



**"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, 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**.

### Race Equalities Week

During Race Equalities Week Her Centre used the Race Equalities Matters 5 minutes on 5 days to look at key issues on race equality. These included looking at Micro aggressions, the joy of different cultures, and saying people's names correctly. From this Her Centre will look at training for the team in unconscious bias and how that impacts on our work and relationships.

Look at our website for more information on the week and check out Race Equalities Matters for tools and support to look at race equalities in your service.

### LGBT History Month

February is LGBT history month and Libraries in Greenwich are running activities to celebrate. Her Centre will look at linking our women's groups to these and will take forward training for the team to make sure we are welcoming to women who are lesbian, bisexual and trans so that they feel able to use our services.

### New Course in Money Management

Her Centre is running a Money Management Course to make sure women can maximise their limited incomes through claiming all benefits, taking advantage of interest free credit cards, and where to get urgent help with food or household items. Depending on the take up of the training we will look to run this as a regular course.

### Her Centre Future Plans

Her Centre is seeking a complex needs specialist to support women who are struggling with their mental health or substance misuse as well as domestic abuse. We recognise that trying to address both problems at once is incredibly hard and can mean women stay in an abusive relationship. We will build on our experience of supporting women to better support and hold women who need additional support to be able to get free from abuse. Our aim is for setting up this post in April or May this year.

### Women's Community Groups

Her Centre is working with local community champions to run women's groups from new communities. We are still taking on new volunteer champions to work with women from India, from Ghana, from Nepal and from the Tamil community. If interested, please contact **Julia** on [julia@hercentre.org](mailto:julia@hercentre.org).

## Her Centre's ESOL Classes

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

**ESOL: Tuesday 9<sup>th</sup> January 2024 for 12 Weeks**

**ESOL - Talking Group: 10<sup>th</sup> January 2024 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)**

## Parenting Workshop

This programme will support parents at their level of need and provide the tools and strategies that can be used to improve parenting capacity in a safe and welcoming environment.

Available for all women in the **Greenwich Borough**.

**When:** From 22<sup>nd</sup> February to 21<sup>st</sup> March 2024

To book your place and for more information, please contact **Wonuola**,  
**Email: [wonuola@hercentre.org](mailto:wonuola@hercentre.org)**

## Her Centre's Multicultural Women's Groups

Want to learn new skills and develop yourself or share your skills with others? Then come and meet women from your community.

**When: Every Thursday** at Clockhouse Community Centre - SE18 5QL  
From 10 am to 12 noon

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

## Women & Money Workshop

The Her Centre and Money Charity are running a one-day workshop on Women and Money!

**When: 29<sup>th</sup> February 2024** at Clockhouse Community Centre - SE18 5QL  
From 10 am to 11.30am

To book your place or for more information please contact **Julia** at **020 3260 7715 / 07960 755191** or email  
**[Julia@hercentre.org](mailto:Julia@hercentre.org)**

## Her Centre's, Women's Group

Her Centre will be running Women's Group,

**When: Every Monday** From, **8<sup>th</sup> January 2024** at Clockhouse Community - 10 am to 12 noon

For more information and to register, please contact **Julia Ssenooba** on, **020 3260 7715 / 020 3260 7772**  
**Email: [julia@hercentre.org](mailto:julia@hercentre.org)**

## Training for GP Staff

This training is run jointly by Dr. Mariyam Aqeel (*Named GP for Adult Safeguarding*), Andrew Coombe (Designated Nurse for Adult Safeguarding), and Davina Sicotra (Greenwich Health Independent Domestic and Sexual Abuse Advocate).

**When:** 20<sup>th</sup> March 2024 - 2pm, Online on Zoom (3 Hours)

For more information and to register, please contact **Davina Sicotra** on, **020 3260 7715 / 020 3260 7772**.  
Email: [davina@hercentre.org](mailto:davina@hercentre.org)

You won't get this from a generic online course. **Limited spaces, so book early!**

## Ex Users of Her Centre Services

We have relaunched our user steering group to include activities and advice. There is a free lunch as well! Are you interested in getting involved? Meeting 4 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).

## Greenwich Survivors Steering Group

The user steering group is open to all the Her Centre service users and to any women in Greenwich who have experienced abuse and want to influence local services.

**When:** The next meeting is on the 11th of March at 12 noon at Clockhouse Café

Future dates are 13th May, 15th July, 16th Sept, and 18 November 2024, at 12 noon.

All survivors are welcome from GDVA and Her Centre. Free lunch included!

If you are interested in joining our Steering Group, please contact **Stacy Smith** at, [stacy@hercentre.org](mailto:stacy@hercentre.org)

## 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>

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

Her Centre has expanded our One Stop Shop so that we now have a weekly session at **Thamesmead Moorings Social Club** in Thamesmead and **St. Marys Community Centre** in Eltham as well as at **Clockhouse Community Centre** in Woolwich Dockyard. These are weekly drop-ins with a family solicitor and an Independent Domestic Abuse Advocate available to talk through any family safety concerns.

**All Women Welcome** - Lesbian, Straight, Bi-Sexual, and Trans.

**Men** Experiencing Abuse Can Contact Respect at - <https://www.respect.org.uk>

For any further information call Her Centre for DV Advice on **0203 260 7772** or alternatively, you also can email us at [info@hercentre.org](mailto:info@hercentre.org) for further advice.

Please see below the details to our weekly one-to-one drop-in offering practical, emotional, and legal support to women affected by abuse.

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

The service is free and confidential with advisors from the **Her Centre**, and Solicitor from **Hudgell & Partners**.

For DV Advice, call **020 3260 7772**.

For Legal Advice, call **Hudgell & Partners** on, **0208 854 1331**.

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

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**Weekly - Location: At St. Marys Community Centre, 180 Eltham High Street - SE9 1BJ**  
**(Every Wednesday, from 10 am to 12 noon)**

This service is provided by **Her Centre** and from **National Legal Service**.

For further Information, please ring **0203 260 7772** for DV Advice.

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**Monthly - Location: Thamesmead Moorings Sociable Club, Arnott Close - SE28 8BG**  
**(Every Wednesday, from 10 am to 12 noon)**

This service is provided by **Her Centre** and from **National Legal Service**.

For further Information, please ring **0203 260 7772** for DV Advice.

**For urgent advice call the Greenwich DV helpline on, 0208 317 8273.**