



The Beth Centre

Workshop Timetable January-March 2015



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 have relocated from Unit 2.03 Canterbury Court to CC01 Canterbury Court.

Address: Unit CC01 Canterbury Park 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.



WALCOT FOUNDATION



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 6th January 2pm and 16th January 12pm, 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 Email us at: lifeskills@eavesforwomen.org.uk or Call us on: 020 7735 2062



Regular Sessions

<p>Monday – Friday Appointment basis – please ring or email to check in advance and get a time booked.</p>	<p>One to one support accessing education, training and employment</p> <p>For any issues relating to education, training and employment (ETE) there are one to one appointments available with the ETE workers. You will receive advice and guidance tailored specifically to your needs. You can still access all other services.</p> <p>Email us at: lifeskills@eavesforwomen.org.uk Call us on: 020 7735 2062</p>
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Regular Workshops

<p>Every Monday 3:00pm – 4:30pm By appointment only Beginning again from JANUARY 12th</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 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 11.00am – 1.00p.m. 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>
<p>Every Monday 2:30pm – 4:30pm and Every Tuesday 11:00am – 1:00pm</p> <p>By appointment only</p>	<p>Job Club</p> <p>Come along to make your applications to volunteering, internships, placements and employment with access to our computers and printers. The Education, Training & Employment worker and volunteer will be on hand to assist with</p>

<p><i>Facilitator: Eaves- Alice Project</i></p>	<p>applications and help direct you if you are not sure where to start. Email us at: lifeskills@eavesforwomen.org.uk Call us on: 020 7735 2062 If you do not book you may not be able to attend Job Club as there are a limited amount of computers.</p>
<p>Every Friday</p> <p>10:00 am -12:15 pm By appointment only <i>Facilitator: Eaves</i></p>	<p>Jobcentre Plus Surgery at Eaves</p> <p>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:</p> <ul style="list-style-type: none"> • 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 <p>She is not able to support with issues relating to housing or claims for ESA.</p>
<p>Every first Wednesday of the Month</p> <p>By appointment only</p> <p><i>Facilitators: Beth Centre & WUSH</i></p> <p>2pm – 6pm</p> <p>For ages: 16-25 year olds</p>	<p>WUSH Women’s Clinic</p> <p>Offering women confidential contraception & sexual health advice at The Beth Centre by trained nurses on site, in relaxed surroundings, for up to ½ hour slots.</p> <p>If you are interested in booking an appointment, please contact The Beth Centre on 0207 840 6700/ or Angelique on 0207 840 6705.</p> <p>Angelique.thompson@bethcentre.org.uk</p>

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

<p>Tuesday 6th January</p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>'Back on Track' Magazine Workshop</p> <p>Want to be a part of putting together the second issue of YOUR 'Back on Track' magazine? Come along and we'll decide together what direction the magazine will take and work on content.</p> <p>By volunteering for the magazine, you will be able to get a volunteer reference from the Education, Training & Employment Worker.</p> <p>Free Soap & Glory makeup will be available to women who attend!</p> <p>Regardless of your skills or experience everyone is welcome.</p>
<p>Wednesday, 7th January</p> <p>11:00am – 1:30 pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Art Workshop: Black & White</p> <p>Experiment with the contrast of light and shadow while using charcoals and black & white acrylic, with both your dominant and non-dominant hand.</p> <p>Taught by our very talented volunteer Audrey Palacios.</p>

<p>Wednesday 7th January 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>Thursday 8th January 2:00pm – 4:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Powerful Women - Developing Self Esteem and Confidence</p> <p>This workshop will support you to understand the causes of poor self-esteem and confidence.</p> <p>You will learn new techniques to build self-worth and reconnect with your core strengths.</p> <p>This workshop is CPD accredited so you will gain a qualification</p>
<p>Friday 9th January 3:00pm – 4.30pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre + Probation</i></p>	<p>Victim Awareness</p> <p>Is there such a thing as a victimless offence? What is the impact of crime on individuals? on families? on society? Does everyone react to being a victim of crime in the same way? Come and explore these questions and more at the three week Victim Awareness workshop.</p>
<p>Friday 9th 11:00 – 13:00 pm</p> <p>Capacity for 8 places Facilitator: Alice Project</p>	<p>Coping strategies</p> <p>Want to come along and discuss coping strategies and learn how others manage stress? Informal and aimed at sharing information and trying out new ways of coping.</p>

