



The Beth Centre

## Workshop Timetable April - June 2015



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

### **PLEASE NOTE THAT EAVES AND THE BETH CENTRE HAVE MOVED OFFICES AS OF 23<sup>RD</sup> 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.

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

**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](mailto:lifeskills@eavesforwomen.org.uk) and our advice worker will get back to you:

## Regular Sessions

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

<p><b>3 Tuesdays a Month</b> 11.00am – 1.00p.m.</p> <p>These sessions are on hold for the time being – please keep checking back about whether appointments are available</p> <p><i>Facilitator: Eaves - Alice Project</i></p>	<p><b>Massage</b></p> <p>Relax and unwind with a massage from expert massage therapist Emilie. You will have a consultation with Emilie before the massage where you will have the chance say what type of massage you would prefer.</p>
<p><b>Every Monday</b> 2:30pm – 4:30pm and <b>Every Tuesday</b> 11:00am – 1:00pm</p> <p>By appointment only</p> <p><i>Facilitator: Eaves - Alice Project</i></p>	<p><b>Job Club</b></p> <p>Come along to make your applications to volunteering, internships, placements and employment with access to our computers and printers. The Education, Training &amp; Employment worker and volunteer will be on hand to assist with applications and help direct you if you are not sure where to start.</p> <p>Email us at: <a href="mailto:lifeskills@eavesforwomen.org.uk">lifeskills@eavesforwomen.org.uk</a> Call us on: 020 7735 2062</p> <p>If you do not book you may not be able to attend Job Club as there are a limited amount of computers.</p>
<p><b>Every Other Friday</b></p> <p>10:00 am -12:15 pm By appointment only <i>Facilitator: Eaves - Alice Project</i></p>	<p><b>Jobcentre Plus Surgery at Eaves</b></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</p>

	<p>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"> <li>• ESA</li> <li>• questions or concerns around job seeker's allowance claims</li> <li>• job applications and registering with Universal Job Match</li> <li>• accessing the domestic violence easement available to women experience domestic violence during their job seeker's allowance claim</li> <li>• liaising with your local jobcentre</li> <li>• supporting with better off calculations for those looking to see how much better off they would be financially in work</li> <li>• support or advice around your income</li> <li>• support claim</li> </ul>
<p><b>Every first Wednesday of the Month</b></p> <p>2pm – 6pm</p> <p><b>For ages: 16-25 year olds</b></p> <p><b>By appointment only</b></p> <p><i>Facilitators: Beth Centre &amp; WUSH</i></p>	<p><b>WUSH Women's Clinic</b></p> <p>Offering women confidential contraception &amp; 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.</p>
<p><b>Every Tuesday</b></p> <p>10am - 1pm until 19th May 2015</p> <p><b>For ages: 16-30 year olds</b></p> <p><b>By booking only</b></p> <p><i>Facilitators: Beth Centre and Young Mums Support Network</i></p>	<p><b>Healthy Eating and Cooking on a Budget for Young Mums</b></p> <p>Friendly and social group providing support for young mums to form friends and learn tasty recipes and prepare delicious meals together.</p> <p>If you are interested in booking an appointment, please contact Andrea Turi, Parenting worker at The Beth Centre. Tel: 020 7840 6708 / 077 3486 9454 Email: andrea.turi@bethcentre.org.uk</p> <p>External location disclosed upon booking</p> <p>Crèche available</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](mailto: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><b>Thursday 16<sup>th</sup> April</b></p> <p>11:30am – 1:30pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Powerful Women - Developing Self Esteem and Confidence</b></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><b>Thursday 16<sup>th</sup> April</b></p> <p>2:30pm – 4:00pm</p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Problems Accessing GPs</b></p> <p>If you are currently, or have previously had problems trying to access healthcare, tell us about it and how you would want access to improve.</p> <p>We have GPs coming in to listen to you and feedback your experiences so that problems can be resolved.</p>

