



The Beth Centre

## Workshop Timetable July - September 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 AS OF 23<sup>RD</sup> JUNE 2014 EAVES AND THE BETH CENTRE HAVE MOVED OFFICES.**

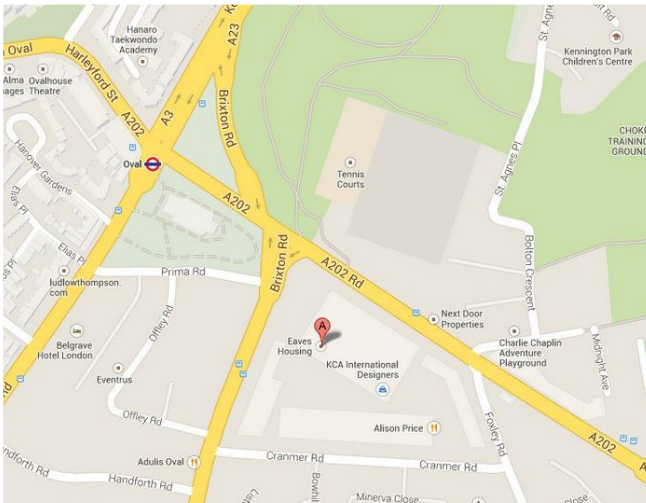
We have relocated from Unit 2.03 Canterbury Court to CC01 Canterbury Court.

New Address: Unit CC01 Canterbury Court, 1-3 Brixton Road, SW9 6DE.

### How to find us:

Nearest Tube: Oval

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



The Eaves office is located 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. There is 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**





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.**

### **Beth Centre Late Night Opening**

On the 1<sup>st</sup> Wednesday of every month (1<sup>st</sup> July; 5<sup>th</sup> August; 2<sup>nd</sup> September) Beth Centre will be open until 7pm. Between 4-7pm you can speak to a Welfare Benefits (DWP) advisor; have a sexual health check with WUSH (Wise Up to Sexual Health); speak to support workers specialising in Domestic/ Sexual abuse; exiting prostitution; young women, gangs and violence worker and be advised on education and employment opportunities by Prince's trust (13-25 years old).



**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** offers 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– 4.30pm**

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 based – please ring or email in advance to check availability and to book an appointment.</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>
--	--

## Regular Workshops

<p><b>Every Tuesday</b></p> <p>11:00am – 2:00pm</p> <p><b>BY APPOINTMENT ONLY</b></p> <p>Please note that if you are unable to attend your appointment you must cancel 24 hours in advance, or you will not be given another massage appointment</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></p> <p>11:00am – 1:00pm</p> <p><b>BY APPOINTMENT ONLY</b></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><i>Facilitator: Eaves - Alice Project</i></p>	<p><b>Job Club</b></p> <p>Come along to fill out your applications for opportunities 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><b>Every Other Friday</b></p> <p>10:00am -12:15pm</p> <p><b>BY APPOINTMENT ONLY</b></p>	<p><b>Jobcentre Plus Surgery at Eaves</b></p> <p>Speak with an adviser from Kennington Jobcentre Plus about your benefits!</p> <p>Edna from Kennington Jobcentre Plus will be</p>

<p><i>Facilitator: Eaves - Alice Project</i></p>	<p>available for half an hour appointment every other Friday morning at Eaves. She is able to support women from any London borough with regards to their benefit or search for work.</p> <p>She can support specifically with the following:</p> <ul style="list-style-type: none"> <li>• ESA</li> <li>• Questions and 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>• Support with better off calculations for those looking to see how much better off they would be financially in work</li> <li>• Support and advice around your income support claim</li> </ul>
<p><b>Every first Wednesday of the Month</b></p> <p>2:00pm – 6:00pm</p> <p><b>BY APPOINTMENT ONLY</b> <b>For ages: 16-25 year olds</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 and in relaxed surroundings. Half an hour slots available.</p> <p>If you are interested in booking an appointment, please contact The Beth Centre.</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.**



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 providing a top-up receipt of the exact amount your journey costs and details of your journey.