<p>Monday 12th January</p> <p>12.00pm to 2.00pm</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. This workshop is CPD accredited so you will gain a qualification. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope'. This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p>Wednesday 14th January</p> <p>11:00am – 1:00pm</p> <p>Capacity of 6 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>Thursday 15th January</p> <p>11:00am- 13:00 pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Self Defence with Sarah Brendlow of Action 360</p> <p>Want to learn how to defend yourself? Back by popular demand, Sarah, a Krav Maga instructor extraordinaire, will be coming to teach a 3 part workshop series on the basics of self-defence. You'll learn different techniques for protecting yourself from attacks in various situations, and build the confidence to use them!</p>
<p>Thursday 15th January</p> <p>1:00pm – 4:30pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Pitching and Presenting</p> <p>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! This workshop is CPD accredited so you will gain a qualification.</p>

<p>Friday 16th January</p> <p>12:00pm – 2:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>'Back on Track' Magazine Workshop</p> <p>Want to be a part of putting together the second issue of YOUR 'Back on Track' magazine? Come along and we'll decide together what direction the magazine will take and work on content.</p> <p>By volunteering for the magazine, you will be able to get a volunteer reference from the Education, Training & Employment Worker.</p> <p><i>Free Soap & Glory makeup will be available to women who attend!</i></p> <p>Regardless of your skills or experience everyone is welcome.</p>
<p>Friday 16th January</p> <p>3:00pm – 4.30pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre + Probation</i></p>	<p>Victim Awareness</p> <p>Is there such a thing as a victimless offence? What is the impact of crime on individuals? on families? on society? Does everyone react to being a victim of crime in the same way? Come and explore these questions and more at the three week Victim Awareness workshop.</p>
<p>Monday 19th January</p> <p>11:00m – 1:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Developing Success – Motivation and Goal Setting</p> <p>This workshop will allow you to set the direction you need to reach your destination, the motivation to sustain you on your trip, and a way to measure your progress.</p> <p>You will learn to identify your career motivators and to set SMART goals towards developing success in your life.</p> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Tuesday 20th January</p> <p>11.00am – 1:30pm</p> <p>Open to all, you must attend all session's 1.2. & 3.</p> <p>Capacity of 8 places</p> <p><i>Kristin LEA. Open</i></p>	<p>Healthy and Unhealthy Relationship 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>Wednesday 21st January</p> <p>12:00pm to 2:00pm</p> <p>Must be 18+</p> <p>Facilitator: <i>Eaves Alice Project</i></p>	<p>Creative Cycle 'Denim Project' Online Business Course Recruitment session (1)</p> <ul style="list-style-type: none"> -Do you want to start a business but have no ideas or products? -Are you keen on gaining basic business skills? -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 a recruitment session to find out more and sign up to our 5 week course at the London School of Economics (LSE). With your personal mentor, you will be creating marketable products by up-cycling textile materials. You will learn how to sell your item, market your item and understand the basics of book-keeping and accounting. The sessions are accredited by CPD, so certificates will be provided to those who successfully participated in the programme.</p> <p>To sign up, you will write a short personal statement, as well as having a brief informal interview with us on the recruitment session.</p> <p>If you wish to register your interest and find out more before the recruitment sessions, 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 21st January</p> <p>2:00pm - 4:30pm</p> <p>Capacity of 8 places available</p> <p>Facilitator: <i>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>Thursday 22nd January</p> <p>11:00 am—1:30 pm</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Art Workshop: All about colour</p> <p>Using acrylics, we will play with colours and will create a few paintings to take with you. Taught by our very talented volunteer Audrey Palacios.</p>
<p>Thursday 22nd January</p> <p>2:00pm – 4:00pm</p> <p>Capacity of 10 places available</p> <p>Must be 16+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Creative Writing – Other Voices</p> <p>Have fun learning how to unlock your hidden writing talent, using poetry, prose, spoken word, lyrics and story telling. We all have a story to tell, discover how to tell your own or other stories. Explore themes around identity and other voices in supportive and creative sessions run by performer and writer Kat Francois</p> <p>Open to all women accessing services at Eaves and the Beth Centre</p> <p>This is a partnership between English National Opera (ENO) and Eaves, as part of the <i>Other Voices</i> community project.</p>
<p>Friday 23rd January</p> <p>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 Blindside</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week’s film is The Blindside, an inspiring film about a boy without a home or a family who gets taken under the wing of a wealthy family in Memphis, Tennessee.</p> <p>TRIGGER WARNING: Be aware that there is some moderate violence and family dysfunction in this film.</p>
<p>Friday 23rd January</p> <p>3:00pm – 4.30pm</p> <p>Must be 18+</p> <p>Capacity of 8 places</p>	<p>Victim Awareness</p> <p>Is there such a thing as a victimless offence? What is the impact of crime on individuals? on families? on society? Does everyone react to being a victim of crime in the same way? Come and explore these questions and more at the three week Victim</p>