<p><b>Friday 17<sup>th</sup> April</b></p> <p>2:00pm to 4:00pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club Fridays!</b> <b>This week: Wadjda</b></p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Wadjda, the story of a young Saudi girl whose burning desire for a bicycle leads her into bold defiance of her society's restrictive codes of gender and religion.</p>
<p><b>Wednesday 22<sup>nd</sup> April</b></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><b>Knitting with Petite Albion</b></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><b>Wednesday 22<sup>nd</sup> April</b></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><b>Developing Success – Motivation and Goal Setting</b></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><b>Tuesday 28<sup>th</sup> April</b></p> <p>11:00am to 1:00pm</p> <p>Facilitator: <i>Beth Centre</i></p>	<p><b>Hat Making with Morley College</b></p> <p>Using a wide range of materials, learn to cut, block and construct beautiful hats from your own patterns.</p> <p>A qualified tutor will teach you the basics so that you can create something beautiful!</p>




<p><b>Tuesday 28<sup>th</sup> April</b></p> <p>2:00pm to 4:00pm</p> <p><b>Must be 18+</b></p> <p>Facilitator: <i>Eaves Alice Project</i></p>	<p><b>HERA training at the best business school in Europe</b> <b>Recruitment session (1)</b></p> <p>HERA is a network of entrepreneurs that builds career opportunities and empowers women to develop resilience against abuse, exploitation and trafficking. HERA aim is to promote the economic independence of women through supporting them to develop lasting and meaningful careers. They run a business course in partnership with one of the best business schools in Europe, Imperial College;</p> <p>If you are a woman 18 – 35 years old and are interested in applying please attend our recruitment days.</p> <p>The course dates are 29th of June to the 18th of July 2015.</p> <p>If you wish to register your interest and find out more before the recruitment sessions, please get in touch with Viviana Ricciardi - Education, Training and Employment (ETE) Officer at Eaves, (020 7840 7122, <a href="mailto:viviana.ricciardi@eavesforwomen.org.uk">viviana.ricciardi@eavesforwomen.org.uk</a>)</p>
<p><b>Thursday 30<sup>th</sup> April</b></p> <p>11:00am to 2:00pm</p> <p><b>6 makeup appointments and 6 manicure appointments available – please get in touch to book a session</b></p> <p>Facilitator: <i>Eaves Alice Project</i></p>	<p><b>Makeup Tutorial with MyMakeover</b></p> <p>Lee Pycroft from MyMakeover and her team of wonderful makeup artists are coming along to give you <i>either</i> an hour long one-to-one makeover or a half-hour expert manicure, tailored to your needs. 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><b>This is an extremely popular workshop so please book well in advance and let us know ASAP if you cannot attend your allocated session.</b></p>
<p><b>Thursday 30<sup>th</sup> April</b></p> <p>2:30pm- 4:30pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p>Facilitator: <i>Eaves Alice Project</i></p>	<p><b>Art Workshop: Black &amp; White</b></p> <p>Experiment with the contrast of light and shadow while using charcoals and black &amp; white acrylic, with both your dominant and non-dominant hand. Taught by our very talented volunteer Audrey Palacios.</p>

<p><b>Friday 1<sup>st</sup> May</b></p> <p>11:00am- 13:00 pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Self Defence with Sarah Brendlor of Action 360</b></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><b>It is recommended that you attend all 3 sessions in order to get the most out of these workshops, although you can also attend on a one-off basis if you are not able to attend all 3 weeks.</b></p>
<p><b>Friday 1<sup>st</sup> May</b></p> <p>2:00pm to 4:00pm</p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club Fridays!</b> <b>This week: Thelma &amp; Louise</b></p> <p>Fasten your seat belts, 'cause two of Hollywood's hottest stars are taking it on the road in a high-speed adventure that bristles with the thrilling, life-affirming energy for which the best road movies are remembered.</p> <p><b>TRIGGER WARNING:</b> Be aware that this film contains strong language and violence.</p>
<p><b>Tuesday 5<sup>th</sup> May</b></p> <p>11:00am to 1:00pm</p> <p>Facilitator: <i>Beth Centre</i></p>	<p><b>Hat Making with Morley College</b></p> <p>Using a wide range of materials, learn to cut, block and construct beautiful hats from your own patterns.</p> <p>A qualified tutor will teach you the basics so that you can create something beautiful!</p>