If you are unsure about any of these arrangements, please clarify before coming to the workshop by calling **0207 735 2062**. 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>Friday 3<sup>rd</sup> July</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club</b> <b>This week: Frida</b></p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is academy award winning <b>Frida</b>, the triumphant motion picture about an exceptional woman who lived an unforgettable life.</p>
<p><b>Monday 6<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>Wednesday 8<sup>th</sup> July</b></p> <p>1:00pm - 3:00pm</p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Jewellery Making Workshop</b></p> <p>This is a fun and exciting workshop where you can create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. <b>No experience need!</b></p> <p>You will build your skills each week by designing and making a pair of earrings, a necklace and a bracelet. You will also learn how to attach clasps. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</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>



<p><b>Wednesday 15<sup>th</sup> July</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 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 is designed to help you 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>Wednesday 15<sup>th</sup> July</b></p> <p>1:00pm - 3:00pm</p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Jewellery Making Workshop</b></p> <p>This is a fun and exciting workshop where you can create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. <b>No experience need!</b></p> <p>You will build your skills each week by designing and making a pair of earrings, a necklace and a bracelet. You will also learn how to attach clasps. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</p>
<p><b>Thursday 16<sup>th</sup> July</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Collage workshop - Mapping your future career</b></p> <p>This workshop will use collage techniques to help you bring together your ideas and career goals.</p> <p>Two professional artists will facilitate the workshop.</p>
<p><b>Friday 17<sup>th</sup> July</b></p> <p>1:30pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p>Please note there are 10 spaces available on this trip so please book early and cancel 24 hours in advance if you are unable to attend.</p> <p><i>Facilitator: Eaves Alice Project &amp; LEA</i></p>	<p><b>Summer photography trip at the Geffrye Gardens</b></p> <p>Join us on a summery day out at the Geffrye Gardens in Hoxton. We will be providing you with disposable cameras so you can try out your photography skills, and there will be a follow-up workshop on the 31<sup>st</sup> July at Eaves where we will be creating scrapbooks about our day at the gardens.</p>  <p>You can either meet us at Eaves at 12.30pm to travel together or meet us there at 1.30pm. We'll be able to reimburse your travel if you provide us with a receipt of your journey.</p>


<p><b>Tuesday 21<sup>st</sup> July</b></p> <p>11:00am – 2:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 5 places available</b></p> <p>The course is formed of 3 workshops (21<sup>st</sup> July, 4<sup>th</sup> &amp; 18<sup>th</sup> August) – participants will need to commit and enrol to the 3 sessions.</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Robyn Parker’s Lampshades course workshop 1</b></p> <p>Robyn Parker is a textile designer who makes traditional lampshades. She will teach you how to take an old lampshade and recover it. Robyn will provide all the materials you need to transform an old lampshade into something new and beautiful! This workshop involves lots of hand sewing and lots of patience!</p>
<p><b>Wednesday 22<sup>nd</sup> July</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 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>Thursday 23<sup>rd</sup> July</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Life Coaching workshop</b></p> <p>Alice Stapleton is a Career and Life Coach who specialises in working with those who feel lost and at a crossroads in their life. For almost 10 years she has coached individuals looking to move forward from a period of confusion. Alice helps her clients find direction, clarity and the confidence to seek out the life they really want. Actively motivating and encouraging them along the way.</p> <p>This workshop will seek to explain how a coaching approach to life can help you move forward and identify what you want next. It can offer you a way to explore the steps you need to take to get there, using a simple coaching tool called the Wheel of Life. This tool will start to define what you want from each area of your life, and you will walk away with a list of actions you can implement in order to achieve these goals.</p> <p>We will also identify what could stand in your way (confidence, fear, negative thinking etc) and how to overcome these potential barriers so that you continue to</p>

	move forward, no matter what you're up against.
<p><b>Wednesday 29<sup>th</sup> July</b></p> <p>12:00pm – 2:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 5 places available</b></p> <p>This is a popular workshop so please book early and cancel 24 hours in advance if you are unable to attend.</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Candle Making with M&amp;J London</b></p> <p>Come join us for a fun and creative workshop where we will be making our own candles. This workshop will be run by Jennifer McNabb, founder of M&amp;J Ethical Luxury, a company that creates beautiful, ethically made and sourced candles.</p> <p>Come and add some luxury to your life!</p>
<p><b>Thursday 30<sup>th</sup> July</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p>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.</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Self-defence with Sarah Brendlor from London Krav Maga</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 on the basics of self-defence.</p> <p>These sessions will give you the skills to defend yourself against all kinds of threats and attacks and build the confidence to use them! You will train to be aware of situations, recognise a problem before it happens, improve your ability to respond quickly and solve problems whilst under stress.</p>



