



The Beth Centre

Workshop Timetable October - December 2015



For accessibility information or to book any of the services call:
0207 840 6700 / 0207 735 2062

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

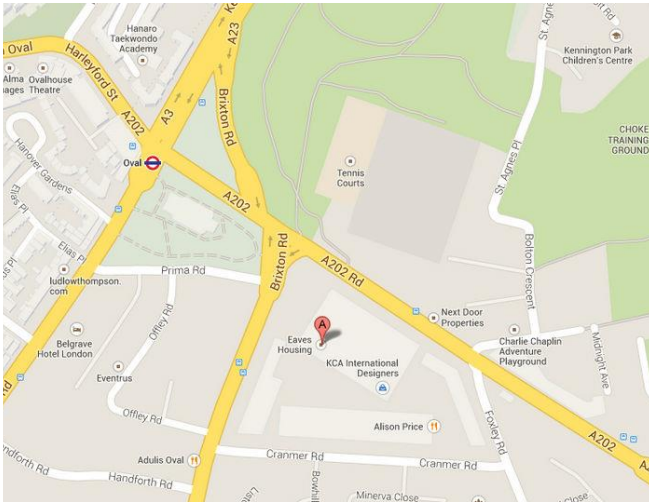
We have relocated from Unit 2.03 Canterbury Court to CC01 Canterbury Court.

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.





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 counselling and employment. **The Alice Project** also includes the ISVA (Lambeth).

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.

Drop in housing advice:

The Life Skills service offers a drop-in advice surgery every **Tuesday from 10am– 4.00pm**

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:

Regular Workshops

<p>Every Tuesday</p> <p>11:00am – 2:00pm</p> <p>BY APPOINTMENT ONLY</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>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.</p>
<p>Every Other Friday</p> <p>10:00am -12:15pm</p> <p>BY APPOINTMENT ONLY</p> <p><i>Facilitator: Eaves - Alice Project</i></p>	<p>Jobcentre Plus Surgery at Eaves</p> <p>Speak with an adviser from Kennington Jobcentre Plus about your benefits!</p> <p>Edna from Kennington Jobcentre Plus will be 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 benefits or search for work.</p> <p>She can support specifically with the following:</p> <ul style="list-style-type: none">• ESA• Questions and concerns around Job Seeker's Allowance claims• Job applications and registering with Universal Job Match• Accessing the domestic violence easement available to women experiencing domestic violence during their Job Seeker's Allowance claim• Liaising with your local Jobcentre• Support with better off calculations for those looking to see how much better off they would be financially in work• Support and advice around your income support claim

<p>Every first Wednesday of the Month</p> <p>2:00pm – 6:00pm</p> <p>BY APPOINTMENT ONLY For ages: 16-25 year olds</p> <p><i>Facilitators: Beth Centre & WUSH</i></p>	<p>WUSH Women’s Clinic</p> <p>Offering women confidential contraception & 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>
<p>Once a month</p> <p>Wednesday 28th October Wednesday 25th November Wednesday 16th December</p> <p>11:00am - 12:30pm</p> <p>BY APPOINTMENT ONLY</p> <p><i>Facilitator: Eaves - Alice Project</i></p>	<p>Centre 70 Surgery at Eaves</p> <p>Maz from Centre 70 will be here for half hour appointments to advise on the following things:</p> <ul style="list-style-type: none"> • budgeting • debt • benefits • grants/student finance

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>Tuesday 6th October</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Embroidery</p> <p>Robyn runs her own textiles 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>Free nail varnish incentives for first 8 women!</p>
<p>Thursday 8th October</p> <p>10:30 – 12:30</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Relaxation and reducing stress:</p> <p>Come along to have a go at a few relaxation exercises and share your tips for reducing stress...</p>
<p>Wednesday 14th October</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk</p> <p>Travel costs for participants and all materials provided.</p>
<p>Wednesday 14th October</p> <p>1:00pm – 2:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Yoga with Hannah from Vita Coco</p> <p>Come and join us for a relaxed, fun, yoga session. Yoga is a safe, nourishing practise that will give you tools and techniques to help energise your mind and body as well as help you unwind and relax.</p> <p>Whether you have never tried yoga before or you have, every body is welcome.</p> <p>Free goody bags will be provided!</p> <p>Wear comfortable clothing.</p> <p>Crèche facility available for first 4 children – women must book in advance.</p>

