

Her Centre - Autumn Newsletter September 2021



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

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**.

Stand By Her Training!

With more energy from the council going into addressing women's safety again, Her Centre is hopeful for funds to run the Stand By Her training in how public and relevant professionals can support women who are harassed and abused in public. Working in partnership with Communities Inc who run the specialist course, the plan is to run a short course twice for the general public and then run a more in-depth course for professionals once. Just awaiting a funding decision on this.

Vigil for Sabina Nessa

Annie Gibbs from Amour Destine has organised a vigil for Sabina Nessa, who was murdered in Kidbrooke. This took place Friday the 24th September at 7 pm in Peglar Square in Kidbrooke Village. Our thoughts and condolences to all who know and loved Sabina.

Young People's Voice

Her Centre with partners Little Fish Theatre, Tramshed and Live Well Greenwich are running an event on the 12th October at 11AM on what young people want in terms of information and support around relationships. This is an open forum to any who are interested, just let us know you are attending. Julia@hercentre.org to RSVP. This will lead to a fully youth led event in February, so come and get involved!

The Back to Work Programme

The Her Centre is running the back to work programme alongside GLLaB. The programme supports Greenwich resident women, 18 years and above who are currently unemployed for a while back into work by placing them into six months paid placement. Clients are supported through interviews, CV writing and general job search skills.

Stacy Smith, CEO Her Centre

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Her Centre's, FGM & Forced Marriage Training

This Training will be delivered by,
Shabina Begum, International Family Law Consultant at Dawson Cornwell

Shabina Begum is an International family law consultant, she is described as an "exceptional lawyer" and a "pioneer in her field", Shabina is featured in Management Today's "35 Women Under 35, 2020 " List of Britain's Brightest Young Business Leaders. Shabina is a UN recognised authority on child, early and forced marriage. She is an expert in, Domestic Violence, Honour Based Violence, Forced Marriage, Stranded Spouse, Female Genital Mutilation cases and Children Disputes.

When: Wednesday, 29th September 2021 @ Clockhouse Community Centre, SE18 5QL.

For more information and to register, please contact **Julia Ssengooba** on, **Email: julia@hercentre.org**

Her Centre's, October Open Forum

Hear What We Want - Young People & Relationships, On 12th Oct 2021

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

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

Thriving Young People Programme

A Partnership of Cultural and Support Services linked to new Greenwich Youth Life Coach

The Programme Offers:

- A new Youth Live Well Coach offering social prescribing, to take up social, sports activities or specialist support.
- Her Centre support for girls who have experienced abuse, providing safety planning, learning on abuse and confidence building.
- Drama as a tool for building resilience from Tramshed, providing theatre workshops for vulnerable young people.
- Group work with boys from Little Fish Theatre, helping them to explore their own behaviour and self-image.
- Counselling for girls from Deborah Ubee Trust.

To **refer** into services please contact **Harry Wilson**, on **Harry.Wilson@cact.org.uk** or
If a girl is at high-risk contact **info@hercentre.org** for immediate support.

Her Centre's, Confidence Building Course

Rediscovering You!

Learn how to transform your Confidence, Elevate your Self -Esteem, and Unlock your Inner Power

When: Wednesday's, From 6th October 2021 for 3 Weeks

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

For more information and to register, please contact **Julia Ssengooba** on, **Email: julia@hercentre.org**

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Her Centre's ESOL Classes

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

Started: Tuesday 14th September 2021 for 12 weeks.

No classes during School Holidays / Creche Facility Available

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

Tel no: 020 3260 7772 / 07960 755 191

Email: julia@hercentre.org

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.

Started: 16th September 2021, From 10 am to 12 pm

For more information and to register, please contact **Lisa Boston** on,

Tel no: 020 3260 7772 / 07484 093599

Email: Lisa@hercentre.org

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, IT Course for the Beginners

Her Centre will be running women's IT Class for the beginners (**Date to be Confirmed Later**)

For more information and to register, please contact **Julia Ssenooba** on, **Email: 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 2021 / Date to be Confirmed Later

For more information and to register, please contact **Julia Ssenooba** on, **Email: 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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Visit our Website: <http://www.hercentre.org>