<p>available</p> <p><i>Facilitator: Beth Centre + Probation</i></p>	<p>Awareness workshop.</p>
<p>Monday 26th January</p> <p>12.00pm to 2.00pm</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. This workshop is CPD accredited so you will gain a qualification. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope'. This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p>Wednesday 28th January</p> <p>11:00am - 1:00pm</p> <p>Capacity of 6 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>Thursday 29th January</p> <p>11:00am – 1:00pm</p> <p>Must be 16+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Creative Writing – Other Voices</p> <p>Have fun learning how to unlock your hidden writing talent, using poetry, prose, spoken word, lyrics and story telling.</p> <p>We all have a story to tell, discover how to tell yours.</p> <p>Explore themes around identity and other voices in supportive and creative sessions run by performer and writer Kat Francois</p> <p>Open to all women accessing services at Eaves and the Beth Centre</p> <p>This is a partnership between English National Opera (ENO) and Eaves, as part of the <i>Other Voices</i> community project.</p>

<p>Thursday 29th January</p> <p>1:30pm – 3:30pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Get That Job! - Effective CV writing</p> <p>This workshop is a 2 hour session on how to create and use your CV as an effective job seeking tool and a successful marketing document.</p> <p>Key topic areas in the workshop are:</p> <ul style="list-style-type: none"> • The CV and why it is important • CV components and structure • Practical writing session • Effective use of CV for interview planning, job searching and writing great cover & speculative letters <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Monday, 2nd February</p> <p>11:00 am- 1:30 pm</p> <p>Must be 18+</p> <p>CLOSED TO AMINA AND ISVA SERVICE USERS</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Art Workshop: Collage day</p> <p>Bring old magazines, photos... whatever you want for sharing and we will all together cut and glue a perfect big picture. Taught by our very talented volunteer Audrey Palacios.</p>
<p>Wednesday 4th February</p> <p>11:00am to 1:00pm</p> <p>Must be 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Creative Cycle 'Denim Project' Online Business Course Recruitment session (2)</p> <p>-Do you want to start a business but have no ideas or products? -Are you keen on gaining basic business skills? -Are you committed to learning about e-commerce?</p> <p>If you answer yes to these questions, you are perfect for our programme! Come and meet us on a recruitment session to find out more and sign up to our 5 week course at the London School of Economics (LSE). With your personal mentor, you will be creating marketable products by up-cycling textile materials. You will learn how to sell your item, market your item and understand the basics of book-keeping and accounting. The sessions are accredited by CPD, so certificates will be provided to those who successfully participated in the programme.</p> <p>To sign up, you will write a short personal statement, as well as having a brief informal interview with us on the recruitment session.</p>

	<p>If you wish to register your interest and find out more before the recruitment sessions, 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>Thursday 5th February 2015</p> <p>11.00am – 1:30pm</p> <p>Only open for those who have attended session (1)</p> <p>1.2. & 3.</p> <p>Capacity of 8 places Kristin LEA</p>	<p>Healthy & Unhealthy Relationships part (2)</p> <p>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.</p> <p><i>This workshop is highly confidential</i></p>
<p>Thursday 5th February</p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Walk Your Talk – Action Planning</p> <p>This workshop will provide you with tools to transform your business ideas and job goals into reality.</p> <p>You will learn to create and use a practical, step by step action plan aimed to help you accurately define your job goals and begin to identify necessary actions to achieve this.</p> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Friday, 6th February</p> <p>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 Glenn Miller Story</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is The Glenn Miller Story, a biography of a man who rose from poverty to success with his band in the early 1940s. A real classic.</p>
<p>Monday 9th February</p> <p>12.00pm to 2.00pm</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. This workshop is CPD accredited so you will gain a qualification. All materials are provided and no experience necessary. We will be working towards</p>

	a patchwork on the theme of 'Hope'. This is a very relaxed session and will give you the chance to chat and socialise too.
<p>Wednesday, 11th February</p> <p>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>Wednesday, 11th February</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 bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</p>
<p>Thursday, 12th February</p> <p>11:00 am – 1:30 pm</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Art Workshop: Self portrait</p> <p>Celebrate being women together! Paint about things that we like about being women and the things that we don't like that much. Taught by our very talented volunteer Audrey Palacios.</p>