<p><b>Friday 31<sup>st</sup> July</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p><b>This workshop is for women who attended the Geffrye Gardens trip.</b></p> <p><i>Facilitator: Eaves Alice Project &amp; LEA</i></p>	<p><b>Geffrye Gardens Follow Up Scrapbook Session</b></p> <p>If you attended the Geffrye Gardens trip, come along for a relaxing afternoon creating a scrapbook about the plants you saw using the photos you took on the day.</p>  <p>We will have developed the cameras for you!</p>
<p><b>Tuesday 4<sup>th</sup> August</b></p> <p>11:00am – 2:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 5 places available</b></p> <p>The course is formed of 3 workshops (21<sup>st</sup> July, 4<sup>th</sup> &amp; 18<sup>th</sup> August) – participants will need to commit and enrol to the 3 sessions.</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Robyn Parker’s Lampshades course workshop 2</b></p> <p>Robyn Parker is a textile designer who makes traditional lampshades. She will teach you how to take an old lampshade and recover it. Robyn will provide all the materials you need to transform an old lampshade into something new and beautiful! This workshop involves lots of hand sewing and lots of patience!</p>
<p><b>Wednesday 5<sup>th</sup> August</b></p> <p>11:00am – 2:00pm</p> <p><b>For ages: 18+</b></p> <p><b>8 manicure appointments and 3 hair appointments available – please get in touch to book a session</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Manicures &amp; hair with MyMakeover</b></p> <p>Lee Pycroft from MyMakeover and her team of wonderful manicurists and hair stylists are coming along to give you <b><i>either</i></b> a 45 minute long expert manicure <b><i>or</i></b> an hour long hair styling session, tailored to your requirements. Come and have some fun with us!</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 6<sup>th</sup> August</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 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>Friday 7<sup>th</sup> August</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club</b> <b>This week: Divine Secrets of the Ya-Ya Sisterhood</b></p> <p>Come join us for popcorn, drinks, relaxation time and a great film! New York playwright, Sidda Walker, is high on life with her new play opening on Broadway and her pending wedding.</p> <p><b>TRIGGER WARNING:</b> Some moderate violence.</p>
<p><b>Wednesday 12<sup>th</sup> August</b></p> <p>1:00pm - 3:00pm</p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Jewellery Making Workshop</b></p> <p>This is a fun and exciting workshop where you can create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. <b>No experience need!</b></p> <p>You will build your skills each week by designing and making a pair of earrings, a necklace and a bracelet. You will also learn how to attach clasps. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!</p>
<p><b>Thursday 13<sup>th</sup> August</b> <b>10:30 -12:30</b></p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Positive change</b></p> <p>This workshop aims to look at how to move forward in life in a positive way and what we can do to try to change our lives for the better.</p>
<p><b>Friday 14<sup>th</sup> August</b> <b>11:00 – 13:30</b></p> <p><i>Facilitator: LEA</i></p>	<p><b>Looking After Me (LEA) Only.</b></p> <p>Taking care of ourselves can quite often be our last priority; especially if our lives are busy or stressful. In order to cope it is important to give ourselves the attention we need as it has a huge impact on our well being and coping abilities So come along to this workshop and <b>'Take care of you'</b>!</p>

<p><b>Tuesday 18<sup>th</sup> August</b></p> <p>11:00am – 2:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 5 places available</b></p> <p>The course is formed of 3 workshops (21<sup>st</sup> July, 4<sup>th</sup> &amp; 18<sup>th</sup> August) – participants will need to commit and enrol to the 3 sessions.</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Robyn Parker’s Lampshades course workshop 3</b></p> <p>Robyn Parker is a textile designer who makes traditional lampshades. She will teach you how to take an old lampshade and recover it. Robyn will provide all the materials you need to transform an old lampshade into something new and beautiful! This workshop involves lots of hand sewing and lots of patience!</p>
<p><b>Tuesday 18<sup>th</sup> August</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Life Coaching workshop</b></p> <p>Alice Stapleton is a Career and Life Coach who specialises in working with those who feel lost and at a crossroads in their life. For almost 10 years she has coached individuals looking to move forward from a period of confusion. Alice helps her clients find direction, clarity and the confidence to seek out the life they really want. Actively motivating and encouraging them along the way.</p> <p>This workshop will seek to explain how a coaching approach to life can help you move forward and identify what you want next. It can offer you a way to explore the steps you need to take to get there, using a simple coaching tool called the Wheel of Life. This tool will start to define what you want from each area of your life, and you will walk away with a list of actions you can implement in order to achieve these goals.</p> <p>We will also identify what could stand in your way (confidence, fear, negative thinking etc) and how to overcome these potential barriers so that you continue to move forward, no matter what you’re up against.</p>
<p><b>Wednesday 19<sup>th</sup> August</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice</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><i>Project</i></p>	
<p><b>Thursday 20<sup>th</sup> August</b></p> <p>10:30am – 12:30pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Coping strategies</b></p> <p>Want to come along and discuss coping strategies and learn how others manage stress? This workshop is informal and aimed at sharing information and trying out new ways of coping.</p>
<p><b>Wednesday 26<sup>th</sup> August</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 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 two 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"> <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>Thursday 27<sup>th</sup> August</b></p> <p>10:30am – 12:30pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Beaded decorations</b></p> <p>Come and relax and use beads and small stones to make decorations for your home.</p>
<p><b>Wednesday 2<sup>nd</sup> September</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></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.</p> <p><b>Pitching skills</b> will help you when putting a business idea forward and presenting products to customers and presenting skills will help in interviews, course assessments,</p>