<p><b>Wednesday 6<sup>th</sup> May</b></p> <p>11:00am – 1:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Get That Job! - Effective CV writing</b></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"> <li>• The CV and why it is important</li> <li>• CV components and structure</li> <li>• Practical writing session</li> <li>• Effective use of CV for interview planning, job searching and writing great cover &amp; speculative letters</li> </ul> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p><b>Wednesday 6<sup>th</sup> May</b></p> <p>2pm – 4pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available – Beth Centre SUs only</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>READY STEADY GO! WIP magazine</b></p> <p>WIP wants you! It's time again to get all your wonderful input so that we can create the next issue of READY STEADY GO! WIP magazine. We would like for you to share your poems, stories, drawings, photography, articles or anything else you would like to share and see in the magazine. Topics could be about any difficulties or successes you have experienced on your journey or any topic that your are passionate about. Every piece of work will be anonymised unless you wish your name to be printed next to your chef-d'oeuvre (masterpiece!)! Dates to put in your diaries are 6<sup>th</sup> May, 20<sup>th</sup> May &amp; 4<sup>th</sup> June from 2pm – 4pm. So, please come along to learn and share your skills and volunteer your time to create the next issue of our magazine.</p>
<p><b>Thursday 7<sup>th</sup> May</b></p> <p>11:00 -13:00</p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Coping strategies and Relaxation</b></p> <p>This workshop will offer an opportunity to reflect on how we cope and look at any other coping strategies which may work better, more positively in the future. We will also look at some relaxation exercises to manage stress.</p>
<p><b>Monday 11<sup>th</sup> May</b></p> <p>12.00pm to 2.00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Robyn Parker's monthly embroidery and beading textiles workshop</b></p> <p>Robyn runs 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. This is a very relaxed session and will give you the chance to chat and socialise too.</p>

<p><b>Tuesday 12<sup>th</sup> May</b></p> <p>11:00am to 1:00pm</p> <p>Facilitator: <i>Beth Centre</i></p>	<p><b>Hat Making with Morley College</b></p> <p>Using a wide range of materials, learn to cut, block and construct beautiful hats from your own patterns.</p> <p>A qualified tutor will teach you the basics so that you can create something beautiful!</p>
<p><b>Tuesday 12<sup>th</sup> May</b></p> <p>2:00pm to 4:00pm</p> <p><b>Must be 18+</b></p> <p>Facilitator: <i>Eaves Alice Project</i></p>	<p><b>HERA training at the best business school in Europe</b> <b>Recruitment session (2)</b></p> <p>HERA is a network of entrepreneurs that builds career opportunities and empowers women to develop resilience against abuse, exploitation and trafficking. HERA aim is to promote the economic independence of women through supporting them to develop lasting and meaningful careers. They run a business course in partnership with one of the best business schools in Europe, Imperial College;</p> <p>If you are a woman 18 – 35 years old and are interested in applying please attend our recruitment days.</p> <p>The course dates are 29th of June to the 18th of July 2015.</p> <p>If you wish to register your interest and find out more before the recruitment sessions, please get in touch with Viviana Ricciardi – Education, Training and Employment (ETE) Officer at Eaves, (020 7840 7122, <a href="mailto:viviana.ricciardi@eavesforwomen.org.uk">viviana.ricciardi@eavesforwomen.org.uk</a>)</p>
<p><b>Thursday 14<sup>th</sup> May</b></p> <p><b>11:00 – 13:00</b></p> <p><b>Capacity of 10 places available</b></p> <p>Facilitator: <i>Eaves Alice Project</i></p>	<p><b>The History and Culture of Ethiopia, the Land of Ancient Civilisation.</b></p> <p>An opportunity to come and learn more about the culture of Ethiopia with a discussion after about cultural influence in our lives.</p>

