



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**.

## Christmas Opening

Her Centre will be open all weekdays over Christmas except for the three bank holidays.

## "How I survived lockdown" – Our First Online Event

Her Centre held its first open forum on Zoom on the 3rd December, with 35 attendees and a wide range of presentations including two films. Denise Hubble from Deborah Ubee Trust counselling service spoke on looking after ourselves during lockdown and most of our other presentations were from women who had experienced domestic abuse and could now share their more positive life free from abuse. The links to lockdown and living with an abuser are similar and were discussed in our film Brave New World where Tanasha shared her journey from leaving abuse to taking up volunteering and studying to be a counsellor.

Cassie raised the challenges of support for mothers in the court where their children's father is abusive, and she is now studying law to be able to help change this in the future. She also ran the half marathon to support Her Centre last year. Laura shared her holiday snaps from her caravan and Suzie shared her lockdown poem.

We showed the earlier and longer film, Unlocking Hunger in Lockdown, which shows how GCDA who lead on addressing food poverty in Greenwich were working with Clockhouse, Her Centre and Woolwich Common Community Centre to distribute food to families in need. The feedback on the event was incredibly positive and links to both films are available below and on our website under news and events.

**Brave New World:** <https://hercentre.org/our-film-brave-new-world-won-first-prize-in-the-bertha-dochouse-competition/>

**Unlocking Hunger in Lockdown:** <https://hercentre.org/unlocking-hunger-in-lockdown-a-film-by-anton-califano/>

## Fundraising

Our Chair Eva McDonald is running to raise funds for Her Centre and has convinced her colleagues to join her. If you wish to sponsor them, please see our website page on <https://hercentre.org/advent-calendar-challenge/>

One of our most regular volunteers, Lucy from Bridge Trust, has introduced her daughter Holly to Her Centre, and she is also organising fundraising at her work to help us fundraise for next year, and her firm will match fund this. <https://hercentre.org/hadley-christmas-jumper-day-2020/>

And finally, are you an Amazon Smile user? Feel bad to be making Bezos even richer? Ease your conscience by supporting Her Centre when you next buy anything through Smile. Just register your preferred charity – us – and we will receive a small donation. <https://hercentre.org/the-her-centre-has-now-been-enrolled-with-amazon-smile/>

Stacy Smith, CEO Her Centre

## Her Centre – Winter Newsletter Dec 2020

### Future Films

Her Centre wants to improve its communication to women in need locally and give access to having their voice heard through our user steering group. The group is looking for new members and our main plans for next year is to make another short film and to run an event where women who have used domestic abuse services can share their stories. If you are interested in joining the group, contact Stacy on [stacy@hercentre.org](mailto:stacy@hercentre.org).

### Holiday Celebration

The likely increase in lockdown restrictions means that our Holiday Celebration this year was limited to a pick-up of goodie bags for families who had registered for the event. They received gifts for their children, a small gift for mum and then food treats for the holiday period. Over 160 people benefited from the goodie bags last Saturday the 19<sup>th</sup> December. We look forward to next year when we can offer hot food and games as well as Santa's grotto along with the presents for families.

### IRIS Training

Her Centre, working with Public Health, the CCG and Greenwich Safer Communities, is jointly running a series of nationally developed training for GP surgeries on addressing domestic abuse. The training is based on the national IRIS (Identification and Referral to Improve Safety) programme, which is co-delivered by Her Centre staff and two Clinical leads who are local GPs, Jaisun Vivekanandaraja and Mariyam Aqeel. It gives the key information to support surgeries to identify and refer victims to safety and following the training GPs can refer directly to Her Centre any cases of abuse for follow up support and advocacy.

We launched the training last week, with St Marks being the first surgery in Greenwich to receive it. Feedback was very positive!

### 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.

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.

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**

### **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.

For more information and to register, please contact **Lisa Boston** on,  
**Tel no: 020 3260 7772 / 07484 093599**

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

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

For more information and to register, please contact **Julia Ssengooba** on,  
**Tel no: 020 3260 7772 / 07960 755 191**

## **Holiday Celebrations**

### **Thank You!**

**We would like to thank all who donated the lovely gifts and food that went into our parcels for families:**

Caroline Pettican from Asda, Jeffrey Barnes from Blackheath Rhinos, Lucy Murphy from Bridge Trust and her Neighbours, Lisa Walsh from GLL, Farah and Louise from Grace Aid, Holly Murphy from Hadley Property Group, Shelleen Bade, Eve Daniels from Marks & Spenser and More 2 Nurseries, Rosemarie Keita from Morrison's, All the ladies from Women's Institute, Clock House Trustees & Staff and Her Centre Trustees.

### **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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