<p>Thursday 15th October</p> <p>13:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Jewellery Making Workshop</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. No experience needed!</p> <p>You will build your skills each week by designing and making a pair of earrings, a necklace and a bracelet. This workshop is rewarding as you are able to leave with beautiful new jewellery, ideal for a gift or a lovely addition to your own collection!</p>
<p>Thursday 15th October</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body, the breath for strength, grounding and deep relaxation. Travel costs provided.</p>
<p>Thursday 15th October</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, however Wednesday afternoon workshop participants will be prioritised.</p>
<p>Friday 16th October</p> <p>2:00pm - 4:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Beth Centre Peer Mentors</i></p>	<p>Wirework Jewellery Workshop</p> <p>The Jewellery Workshop is focused on making a wirework piece, which consists of working with coloured jewellery wire to create one or two pieces of jewellery for your selves or as a personal gift for someone special in your life...</p> <p>This workshop is based at the Beth Centre at 2pm – 4pm. Open to all ages, and for residents who currently live in the London Borough of Lambeth.</p>

<p>Friday 16th October</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Tuesday 20th October</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</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 21st October</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk Travel costs for participants and all materials provided.</p>
<p>Wednesday 21st October</p> <p>1:00pm – 2:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Yoga with Hannah from Vita Coco</p> <p>Come and join us for a relaxed, fun, yoga session. Yoga is a safe, nourishing practise that will give you tools and techniques to help energise your mind and body as well as help you unwind and relax.</p> <p>Whether you have never tried yoga before or you have, every body is welcome.</p> <p>Free goody bags will be provided!</p> <p>Wear comfortable clothing.</p> <p>Crèche facility available for first 4 children – women must book in advance.</p>

<p>Thursday 22nd October</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, however Wednesday afternoon workshop participants will be prioritised.</p>
<p>Thursday 22nd October</p> <p>11:00am – 2:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Women's Health Day</p> <p>11.00am – 12:00pm Breast Cancer Awareness Talk</p> <ul style="list-style-type: none"> • What breast awareness is and why it is important, • Identifying the range of things that can be normal in our breasts, • Knowing what changes to look and feel for, • Gaining confidence in knowing what to do next, • Importance of the screening programme, • Known risk factors, • Q&As. <p>12:15pm – 1:00pm TBC</p> <p>1:15pm – 2:00pm Street step</p> <p>A fun and informal session focusing on reducing stress and improving mental health through dance and movement, delivered by the wonderful Kate from Street Step.</p>
<p>Friday 23rd October</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, however Wednesday afternoon workshop participants will be prioritised.</p>

<p>Monday 26th October</p> <p>1:00pm – 2:30pm</p> <p>For mothers and children</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Kids origami</p> <p>Origami is an ancient Japanese paper-folding technique. The word origami means "fold (oru) paper (kami)" in Japanese. Transforming a piece of paper into something else can be challenging but definitely great fun and experience. In this workshop we will teach you and your children to make a range of animals with no more than paper and scissors. Once you have made your animals there will also be a chance for you and your children to decorate them so they are unique to you.</p> <p>Parents can easily interact on this workshop with their children over the holiday period. You can learn an easy way to engage your child and you do not need videogame or television to entertain them.</p>
<p>Tuesday 27th October</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Self-defence with Sarah Brendlor from London Krav Maga</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>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>Wednesday 28th October</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk</p> <p>Travel costs for participants and all materials provided.</p>

