into the future.



### City Womens Network (CWN)

The CWN has chosen Eaves as their charity of the year. CWN is a network of women who are working in the City who will be fundraising for Eaves throughout the year. So far they have already held a summer drinks event with a fashion show. Six members of the network also ran the British 10K for Eaves. We look forward to all their events to come!

### Mishcon de Reya

This prestigious law firm has chosen us as their charity of the year. The firm was founded not that far away

from us in Brixton. Since deciding to support us they have already been very active in raising money for us. Trainees at the firm will be fundraising throughout the year through runs and other events.

A group of Mishcon employees are also delivering workshops on our Education, Training and Employment (ETE) project on law and rights.

### Youth Philanthropy Syndicate (YPS)



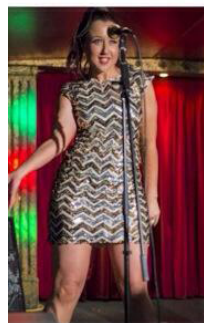
YPS continues to give support to Eaves in a number of ways. Running 10K races, volunteering their time and doing other fundraising activities - we are very appreciative!

Thanks also to Junior League, Lancaster London Hotel, Freshfields, SAGE, Soroptomists and Big Yellow Storage in Kennington, trade unions and WI for all their support this year.

### Gifts in-kind

Thank you also to all who have donated items to us this year. From Soap and Glory, Body Shop, to individuals donating radios, linen, clothing, furniture and art materials the women we support are hugely appreciative of all the items we have been able to give them. Please keep an eye out on facebook and twitter for any new requests we may send out.

We have also had a fair share of fantastic events this year. From comedy nights to gigs, people have been entertained good and proper all in the name of Eaves. Thanks to all those who organised, took part and attended!





Will you donate?  
Just send us the donation  
form at the back of this  
newsletter.

### Support trafficked women who have been wrongly detained

We have launched an appeal to raise money for our Detentions and Prisons work in Eaves' Poppy Project. We have the only full-time worker in the UK who actively seeks women who have been trafficked who have been wrongly detained in detention centres or prisons. Being trafficked and forced into exploitation is traumatic enough. But for so many women that is not the end of their ordeal. When they come into contact with the UK authorities, they are routinely disbelieved and locked up for crimes they did not commit. So far we have raised £6,900 so thank you to all who have donated. It has made a huge difference.

**If you haven't managed to donate yet then please do so!**

### Our campaign to influence the new Modern Slavery Bill continues

The government has now responded to recommendations made by the Joint Committee on the draft Bill. These recommendations include many of the principles you have helped us fight for by joining us at [www.tinyprotest.org](http://www.tinyprotest.org), signing our e-petition (signed by almost 5,000 people) and tweeting the hashtag #tinyprotest. Women we work with through Poppy for victims of trafficking have met with members of the Joint Committee to let them know their firsthand experiences of the terrible injustices that occur when policy and practice fails to protect victims. We still have further to go as the Bill moves through Parliament we need to keep reminding the government about the importance of victim protection.

### Leave a Legacy

Three quarters of people in Britain give regularly to a charity in their lifetimes. But only 6% will give to a charity in their Will. After you've taken care of your loved ones, you may also wish to leave a gift in your Will to ensure support for vulnerable women in the future and working towards a future free from violence against women and girls. Leaving a gift to Eaves is a very special way of leaving a lasting legacy. The donation can be as small or large as you like.

If you want to leave a gift to Eaves but have already made a Will, it's not a problem. There are a couple of simple ways you can change it.

#### 1. A new Will

The first and probably simplest way, is to write a new Will. Once a new Will is written, it makes any Wills made by that person in the past void. In fact, most wills will start by reciting that you're writing a Will and that you're revoking previous Wills.

You can write a new Will with a Will-writing adviser. Find the nearest solicitor or Will writer in your area.

However, if you do not want to do this, there is another way. It's called a Codicil.

#### 2. Codicils

A codicil is a document used to change a Will that has already been made. It's used as a way to make simple additions or amendments to an existing Will like a change in the amount of a gift of money, or the addition of an executor or gift. This is all quite straight forward but problems can occur if you ever want to cancel the Will in the future.

When you cancel a Will which contains a codicil, the codicil does not get cancelled automatically, so when you write a new Will it can create inconsistencies and legal problems. To avoid this, make sure that any new Will clearly states that you are revoking all Wills and codicils previously made.

You can also make a codicil with a Will-writing adviser.

*If you have any questions regarding leaving a legacy to Eaves please contact us on [fundraising@eavesforwomen.org.uk](mailto:fundraising@eavesforwomen.org.uk) or on 0207 840 7104.*



# I would like to continue my support with a donation

## 1. Payment Method

Issue 20

I would like to donate to: Eaves in general/Detention & Prisons Appeal (delete as necessary)

- cheque enclosed and made payable to Eaves ☐

- credit card (details follow) ☐

I would like to set up a regular gift so I can help Eaves all year round.

Please send me a form. ☐

## 2. Contact Details (In order to ensure our communications are as cost effective as possible please supply an email address)

Title  Name

Address

Postcode  Email

Tel

## 3. Card Details

Amount I would like to donate: £

I would like to donate by: Mastercard ☐ Maestro ☐ Visa ☐  ☐

Card Number

Start Date  Expiry Date  Issue No (Maestro only)

CVV Code

**For every pound that you donate to Eaves we can claim 25p.**

To help us raise more funds please sign and date this section.

I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Eaves Housing for Women to reclaim 25p of tax on every £1 that I have given on this date, in the past 4 years and in the future. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities I donate to, will reclaim on my

*giftaid it*

Signature:

\_\_\_\_\_