<p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>in fact pretty much any presentation scenario!</p> <p>This workshop is CPD accredited so you will gain a qualification.</p>
<p><b>Friday 4<sup>th</sup> September</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Film Club</b> <b>This week: Silver Linings Playbook</b></p> <p>Come join us for popcorn, drinks, relaxation time and a great film! This week's film is Silver Linings Playbook, a film about when life doesn't quite go to plan.</p> <p><b>TRIGGER WARNING:</b> Some strong language and moderate violence.</p>
<p><b>Wednesday 9<sup>th</sup> September</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 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 9<sup>th</sup> September</b></p> <p>2:00pm – 4:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Welfare benefit changes: <u>Universal credit</u></b></p> <p>This workshop will explore the new Universal Credit and how the changes on the benefit system will impact on new and existing claimants.</p> <p>You will learn to create a simple budget and the actions and skills needed to deal with the new system in a very easy and relaxed fashion.</p> <p>You will leave feeling comfortable with money management techniques and prepare for the changes to the system.</p>

<p><b>Thursday 10<sup>th</sup> September</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p>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.</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Self-defence with Sarah Brendlor from London Krav Maga</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 on the basics of self-defence.</p> <p>These sessions will give you the skills to defend yourself against all kinds of threats and attacks and build the confidence to use them! You will train to be aware of situations, recognise a problem before it happens, improve your ability to respond quickly and solve problems whilst under stress.</p>
<p><b>Tuesday 15<sup>th</sup> September</b></p> <p>12.00pm to 2.00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 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.</p> <p>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>Wednesday 16<sup>th</sup> September</b></p> <p>1:00pm - 3:00pm</p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: Beth Centre</i></p>	<p><b>Jewellery Making Workshop</b></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><b>Thursday 17<sup>th</sup> September</b> 11:00pm - 13:30pm</p> <p><b>Capacity of 8 places available</b></p> <p><i>Facilitator: LEA</i></p>	<p><b>Healthy and unhealthy relationships</b></p> <p>Relationships are an important part of all our lives, and this workshop will help you identify your healthy and unhealthy relationships, and how to deal with them.</p>
<p><b>Wednesday 23<sup>rd</sup> September</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Life Coaching workshop</b></p> <p>Alice Stapleton is a Career and Life Coach who specialises in working with those who feel lost and at a crossroads in their life. For almost 10 years she has coached individuals looking to move forward from a period of confusion. Alice helps her clients find direction, clarity and the confidence to seek out the life they really want. Actively motivating and encouraging them along the way.</p> <p>This workshop will seek to explain how a coaching approach to life can help you move forward and identify what you want next. It can offer you a way to explore the steps you need to take to get there, using a simple coaching tool called the Wheel of Life. This tool will start to define what you want from each area of your life, and you will walk away with a list of actions you can implement in order to achieve these goals.</p> <p>We will also identify what could stand in your way (confidence, fear, negative thinking etc) and how to overcome these potential barriers so that you continue to move forward, no matter what you're up against.</p>
<p><b>Thursday 24<sup>th</sup> September</b></p> <p>11:00am – 1:00pm</p> <p><b>For ages: 18+</b></p> <p><b>Capacity of 10 places available</b></p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p><b>Self-defence with Sarah Brendlor from London Krav Maga</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 on the basics of self-defence.</p> <p>These sessions will give you the skills to defend yourself against all kinds of threats and attacks and build the confidence to use them! You will train to be aware of situations, recognise a problem before it happens, improve your ability to respond quickly and solve problems whilst under stress.</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>

**Wednesday 30th  
September**

1:00pm - 3:00pm

**Capacity of 8 places  
available**

*Facilitator: Beth Centre*

**Jewellery Making Workshop**

This is a fun and exciting workshop where you create your own unique fashion jewellery. Learn essential beading and jewellery techniques using a great selection of beads and findings. No experience need.

You will build your skills each week by learning how to attach clasps, design and make a pair of earrings, necklace and bracelet. This workshop is ideal as you are able to leave with beautiful new jewellery to add to your collection!