



“To engage, enable and empower women to move away from abuse and to move forward with their lives”

International Women’s Day Event with Her Centre, on Women’s health and well being

“No one is a typical case. We are all individuals.” So explained Denise Hubble, director of Deborah Ubee Trust, in her talk on mental well-being and the urgent need for many women who are leaving abuse to rebuild their lives through counselling. Denise gave the story of a woman terrified to come to their counselling service, but coming anyway, recognising that she needed this vital support. The story moved the large audience and made the case for women to make time to look after themselves, as women so often put the care of others first.

The event had a full agenda, with a speaker from the Clinical Commissioning Group, speakers from Mind, and women who had used both Her Centre crisis services and Deborah Ubee Trust counselling speaking on how it changed their lives.

A great uplifting session came when the Baby Blues Choir, run by the Big Red Bus Club, a local stay and play provider based in Charlton Park, sang 4 great songs, with babies in slings or toddlers at their feet.



Denise Hubble, Director of Deborah Ubee Trust



Baby Blues Choir

The Mayor of Greenwich, Christine May, opened the event, which also had speakers from Mind and workshops in diabetes prevention and alleviating stress. Clive Efford MP, also in attendance, affirmed the point made by Stacy Smith CEO of Her Centre that poverty and benefit cuts had a key impact on women’s health, as the cuts are particularly effecting women who are sole parents.

Mayor of Royal Borough of Greenwich, Christine May, right, with Stacy Smith



As well as blood pressure checks there was a healthy food stall from Greenwich Cooperative Development Agency, and information on returning to work from Greenwich Local Labour and Business, helping women to move out of poverty and into work.

The event was attended by over 100 people and served lovely food and gave gift bags with Tupperware and service information!

Stacy Smith, CEO Her Centre

New roles at Her Centre!

Her Centre has two new posts starting this spring. The first, a new **Housing IDVA**, will work from Greenwich Housing Options and Tenancy services to support staff addressing housing issues for women leaving abuse. It is hoped this post will ensure stronger pathways to positive housing and support for women in council tenancies and those who need to leave their home and need housing assistance.

Our second post is a **Children's Transitions Advocate** will support children and their families to be safe and well where there has been domestic abuse. This post is now advertised, closing date 1st April.

Contact Reshma D'silva at reshma@hercentre.org for an application pack.

New Drop in Service Starting Soon

Clockhouse Community Centre, working with Her Centre, CAB, Greenwich Housing Rights, Lewisham Refugee Network, Greenwich CDA and Advocacy Now, will be running a weekly benefits advice drop in hub for those struggling with Universal Credit claims or who have rent arrears or debt because of payment issues with Universal Credit. For more info check our website on www.hercentre.org or the Clockhouse site on www.clockhouscc.org.uk

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, Lewisham Refugee Migrant Network and Solicitor Angela Simpson from Hudgell & Partners.

Housing & Benefits Advice for Migrant Clients.

Every Friday, 10am to 12pm

@ YMCA Thames Gateway Antelope Road Woolwich, SE18 5QG.

Alternatively, please call us on **0203 260 7772** to make an appointment for advice

Buses (161,177, 180, 472), DLR and Train to Woolwich

Immigration Advice

The service is free and confidential with advisors from Her Centre and Lewisham Refugee Migrant Network.

Immigration Advice for Migrant Clients.
Appointments Only.

**Alternative Wednesday – 10am to 12pm
@ YMCA, Antelope Road, Woolwich - SE18 5QG**

Please call us on **0203 260 7772** to make an appointment for Immigration Advice

Her Centre's, ESOL Classes

HER Centre offers free weekly English language classes for Non-English-speaking women.
New session will commence on

Tuesday 30th April 2019 for 12 weeks.

No classes during School Holidays / No Creche Facility

For more information and to register, please contact Julia Ssenooba on:

Tel no: **020 3260 7715 / 07960 755 191**
Email: julia@hercentre.org

Her Centre's, IT Course for the Beginners

Date to be Confirmed

For more information, please contact Julia Ssenooba on:
Tel: **020 3260 7715 / 07960 755 191**

Her Centre's, Confidence Building Course

Date & Venue to be Confirmed

For more information, please contact Julia on:

Tel: **020 3260 7715 / 07960 755 191**
Email: julia@hercentre.org

Her Centre's, Seaside Trip

Date & Place to be Confirmed

For more information, please contact Julia on:

Tel: **020 3260 7715 / 07960 755 191**
Email: julia@hercentre.org

Back into Work

My last job was at Servest in Suffolk. I worked there for about three months for payroll. Before that I was in customer care for Dorel UK who manufacturer maxi Cosi and Quinny.

I was struggling to find work as I didn't know how to get child care for my two children, and I had no confidence within myself. I had been told for almost five years I was stupid and couldn't do anything for myself. I was too scared to ask anyone for advice or help as I thought I would lose my children because I couldn't cope on my own.