<p><b>Friday 15<sup>th</sup> May</b></p> <p>11:00am- 13:00 pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Self Defence with Sarah Brendlow of Action 360</b></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><b>It is recommended that you attend all 3 sessions in order to get the most out of these workshops, although you can also attend on a one-off basis if you are not able to attend all 3 weeks.</b></p>
<p><b>Tuesday 19<sup>th</sup> May</b></p> <p>11:00am to 1:00pm</p> <p>Facilitator: <i>Beth Centre</i></p>	<p><b>Hat Making with Morley College</b></p> <p>Using a wide range of materials, learn to cut, block and construct beautiful hats from your own patterns.</p> <p>A qualified tutor will teach you the basics so that you can create something beautiful!</p>
<p><b>Wednesday 20<sup>th</sup> May</b></p> <p>11:00am – 1:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p></p> <p><b>Knitting with Petite Albion</b></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><b>Wednesday 20<sup>th</sup> May</b></p> <p>11:00am – 1:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Walk Your Talk – Action Planning</b></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><b>Wednesday 20th May</b></p> <p>2pm – 4pm</p> <p>Must be 18+</p> <p>Capacity of 10 places available – <b>Beth Centre SUs only</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>READY STEADY GO! WIP magazine</b></p> <p>WIP wants you! It's time again to get all your wonderful input so that we can create the next issue of READY STEADY GO! WIP magazine. We would like for you to share your poems, stories, drawings, photography, articles or anything else you would like to share and see in the magazine. Topics could be about any difficulties or successes you have experienced on your journey or any topic that your are passionate about. Every piece of work will be anonymised unless you wish your name to be printed next to your chef-d'oeuvre (masterpiece!)! Dates to put in your diaries are 6<sup>th</sup> May, 20<sup>th</sup> May &amp; 4<sup>th</sup> June from 2pm – 4pm. So, please come along to learn and share your skills and volunteer your time to create the next issue of our magazine.</p>
<p><b>Thursday 21<sup>st</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p>Must be 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Art Workshop: All about colour</b></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><b>Tuesday 21<sup>st</sup> May</b></p> <p>11.00am – 1:30pm</p> <p>Open to all, you must attend both session's 1.&amp; 2.</p> <p><b>Kristin LEA.</b></p>	<p><b>Healthy and Unhealthy Relationship part (1)</b></p> <p>Let's look at ways to build positive relationships / friendships in our lives.</p> <p>There are many contrasts between Healthy &amp; Unhealthy Relationships – understanding this contrast can help us understand how healthy relationships should work.</p> <p><b><i>This workshop is highly confidential</i></b></p>

<p><b>Friday 22<sup>nd</sup> May</b></p> <p>2:00pm – 4:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project &amp; LEA</i></p>	<p><b>Herb Pot Gardening: Pot Painting</b></p> <p>Come along to have a go at decorating your own plant pot, ready to start planting herbs in the next session on the 5<sup>th</sup> June!</p> 
<p><b>Tuesday 26<sup>th</sup> May</b></p> <p>14:00pm – 16:30pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Mischon De Reya: Immigration Rights &amp; Employment</b></p> <p>This workshop will explore different types of immigration status and your education &amp; employment rights.</p> <p>This will be delivered by the law firm Mischon De Reya in an exciting and accessible way.</p>
<p><b>Wednesday 27<sup>th</sup> May</b></p> <p>11:00am – 1:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Pitching and Presenting</b></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><b>Friday 28<sup>th</sup> May</b></p> <p>2:00pm to 4:00pm</p> <p><b>Kristin LEA</b></p>	<p><b>Looking After Yourselves</b></p> <p>Is the key to health care, hair, eyes, teeth, fingers, toes and skin. Lets be kind to ore selves and talk about it together, it will be fun.</p>
<p><b>Friday 29<sup>th</sup> May</b></p> <p>2:00pm to 4:00pm</p>	<p><b>Film Club Fridays!</b> <b>This week: UP</b></p> <p>Come join us for popcorn, drinks, relaxation time</p>

