



“empowering women to move forward with their lives”

Advice and training for women in Greenwich: 0203 260 7715

Call us or email info@hercentre.org to find out more about our advice, training and events.



BASIC ENGLISH CLASSES

Our qualified volunteers continue to run regular basic English courses for women with little or no English. These courses run for 8 to 10 weeks and are practical and fun.

TRAINING

We regularly run various periodically free training for women to enhance their life skills. Training includes Parenting, Health related courses and Confidence building.

INFORMATION DAYS

Four times a year we hold special information events on key issues that affect women. Events are open to men, women and children and past topics have included Family Law, Equality at Work, Women in the Media, Money and Debt, and Marriage and Culture.

Support for women experiencing domestic or sexual abuse: 0203 260 7772

Referrals can be made to julie@hercentre.org

Our support is free and confidential support available at our YMCA site or at Lewisham or Plumstead Police Station

ONE STOP SHOP

One-to-one weekly advice drop-in for women who have experienced abuse. Advisors are from Her Centre, Housing 4 Women, and solicitor Adelle Banks from Hudgell & Partners.

One-Stop Shop every **Friday 10am to 12pm**
at YMCA Thames Gateway, Antelope Road SE18 5PQ



SUPPORT FOR DOMESTIC ABUSE & VIOLENCE

Our team of Independent Domestic Violence Advocates (IDVAs) work one-to-one with women of all ages experiencing all types of domestic violence and abuse, and offer:

- Risk assessment and safety planning.
- Emotional support.
- Practical help and information.
- Advice on family legal issues, assistance with accessing civil remedies and referral to solicitors.
- Support attending County, Magistrates and Crown Court.
- Empowerment strategies to make informed choices.

SUPPORT FOR RAPE & SEXUAL ABUSE

Our Independent Sexual Violence Advocate (ISVA) works one-to-one with women who have experienced a wide range of sexual abuse, including: rape or attempted rape, sexual assault, any non-consensual sexual contact.

Our ISVA provides emotional support, advocacy and advice in the form of:

- Risk assessment and safety planning.
- Support and accompaniment to court, medical exams, housing and benefit interviews.
- Assistance accessing civil remedies (including non-molestation orders).
- Empowerment strategies to make informed choices.
- Emergency housing advice.
- Time to talk.

COUNSELLING

Our Counsellor offers therapeutic support to women who have experienced domestic and/or sexual abuse in childhood or as an adult.

As well as working one-to-one, she runs weekly therapeutic and motivational groups. She also offers an NVR parenting course to support mothers with children who are displaying problematic behaviours as a result of living with domestic abuse.

SUPPORT FOR YOUNG WOMEN

Specifically for young women (**aged 13 to 19 years**) we have the service for **Greenwich & Bexley** residents designated Young Person's Violence Advisor (YPVA) who offers one-to-one IDVA support for any young woman experiencing relationship abuse, sexual violence or sexual exploitation.