



“empowering women to move **forward** with their lives”

0203 260 7715

[www.hercentre.org](http://www.hercentre.org)

Quarterly Newsletter : **Spring 2016**

### About Her Centre

Her Centre provides free and confidential advocacy, counselling, outreach, advice and training to women in Greenwich. For more information about Her Centre services, please download our [Her Centre flyer](#), visit our website at [www.hercentre.org](http://www.hercentre.org) or call us on **0203 260 7715**.

### Success Story!

#### Bexley DSV Youth Project

This project which is a three-year partnership between **Little Fish Theatre** and **HER Centre** and funded by the **Big Lottery** was launched on Tuesday 23<sup>rd</sup> of January 2016 at the Bexley Academy. The project has been set up to support young people aged 13-19 at risk of domestic and sexual violence through one to one support from our dedicated young person's IDVA . Little fish will be touring the "Kiss & Tell" production and workshops in schools, PRUs and youth clubs. Bexley DSV will also be running healthy relationship programmes in schools and youth venues for single gender or mixed group.

To make referral for a young woman at risk of sexual or domestic violence contact the

**HER centre** on **0203 260 7715** or email [julie@hercentre.org](mailto:julie@hercentre.org)



Talking Together

Free English Beginners Classes  
(6 Week Course - Twice a Week)

**Very Basic—With little or No English at all**

Do you know someone who needs to learn **ENGLISH**

Then choose the right path.

To sign up Call [Her Centre](#).

**Women Only –**

**Time 10:00am - 12:00pm**

Classes are held on Tuesdays & Wednesdays

22nd March – 23rd March

12th April & 13th April

19th April & 20th April

26th April & 27th April

3rd May & 4th May

10th May & 11th May

Registration is on first - come, first - served basis

To sign up, call the HER Centre on 0203 260 7715 or email [ola@hercentre.org](mailto:ola@hercentre.org)

**Note:** 70 to 80% of attendance must be completed to get a certificate of attendance

INTERNATIONAL  
WOMEN'S  
DAY



## CELEBRATING STRONG WOMEN

*Come and join us for Free Workshops  
to build on your Confidence  
and your creative side,  
Pampering, Information and Food*

**Thursday 10th March  
from 10:30am – 1pm  
Charlton House – Old Library  
Charlton Road, SE7 8RE**

**Please RSVP to [navie@hercentre.org](mailto:navie@hercentre.org) or  
Call 020 32607715**

## Weekly One Stop Shop for women experiencing abuse

Her Centre runs a weekly one-to-one drop-in offering practical, emotional and legal support to women affected by abuse. The service is free and confidential with advisors from Her Centre, Housing 4 Women and solicitor from Hudgell & Partners.

### One Stop Shop

Every Friday, 10am to 12pm  
at Brookhill Children's Centre,  
Brookhill Road, SE18 6UZ  
(creche available)

Alternatively, please call the DV  
helpline on 0208 317 8273



## From Chrysalis to Butterfly Self Esteem and Confidence Building

Join us for an 8 week self esteem and  
confidence building programme  
for **WOMEN ONLY**.

For more information and to register, please  
contact **HER Centre** on **0203 260 7715**

## Domestic Violence Awareness training for professionals

Her Centre now offers training for  
Greenwich-based organisations to be able to  
better identify and support women and girls  
experiencing abuse.

To book a training, please email  
[anuk@hercentre.org](mailto:anuk@hercentre.org)

## Free help with family law applications

Our volunteering service offers clients free and confidential help and support with drafting court applications and statements especially in the area of Domestic Violence.

The help concerns, Non-Molestation Orders (court to prevent one person and/or a child from being harmed or threatened by another), Occupation Orders (which decides who can live in the family home or enter the surrounding area), Divorce Petitions (initial form filling only) and Sometimes the volunteers can provide emotional support to clients in court.

This is not legal advice, and disclaimers must be completed

For more information, please contact :

**Tel: 020 3260 7715**

**Fax: 020 8854 5702**

**Email: [info@hercentre.org](mailto:info@hercentre.org)**

## Donating to HER Centre

Her Centre greatly appreciates donations to help us continue our work supporting women. Donations can be made online at [VirginMoneyGiving](https://www.virginmoneygiving.com) OR via **JustTextGiving**: simply text the code **HERS11** plus **£1, £2, £3, £4, £5 or £10** (e.g. **HERS11£5**) to **70070**