<p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>and a great film! This week we will be watching this hilariously uplifting film about the high-flying adventures of an 8 year old Wilderness Explorer and a retired balloon salesman.</p> <p>Suitable for children, so you can bring your kids if you'd like!!</p>
<p><b>Wednesday 3<sup>rd</sup> June</b></p> <p>2:00pm – 4:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Powerful Women - Developing Self Esteem and Confidence</b></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><b>Thursday 4<sup>th</sup> June</b></p> <p>2pm – 4pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available – Beth Centre Sus only</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>READY STEADY GO! WIP magazine</b></p> <p>WIP wants you! It's time again to get all your wonderful input so that we can create the next issue of READY STEADY GO! WIP magazine. We would like for you to share your poems, stories, drawings, photography, articles or anything else you would like to share and see in the magazine. Topics could be about any difficulties or successes you have experienced on your journey or any topic that you are passionate about. Every piece of work will be anonymised unless you wish your name to be printed next to your chef-d'oeuvre (masterpiece!)! Dates to put in your diaries are 6<sup>th</sup> May, 20<sup>th</sup> May &amp; 4<sup>th</sup> June from 2pm – 4pm. So, please come along to learn and share your skills and volunteer your time to create the next issue of our magazine.</p>
<p><b>Friday 5<sup>th</sup> June</b></p> <p>11:00am- 13:00 pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Self Defence with Sarah Brendlow of Action 360</b></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><b>It is recommended that you attend all 3 sessions in</b></p>



	<p>order to get the most out of these workshops, although you can also attend on a one-off basis if you are not able to attend all 3 weeks.</p>
<p><b>Friday 5<sup>th</sup> June</b></p> <p>2:00pm – 4:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project &amp; LEA</i></p>	<p><b>Herb Pot Gardening: Planting</b></p> <p>Now you have decorated your plant pot, come and join us for the second session of pot gardening - a session on how best to grow herbs in your own home. This useful workshop will give you resources to create your own indoor herb garden, which will save you money, give you delicious additions to you meals, and give you the satisfaction of having successfully grown something yourself!</p>
<p><b>Monday 8<sup>th</sup> June</b></p> <p>12.00pm to 2.00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Robyn Parker’s monthly embroidery and beading textiles workshop</b></p> <p>Robyn runs 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. This is a very relaxed session and will give you the chance to chat and socialise too.</p>
<p><b>Tuesday 9<sup>th</sup> June</b></p> <p>2:00pm to 4pm</p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Rediscovering ME- Personal Development</b></p> <p>This creative and fun session will give you the opportunity to reflect on your own changing hopes, dreams and desires and learn more about yourself and other people in a supportive and safe atmosphere.</p>
<p><b>Thursday 10<sup>th</sup> June</b></p> <p>11:00am – 1:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places</b></p>	<p><b>Taking Care of Yourself</b></p> <p>Come and learn techniques to take care of yourself in body and mind, including healthy foods and lifestyle choices. We’ll also discuss the importance of exercise and different ways to pamper yourself on a budget.</p>