<p>Thursday 12th February</p> <p>2:00pm – 4:30pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Pitching and Presenting</p> <p>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!</p> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Monday 16th February</p> <p>11:00am – 1:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Powerful Women - Developing Self Esteem and Confidence</p> <p>This workshop will support you to understand the causes of poor self-esteem and confidence.</p> <p>You will learn new techniques to build self-worth and reconnect with your core strengths.</p> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Tuesday 17th February</p> <p>2:00 - 4:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project and the Beth centre</i></p>	<p>Body butters, scrubs and soap making</p> <p>Back due to popular demand. Come and make some fabulous body butters, scrubs and soaps. If you missed the workshop last time, book for this one.</p>
<p>Thursday 19th February</p> <p>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 19th February</p>	<p>Healthy & Unhealthy Relationships part</p> <p>Let's look at ways to build positive relationships / friendships in our lives.</p>

<p>2pm – 4pm</p> <p>Capacity of 8 places available</p> <p><u>16- 25 year olds only</u></p> <p>Facilitator: Beth Centre</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>Friday 20th February</p> <p>2:00pm – 4:30pm</p> <p>Capacity of 10 places available</p> <p>Facilitator: Eaves Alice Project</p>	<p>Film Club Fridays! This week: The Young Victoria</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is The Young Victoria, a tale of Queen Victoria's young life, rise to the throne and relationship with her beloved husband Albert. Come watch this story of a young woman in power finding her feet.</p>
<p>Monday 23rd February</p> <p>12.00pm to 2.00pm</p> <p>Must be 18+</p> <p>Facilitator: Eaves Alice Project</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. This workshop is CPD accredited so you will gain a qualification. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope'. This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p>Tuesday 24th February</p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p>Facilitator: Eaves Alice Project</p>	<p>Get That Job! - Effective CV writing</p> <p>This workshop is a 2 hour session on how to create and use your CV as an effective job seeking tool and a successful marketing document. Key topic areas in the workshop are:</p> <ul style="list-style-type: none"> • The CV and why it is important • CV components and structure • Practical writing session • Effective use of CV for interview planning, job searching and writing great cover & speculative letters <p>This workshop is CPD accredited so you will gain a qualification.</p>


<p>Wednesday, 25th February</p> <p>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>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>Wednesday, 25th February</p> <p>2:00pm – 3:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre and Probation</i></p>	<p>Substance Misuse and Offending Behaviour</p> <p>Come along to these workshops to discuss the link between substance misuse and offending behaviour – and how effective substance misuse treatment can have a positive impact on offending behaviour. We will have space to talk about what you may have experienced in the past, what has worked or not; and how things might be improved in order to meet people’s needs and break the cycle of substance misuse and related criminal activity.</p>
<p>Thursday 26th February</p> <p>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, 26th February</p> <p>2:00 - 5:00pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Developing Your Best Self</p> <p>A CPD accredited workshop that focuses on our inner selves. How do we get ourselves to the place where we can start to achieve our goals? How can we learn to believe in ourselves and our abilities, and show this to those around us? A certificate of completion will be provided to participants at the end of this workshop.</p>
<p>Wednesday 4th March 2015</p>	<p>Sexual Health</p> <p>Everyone has the right to feel safe in their</p>

<p>11:00am - 1:00pm</p> <p>Capacity of 8 places available</p> <p>Kristin: LEA</p>	<p>relationship. Learn a lot more about our bodies, know your own mind, contraception, quiz & not forgetting No means No!</p> <p>Let's talk about it</p>
<p>Wednesday, 4th March</p> <p>2:00pm – 3:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre and Probation</i></p>	<p>Substance Misuse and Offending Behaviour</p> <p>Come along to these workshops to discuss the link between substance misuse and offending behaviour – and how effective substance misuse treatment can have a positive impact on offending behaviour. We will have space to talk about what you may have experienced in the past, what has worked or not; and how things might be improved in order to meet people's needs and break the cycle of substance misuse and related criminal activity.</p>
<p>Thursday 05th March</p> <p>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, 5th March</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 bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</p>

<p>Friday 6th March</p> <p>11:00am- 13:00 pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Self Defence 2 with Sarah Brendlow of Action 360</p> <p>Want to learn how to defend yourself? Back by popular demand, Sarah, a Krav Maga instructor extraordinaire, will be coming to teach a 3 part workshop series on the basics of self-defence. You'll learn different techniques for protecting yourself from attacks in various situations, and build the confidence to use them!</p>
<p>Friday 6th March</p> <p>2- 4pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Women who changed the world</p> <p>There have been many women throughout history who have inspired other women. Presentation showing some of those women. Discussion to follow – hopefully lively and informative</p>
<p>Friday 6th March</p> <p>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: La Vie en Rose</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is La Vie en Rose, the story of the tumultuous, exciting, and tragic life of renowned singer Edith Piaf.</p> <p>TRIGGER WARNING: Some violence including verbal arguments, as well as scenes of drug use and drinking.</p>
<p>Monday 9th March</p> <p>12.00pm to 2.00pm</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. This workshop is CPD accredited so you will gain a qualification. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope'. This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p>Wednesday, 11th March</p> <p>11:00am - 1:00pm</p> <p>Capacity of 6 places</p>	<p></p> <p>Knitting with Petite Albion</p>