<p>Wednesday 28th October</p> <p>1:00pm – 2:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Yoga with Hannah from Vita Coco</p> <p>Come and join us for a relaxed, fun, yoga session. Yoga is a safe, nourishing practise that will give you tools and techniques to help energise your mind and body as well as help you unwind and relax.</p> <p>Whether you have never tried yoga before or you have, every body is welcome.</p> <p>Free goody bags will be provided!</p> <p>Wear comfortable clothing.</p> <p>Crèche facility available for first 4 children – women must book in advance.</p>
<p>Thursday 29th October</p> <p>11:00am – 12:30pm</p> <p>For mothers and children</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Halloween mask making</p> <p>Get creative with your costume this Halloween by making your own one-of-a-kind Halloween mask. It is simple, fun and help developing children’s imagination and creativity. It also provides quality time to spend with your child that can help to build a stronger relationship.</p>
<p>Thursday 29th October</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women’s Health Project</i></p>	<p>The Women’s Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>
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<p>Friday 30th October</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Friday 30th October</p> <p>3pm – 5pm</p> <p>For 16 – 25 year olds</p> <p><i>Facilitator: Macey from The Beth Centre</i></p>	<p>Joint Criminal Enterprise</p> <p>Joint Enterprise has been in the news a lot and it is mainly young people who are arrested for charge under joint enterprise law</p> <p>Are you aged 16 – 25 and want to learn more about how Joint Enterprise can affect you?</p> <p>Come and join us for an interactive workshop with discussion and videos in a safe space.</p>
<p>Friday 30th October</p> <p>11:30am - 1:00pm</p> <p><i>Facilitator: The Beth Centre</i></p>	<p>Your Feedback on Healthcare (plus hot lunch)</p> <p>We're hoping that you will take part in a women only workshop for the council and health service in Lambeth.</p> <p>This will be run by a researcher (Jilly Vickers) to find out what works and what could be done better in the services available for your physical and mental health (for example anxiety, depression, or just your general well-being) once you leave prison.</p> <p>It might include health advice before you come through the gates, the way you are able to get healthcare now and things that affect you other than healthcare.</p>
<p>Tuesday 3rd November</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Embroidery</p> <p>Robyn runs her own textiles 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>Wednesday 4th November</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk</p> <p>Travel costs for participants and all materials provided.</p>
<p>Wednesday 4th November</p> <p>1:00pm – 2:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Yoga with Hannah from Vita Coco</p> <p>Come and join us for a relaxed, fun, yoga session. Yoga is a safe, nourishing practise that will give you tools and techniques to help energise your mind and body as well as help you unwind and relax.</p> <p>Whether you have never tried yoga before or you have, every body is welcome.</p> <p>Free goody bags will be provided!</p> <p>Wear comfortable clothing. Crèche facility available for first 4 children – women must book in advance.</p>
<p>Thursday 5th November</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>
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<p>Monday 9th November</p> <p>1:00pm – 3:00pm</p> <p><i>Facilitator: Clean Break</i></p>	<p>Clean Break: Making Choices</p> <p>Clean Break is an award-winning theatre company with an education programme for women with experience of the criminal justice system and women at risk of offending due to mental health, and/or drug or alcohol use. Come and join us for four drop in sessions exploring how we can make positive and creative choices. In a safe and supportive space we will use group work and drama to develop life skills and think about how to incorporate creativity into our lives. No experience needed.</p>
<p>Tuesday 10th November</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</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>
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<p>Thursday 12th November</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>

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<p>Wednesday 18th November</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk Travel costs for participants and all materials provided.</p>
<p>Thursday 19th November</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>

<p>Thursday 19th November</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Friday 20th November</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Monday 23rd November</p> <p>1:00pm – 3:00pm</p> <p><i>Facilitator: Clean Break</i></p>	<p>Clean Break: Making Choices</p> <p>Clean Break is an award-winning theatre company with an education programme for women with experience of the criminal justice system and women at risk of offending due to mental health, and/or drug or alcohol use. Come and join us for four drop in sessions exploring how we can make positive and creative choices. In a safe and supportive space we will use group work and drama to develop life skills and think about how to incorporate creativity into our lives. No experience needed.</p>
<p>Tuesday 24th November</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Self-defence with Sarah Brendlor from London Krav Maga</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>It is recommended that you attend all 3 sessions in order to get the most out of this workshop, although you can also attend on a one-off basis if you are not able to attend all 3 weeks.</p>

<p>Wednesday 25th November</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk</p> <p>Travel costs for participants and all materials provided.</p>
<p>Thursday 26th November</p> <p>11:00am-1:00pm</p> <p>For ages: 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Jewellery and Beaded Decorations Making Workshop</p> <p>This is a fun and exciting workshop where you can create your own unique fashion jewellery and/or beaded decorations. Learn new techniques and use the skills you learn to design and create your own pieces of jewellery or create beaded decorations and gifts in the lead up to Christmas. This workshop is ideal as you are able to leave with beautiful new jewellery and decorations to take home!</p> <p>No experience needed!</p>
<p>Thursday 26th November</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>
<p>Thursday 26th November</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Friday 27th November</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>

<p>Friday 27th November</p> <p>2:00pm-4:00pm</p> <p>For ages: 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre – Peer Mentors</i></p>	<p>Mosaic Workshop – Memorial for Denise: Session 1</p> <p>The Memorial Mosaic Workshop, in remembrance of Denise Marshall, is focused on creating an image in her honour for all the brilliant work she has done for the project. We will be working with coloured tiles to create an image of a Poppy or something that was dear to her heart. This workshop is based at the Beth Centre, at 2pm – 4pm. This is the first of two sessions.</p>
<p>Monday 30th November</p> <p>1:00pm – 3:00pm</p> <p><i>Facilitator: Clean Break</i></p>	<p>Clean Break: Making Choices</p> <p>Clean Break is an award-winning theatre company with an education programme for women with experience of the criminal justice system and women at risk of offending due to mental health, and/or drug or alcohol use. Come and join us for four drop in sessions exploring how we can make positive and creative choices. In a safe and supportive space, we will use group work and drama to develop life skills and think about how to incorporate creativity into our lives. No experience needed.</p>
<p>Tuesday 1st December</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice Project</i></p>	<p>Embroidery</p> <p>Robyn runs her own textiles 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>Wednesday 2nd December</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk Travel costs for participants and all materials provided.</p>

