

## Her Centre - Summer Newsletter Aug 2022



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

### **New Eltham Drop Ins!**

Her Centre is running **two drop-in sessions** one in Storkway Children's Centre the second Friday of every month, from 10 am to 12 noon, and one at Middle Park Children's Centre the third Wednesday of every month, from 3.30 to 5.30. These are family legal sessions for women only, who need help with protection orders, child contact or advice on divorce due to abuse. Sessions are funded by Southern Housing Group.

There will be both a family solicitor, a law student, and a domestic and sexual abuse advocate available at each session. As it is a drop in, we will see those that turn up in the order they arrive and hope to see 5 to 6 women within the 2-hour sessions. First session at Storkway Children's Centre is the 9<sup>th</sup> September and the first session at Middle Park Community Centre is the 21<sup>st</sup> September. Look out for our new sessions in Thamesmead Moorings starting in October which will be monthly on Wednesdays.

### **New Service for Women who are Stalked or Sexually Abused**

For women who are attacked by people they don't know or by acquaintances, we have a new service to work with you to get and stay safe. Our Sexual Abuse Advocate will support women who have experienced serial stalking and sexual assaults including rape. We will provide help with legal protections, practical safety arrangements, and also emotional support through our support group and access to counselling. This service is part of our Safer Streets work, funded by the Home Office. The work starts in October and referrals will be accepted from a wide range of agencies including self-referrals.

For more information and our referral criteria please contact Dorothy at [dorothy@hercentre.org](mailto:dorothy@hercentre.org).

### **Active Bystander Training Programme**

Her Centre is running training to empower people to challenge abuse of women when they see it. Whether this is harassment on the street, physical assault, or just banter that is sexist and demeaning, our training will give the tools to challenge safely and effectively whether you are a witness or a victim of this abuse.

More information will be in our next newsletter and online as courses due to start October/November.

## **Ex Users of Her Centre Services**

We have an active user steering group that meets with key decision makers including councillors, senior officers in the police, council, and NHS, and there is a free lunch as well! Are you interested in getting involved? Meeting 4 to 6 times a year, the group has guests who explain their work and take questions, debates on issues affecting women, and links into campaigns both local and national. If you have used, Her Centre services or Greenwich DVA services then you are eligible to apply.

Please just contact Stacy to learn more on [stacy@hercentre.org](mailto:stacy@hercentre.org).

## **One Stop Shop for Women Experiencing Abuse (Women Only)**

Her Centre runs weekly and monthly one-to-one drop-in offering practical, emotional, and legal support to women affected by abuse.

**Weekly - Location: At YMCA Community Centre - SE18 5QG  
(Every Friday 10 am to 12 noon)**

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, **0208 854 1331**.

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**

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**Monthly - Location: At Middle Park Community Centre, 150 Middle Park Avenue - SE9 5SD  
(Third Wednesday, Each Month from 3.30 pm to 5.30 pm)**

**One Stop Shop Dates for 2022 / 2023:**

21st Sep 2022, 19th Oct 2022, 16th Nov 2022, 21st Dec 2022, 18th Jan 2023, 15th Feb 2023, 15th Mar 2023

This service is provided by Her Centre and Powell & Co.

For further Information, please ring **Sally** on **07377 097 981** for DV Advice or Her Centre on 0203 260 7772

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**Monthly - Location: At Storkway Children's Centre, Ridgebrook Road - SE3 9QX  
(Second Friday, Each Month from 10 am to 12 noon)**

**One Stop Shop Dates for 2022 / 2023:**

9th Sep 2022, 14th Oct 2022, 11th Nov 2022, 9th Dec 2022, 13th Jan 2023, 10th Feb 2023, 10th Mar 2023

This service is provided by Her Centre and Powell & Co.

For further Information, please ring **Sally** on **07377 097 981** for DV Advice or Her Centre on 0203 260 7772

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### Her Centre's ESOL Classes

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

**ESOL: Tuesday 13<sup>th</sup> Sep 2022 for 12 weeks**

**ESOL - Talking Group: 14<sup>th</sup> Sep 2022 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](mailto:julia@hercentre.org)**

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

Her Centre will be running women's IT Class for the Beginners & Level 1 Course

**When:** On the **12th of September 2022** at Clockhouse Building, SE18 5QL - 10 am to 12 noon

For more information and to register, please contact **Julia Ssenooba** on, **020 3260 7715 / 020 3260 7772**

### Support for Young Women

Her Centre has a part time **young women's advocate to help girls 13 to 19 years old** who have experienced or are at risk of abuse. She will work to give options, review what consent means, look at self-care and encourage young women to find their confidence and feel strong.

To refer to this service please email, [Dorothy@hercentre.org](mailto:Dorothy@hercentre.org) for a referral form.

### Her Centre - Big Half Marathon (Sunday - 4<sup>th</sup> Sep 2022)

In support of the Her Centre, a group of people have pulled together to run the **Big Half Marathon**. We would appreciate any contribution towards this cause.

Any money raised will go towards funding projects to enable and empower women to make more informed decisions, rebuild their lives and secure a better future for themselves.

**Link to Donate:** <https://thebighalf.enthuse.com/hercentrelimited/profile>

### Donations

Her Centre greatly appreciates donations to help us continue our work supporting women. Donations can be made online at Local Giving Page: <https://localgiving.org/charity/hercentre/>

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

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

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