<p>available</p> <p><i>Facilitator: Eaves Alice Project</i></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>Wednesday, 11th February</p> <p>2:00pm – 3:30pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre and Probation</i></p>	<p>Substance Misuse and Offending Behaviour</p> <p>Come along to these workshops to discuss the link between substance misuse and offending behaviour – and how effective substance misuse treatment can have a positive impact on offending behaviour. We will have space to talk about what you may have experienced in the past, what has worked or not; and how things might be improved in order to meet people’s needs and break the cycle of substance misuse and related criminal activity.</p>
<p>Thursday 12th March</p> <p>11:00am – 1:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>How to use recycled materials wisely</p> <p>One person's trash can mean another person’s eco-friendly treasures. Throughout the workshop you will be introduced in how to use recycled materials to make products, which are functional, stylish, <i>and</i> Earth-friendly.</p>
<p>Friday 13th March</p> <p>11:00am – 1:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project and Beth Centre</i></p>	<p>Made of Money Session 2: Saving Money</p> <p>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!</p>
<p>Wednesday 18th March</p> <p>11:00m – 1:00pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p>	<p>Developing Success – Motivation and Goal Setting</p> <p>This workshop will allow you to set the direction you need to reach your destination, the motivation to sustain you on your trip, and a way to measure your progress.</p> <p>You will learn to identify your career motivators and to set SMART goals towards developing</p>

<p><i>Facilitator: Eaves Alice Project</i></p>	<p>success in your life.</p> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Thursday 19th March</p> <p>11:00m – 1:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>How to use recycled materials wisely</p> <p>One person's trash can mean another person's eco-friendly treasure. Throughout the workshop you will be introduced in how to use recycled materials to make products, which are functional, stylish, <i>and</i> Earth-friendly</p>
<p>Thursday, 19th March 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 20th March 2:00pm – 4:30pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Film Club Fridays! This week: Divine Secrets of the Ya-Ya Sisterhood</p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Divine Secrets of the Ya-Ya Sisterhood, a film about a fraught relationship between mother and daughter, and a group of close friends. Warm and funny.</p>
<p>Monday 23rd March</p> <p>12.00pm to 2.00pm</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. This workshop is CPD accredited so you will gain a</p>

	<p>qualification. All materials are provided and no experience necessary. We will be working towards a patchwork on the theme of 'Hope'. This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p>Wednesday, 25th March</p> <p>11:00am - 1:00pm</p> <p>Must be 18+</p> <p>Capacity of 6 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>Wednesday 25th March</p> <p>1:30pm – 3:30pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Get That Job! - Effective CV writing</p> <p>This workshop is a 2 hour session on how to create and use your CV as an effective job seeking tool and a successful marketing document. Key topic areas in the workshop are:</p> <ul style="list-style-type: none"> • The CV and why it is important • CV components and structure • Practical writing session • Effective use of CV for interview planning, job searching and writing great cover & speculative letters <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p>Thursday 26th March 2015</p> <p>11.00am – 1:30pm</p> <p>Only open for those who have attended you session (2)</p> <p>1.2. & 3.</p> <p>Capacity of 8 places</p> <p><i>Kristin: LEA</i></p>	<p>Healthy & Unhealthy Relationships part (3)</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>This workshop is highly confidential.</p>

<p>Thursday 26th March</p> <p>14:00pm – 16:30pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Mischon De Reya: Immigration Rights & Employment</p> <p>This workshop will explore different types of immigration status and your education & employment rights.</p> <p>This will be delivered by the law firm Mischon De Reya in an exciting and accessible way.</p>
<p>Friday 27th March</p> <p>11:00am- 13:00 pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Self Defence 3 with Sarah Brendlow of Action 360</p> <p>Want to learn how to defend yourself? Back by popular demand, Sarah, a Krav Maga instructor extraordinaire, will be coming to teach a 3 part workshop series on the basics of self-defence. You'll learn different techniques for protecting yourself from attacks in various situations, and build the confidence to use them!</p>