<p>Wednesday 2nd December</p> <p>2:00pm – 4:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Beth Centre Peer Mentors</i></p>	<p>Mosaic Workshop – Memorial for Denise: Session 2</p> <p>The Memorial Mosaic Workshop, in remembrance of Denise Marshall, is focused on creating an image in her honour for all the brilliant work she has done for the project. We will be working with coloured tiles to create an image of a Poppy or something that was dear to her heart. This workshop is based at the Beth Centre, at 2pm – 4pm. This is the second of two sessions.</p>
<p>Thursday 3rd December</p> <p>1:30pm - 2:30pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>
<p>Thursday 3rd December</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Friday 4th December</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Tuesday 8th December</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Eaves Alice</i></p>	<p>Self-defence with Sarah Brendlor from London Krav Maga</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</p>

<p><i>Project</i></p>	<p>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>It is recommended that you attend all 3 sessions in order to get the most out of this workshop, although you can also attend on a one-off basis if you are not able to attend all 3 weeks.</p>
<p>Wednesday 9th December</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk</p> <p>Travel costs for participants and all materials provided.</p>
<p>Thursday 10th December</p> <p>11:00am-1:00pm</p> <p>For ages: 18+</p> <p>Capacity of 8 places available</p> <p><i>Facilitator: Beth Centre</i></p>	<p>Christmas Stocking Making and Decorating Workshop</p> <p>This is a fun, festive workshop in which you will learn basic textile techniques to help you create and decorate your own Christmas stocking. You will learn basic hand sewing, embroidery and beading methods as you design and make a Christmas stocking. At the end of the workshop you will be able to take your lovely Christmas stocking home to give as a gift or keep for yourself! Stocking fillers will be provided!</p>
<p>Thursday 10th December</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Yoga</p> <p>The Women's Health Project is running 9 weeks of amazing, accessible yoga classes that will look at various gentle but powerful approaches to connecting with the body and the breath for strength, grounding and deep relaxation. Travel costs provided.</p>
<p>Thursday 10th December</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>

<p>Friday 11th December</p> <p>3pm – 5pm</p> <p>For 16 – 25 year olds</p> <p>Facilitator: Macey from The Beth Centre</p>	<p>Young Women and Gangs</p> <p>What does a gang mean to you? Have you been told or asked if you are in a gang?</p> <p>Are you aged 16 – 25 and want to come to a young women and gangs workshop?</p> <p>Come and enjoy a interactive and discussion based workshop in a safe and open environment.</p>
<p>Friday 11th December</p> <p>10:00am - 5:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project: Free clinics</p> <p>The Women's Health Project is running 9 weeks of free clinics -herbal medicine consultations, massage, reiki and one-to-one Focusing sessions. Open to all, though Wednesday afternoon workshop participants will be prioritised.</p>
<p>Tuesday 15th December</p> <p>11:00am – 1:00pm</p> <p>For ages: 18+</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 16th December</p> <p>10:00am - 1:00pm</p> <p>For ages: 18+</p> <p><i>Facilitator: Women's Health Project</i></p>	<p>The Women's Health Project</p> <p>The Women's Health Project is running 9 weeks of empowering, informative health workshops for ex-prisoners and their friends and allies. Looking at everything from an introduction to herbal medicine to basic massage, to food, women's health, self-defence and more. Exact weekly timetable coming soon. If you or anyone you know is interested in the programme please get in touch womenshealthproject@yahoo.co.uk Travel costs for participants and all materials provided.</p>
<p>Thursday 17th December</p> <p>11:00am - 4:00pm</p> <p><i>Facilitator: Beth Centre and Eaves Alice Project</i></p>	<p>Christmas Celebration!</p> <p>Eaves Alice Project and The Beth Centre will be holding a day long celebration for everyone who uses and volunteers with our services. There will be mince pies, arts and crafts, Christmas songs and the chance to make your own presents for loved ones.</p> <p>More information soon!</p>