I managed to get put onto parent gym through the local children's centre which I was told about when I had attended stay and play one afternoon. There I learned about the **Her Centre** and **GLLaB**. I met with Sarah at GLLaB who told me about the placement scheme and passed me over to Clare.

I also managed to get three months of counselling. Through this I gained enough courage to disclose to my GP what I had gone through and was offered help with the anxiety and depression.

When I was told I had the job at Clockhouse Community Centre, I was overwhelmed. I was so thankful for the help from everyone and the support. No one had said I was wrong for leaving, everyone had praised me for being strong enough and for protecting my children.

I felt nervous and scared at first that I would fail at the job. That I didn't know what I was doing and thought I would be fired soon after. Once there I was made to feel welcome and they explained what it was they needed from me. With a little bit of guidance on their systems and procedures I settled in and now work confidently and manage my work and help others. It has given me back my confidence within my abilities and I have proved to myself that I can do the work I am trained to do and skilled at. The CCC are trying hard to find the funding to offer me a more permanent place and I have had several mentions from members of royal borough Greenwich council and the board of directors for my work on social media and the website design.

This has helped me to see that I have a future career and can expand my skills set from just administrative work.

I was with my ex for almost five years we met at work. Soon into the relationship he became controlling.

It wasn't obvious, it would be comments about what I was wearing. Or he would start an argument if I met friends so that I wouldn't go. If I was late home from work, I got accused of being unfaithful to him. After seven months he hit me for the first time.

We moved back to London and I found out I was pregnant with our son. The violence then became a weekly thing. I felt trapped and had no friends to turn to for help. He blamed stress and me being ill during the pregnancy.

When the baby was born, we settled into living with his mum and things were OK.

When we moved a few months after and I went back to work the emotional, financial and mental abuse began to get frequent again. I was fired from my job for poor attendance because he was never able to look after the baby and I was taking time off. During September 2016 he got physical again and once more neighbours called police and he was arrested. His mum told me to not say anything to the police as she didn't want him going to jail. After this he became sexually abusive.

In April 2017, he came home drunk one evening. I was attempting to get him into bed, and he turned physical on me. Remembering what it was like during my first pregnancy I told him it was over. The next day I moved to my parents in London.

I had our daughter in November 2017 and allowed him to visit after she was born. He wanted to remain civil for the children and wanted to be part of their lives. I initially agreed. I later found out he was playing me against the other woman. On New Year's Eve 2017, I had taken the children to his family so they could meet the baby. During the night he woke me to start an argument which woke our son and he grabbed me in front of the children. It was at this point I decided it was time to get legal advice to see if I could refuse him access to us.



We haven't seen him since that day.

We are happier, stronger, and financially stable now. There is less tension and the children are doing so well. Luca had a speech delay which he had overcome now and my relationship with the children is amazing we are so close. Luca still had some behaviour issues and shows anger and frustration at times, but we are working with his school and a behaviour therapist to correct his actions.

I am more relaxed and more confident in my abilities I am learning to set boundaries and be more assertive in everyday life.

There is still a long way to go and a lot more growing for me to do but with the help I have found and support I have in place I know that the future looks good.

Her Centre's, June Open Forum

On 25th June 2019, Time & Venue to be Confirmed

For more information, please contact Julia on:

Tel: 020 3260 7715 / 07960 755 191

Email: julia@hercentre.org

Training & Information Day

10th May 2019 at YMCA - SE18 5QG (10am to 12pm)

For more information, please contact Julia on:

Tel: 020 3260 7715 / 07960 755 191

Email: julia@hercentre.org



To donate online scan QR
code or go to:
www.hercentre.org

ASDA FUNDING

Please support Her Centre by nominating us by collecting
GREEN TOKEN from the Cashier at ASDA.

Make sure, then you place the Green Token in to the Her Centre's nominated slot.

HERE's HOW TO VOTE:

1. Visit STORE:

Visit Your Local ASDA which is running the Green Token Giving Programme.

2. Collect a Token:

Once at the checkout, make sure you receive your Green Token from the Cashier.

3. Make a VOTE:

When leaving the store, make a vote by placing your Green Token into one of the three nominated slots.

Donations

Her Centre greatly appreciates donations to help us continue our work supporting women.

Donations can be made online at Virgin Money Giving:

Like us on Facebook: <https://www.facebook.com/HerCentreGreenwich>

Follow us on Twitter: <https://twitter.com/hercentre>

Visit our Website: <http://www.hercentre.org>

Her Centre provides free and confidential advocacy, counselling, outreach, advice and training to women in Greenwich. For more information about Her Centre services, please visit our website at

www.hercentre.org or call us on **0203 260 7715 / 0203 260 7772**.