



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](http://www.hercentre.org) or call us on **0203 260 7715**.

### COVID - 19, Donations during Lockdown to Her Centre

It was a challenging time for some of our clients due to the recent coronavirus pandemic that made it extremely difficult and, in some cases, impossible for the majority of them to access or provide food and necessities for themselves and their families. As a charitable organisation that supports these women, we put a call out to several organisations and individuals for any help and/or assistance that could be rendered to help provide them and their families the basic necessities to sustain them through those hard times.

We were pleasantly surprised that quite a number of people, companies and businesses answered our call and rallied round to help by generously donating money, food and various other life enhancing items for our clients and others within the community, through the Her Centre, to sustain and support them through the pandemic period.

- Berkeley Group for donating mobile phones to our client's. We want to especially thank Carolina who helped to co-ordinate this with Berkeley's. We used the phones to give to two clients so far who had no mobile phones and our 3 befrienders so that they can support women who are now safe but still need informal support. One client said how grateful she is to have the support as she felt so isolated at home.
- Crissy from the Royal Arsenal residents for sorting out a laptop and mobile phone donation to our client.
- Grace Foundation (Jennifer and her team for the toiletry donations to our clients).
- Lucy Murphy and her neighbours for food donations and a microwave to our client.
- Emilie West, neighbours, and Her Centre trustees for their donations (food, household goods and toiletries).
- Body Shop – Alex Murphy.
- Samantha Woodgate (Ex Her Centre Trustee).
- Morrisons (Rosemarie – Community Champion Thamesmead).
- Clockhouse team and Her Centre volunteers for delivering food donations and supplies to our clients.



## Her Centre – Autumn Newsletter Sep 2020

**Below are some quotes from our clients who have benefited from all the donations:**

- “Yes, it does help my money go a bit further. Especially as my younger daughter's food is expensive as she only eats gluten free food”.
- “It helps a lot and at the moment I need all the support I can get”.
- “It helps to make sure we have a cooked meal. And have enough food especially with the children being at home all this time”.
- “It has helped me very much. Not only the food but also other things, toiletries like soap”
- “there is always something I can make out of the delivery. Always find a way to make a meal out of the canned food and dry food. I make my list weekly after Thursday now because there is always something, I can get off list because I already have it delivered”.

We are extremely grateful for the support you have provided, and we would like you to know that your selfless donations and support has had a positive impact on the quality of lives of our clients. This is evident in the increase we have recently observed, in a number of our women who now feel more confident to engage our services and that of our other partner agencies.

The donations of mobile phones have also enhanced the ability and ease at which our clients can increase engagement with our support network and improve their reach in terms of contact with other partner agencies that can also provide them with additional support.

We would like to thank you once again for all your commitment, generosity, and support.

**Stacy Smith, CEO Her Centre**

### **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 the Her Centre, and Solicitor Angela Simpson from Hudgell & Partners.

**From 11<sup>th</sup> September 2020 - Every Friday, 11 am to 1 pm**  
**@ Clockhouse Community Centre, Defiance Walk - SE18 5QL.**

For DV Advice, call Winsom on 07538 534981.

For Legal Advice, call Angela from Hudgell & Partners on, 020 3096 6843.

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

**For urgent advice call the Greenwich DV helpline on, 0208 317 8273.**  
**Buses (161,177, 180, 472), DLR and Train to Woolwich**

### **Her Centre's ESOL Classes**

HER Centre offers free weekly English language classes for Non-English-speaking women.

**Starting: Tuesday 15<sup>th</sup> September 2020 for 12 weeks.**

No classes during School Holidays / Creche Facility Available

For more information and to register, please contact **Julia Ssengooba** on, **Tel no: 020 3260 7772 / 07960 755 191**  
**Email: [julia@hercentre.org](mailto:julia@hercentre.org)**

## Her Centre – Autumn Newsletter Sep 2020

### NVR Parenting Programme

Her Centre now offers a programme to support mothers with children who are displaying problematic behaviours as a result of living with domestic abuse.

Our Parenting Programme runs for 10 sessions and is absolutely free and confidential.

**Starting: 24<sup>th</sup> September 2020, From 10 am to 12 pm**  
**@ Clockhouse Community Centre, Defiance Walk - SE18 5QL.**

For more information and to register, please contact **Lisa Boston** on, **Tel no: 020 3260 7772 / 07484 093599**  
**Email: [Lisa@hercentre.org](mailto:Lisa@hercentre.org)**

### Her Centre's, IT Course for the Beginners

Her Centre will be running women's IT Class for beginners in October.

The classes are being run by a qualified IT teacher from LSEC. We have a mixture of learners from various backgrounds and of different age groups. The learners have enjoyed the classes and majority of them have signed on to return for the next sessions in October 2020. It has been good seeing the learners gain confidence in using computers.

**Starting: October 2020 / Date to be Confirmed Later**  
**@ Clockhouse Community Centre, Defiance Walk - SE18 5QL.**

For more information and to register, please contact **Julia Ssengooba** on, **Tel no: 020 3260 7772 / 07960 755 191**  
**Email: [julia@hercentre.org](mailto:julia@hercentre.org)**

### Her Centre Women's Group

Would you like to meet other women in the community? Would you like to learn new skills?  
Would you like to share experiences and stories over a hot drink and a biscuit?

Then come and join our drop-in women's group!

**Starting: October 2020 / Date to be Confirmed Later**  
**@ Clockhouse Community Centre, Defiance Walk - SE18 5QL.**

For more information and to register, please contact **Julia Ssengooba** on, **Tel no: 020 3260 7772 / 07960 755 191**  
**Email: [julia@hercentre.org](mailto:julia@hercentre.org)**

### Donations

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

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