<p>available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	
<p><b>Thursday 11<sup>th</sup> June</b></p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Jewellery workshop</b></p> <p>Come and make some nice pieces of jewellery – or maybe something decorative for your home? You don't need to have any experience, just come and enjoy yourself!</p>
<p><b>Thursday 11<sup>th</sup> June</b></p> <p>2:00pm to 4:00pm</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Art Workshop: Self portrait</b></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><b>Friday 12<sup>th</sup> June</b></p> <p>11.00am – 1:30pm</p> <p>Open to all, you must attend both session's Part 2..</p> <p><b><u>No more than 15min late please, as you will NOT be allowed in.</u></b></p> <p><b><i>Kristin LEA.</i></b></p>	<p><b>Healthy and Unhealthy Relationship part (2)</b></p> <p>Let's look at ways to build positive relationships / friendships in our lives.</p> <p>There are many contrasts between Healthy &amp; Unhealthy Relationships – understanding this contrast can help us understand how healthy relationships should work.</p> <p><b><i>This workshop is highly confidential</i></b></p>
<p><b>Friday 12<sup>th</sup> June</b></p> <p>2:00pm to 4:00pm</p> <p>Capacity of 10 places available</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club Fridays!</b> <b>This week: Elizabeth</b></p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week we will be watching this critically acclaimed film of the early years of the reign of Elizabeth I of England and her difficult task of learning what is necessary to be a monarch.</p> <p><b>TRIGGER WARNING:</b> Be aware that there is some moderate violence and sexual scenes in this film.</p>

<p><b>Wednesday 17<sup>th</sup> June</b></p> <p>11:00am – 1:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	 <p><b>Knitting with Petite Albion</b></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><b>Wednesday 17<sup>th</sup> June</b></p> <p>2:00pm – 4:00pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Developing Success – Motivation and Goal Setting</b></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. This workshop is CPD accredited so you will gain a qualification.</p>
<p><b>Monday 22<sup>nd</sup> June</b></p> <p>11:30am – 12:15pm</p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Musica in culla – for mother and child(ren)</b></p> <p>This is a new music therapy for children that enhance movement, interaction, communication and expressive learning in very young children. It helps to develop and strengthen healthy relationship, autonomy and self esteem.</p>
<p><b>Wednesday 24<sup>th</sup> June</b></p> <p>11.00pm – .3:00pm</p> <p><b>Kristin LEA.</b></p>	<p><b>Sexual Health</b></p> <p>This workshop is necessary for our day to day lives. Good sex education provides knowledge, understanding and confidence. It is never to late to learn.</p> <p>Please come along with your questions, this is your space to feel comfortable to ask anything you like.</p> <p><b><u>This session is strictly confidential.</u></b></p>

<p><b>Thursday 25<sup>th</sup> June</b></p> <p>14:00pm – 16:30pm</p> <p><b>Must be 18+</b></p> <p><b>Capacity of 5 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Microsoft Excel Basics</b></p> <p>This introductory Excel class will provide you with a working understanding of the basic features of MS Excel and the confidence to use Excel on a daily basis.</p> <p>You will learn how to enter data, use formulas and functions, format your work to look attractive and print and save your worksheets.</p>
<p><b>Friday 26<sup>th</sup> June</b></p> <p>2:00pm to 4:00pm</p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club Fridays!</b> <b>This week: The Visitor</b></p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is The Visitor, a film about a college professor travels to New York City to attend a conference to find a young couple living in his apartment.</p>
<p><b>Monday 29<sup>th</sup> June</b></p> <p>11:30am – 12:15pm</p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Musica in culla – for mother and child(ren)</b></p> <p>This is a new music therapy for children that enhance movement, interaction, communication and expressive learning in very young children. It helps to develop and strengthen healthy relationship, autonomy and self esteem.</p>
<p><b>Monday 06<sup>th</sup> July</b></p> <p>11:30am – 12:15pm</p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Musica in culla – for mother and child(ren)</b></p> <p>This is a new music therapy for children that enhance movement, interaction, communication and expressive learning in very young children. It helps to develop and strengthen healthy relationship, autonomy and self esteem.</p>
<p><b>Monday 13<sup>th</sup> July</b></p> <p>11:30am – 12:15pm</p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Musica in culla – for mother and child(ren)</b></p> <p>This is a new music therapy for children that enhance movement, interaction, communication and expressive learning in very young children. It helps to develop and strengthen healthy relationships, autonomy and self esteem.</p>