

The Scarlet Centre Autumn Courses and Events

The Scarlet Centre runs courses and events every week. All courses are free and open to women who live and work in London, but due to funding restrictions some sessions may be limited by age or location. Give us a call on 020 7840 7142 to book a place.

Tuesday 8th September

12:00 - 1:00

Hillcroft College at Eaves

Interested in free or low cost qualifications at all levels? Then this short talk is for you.

Saturday 12th September

12:00 - 2:00

Understanding and Managing Panic Attacks

An introductory workshop to help take control of panic attacks and find out where to get help.

Wednesday 16th September

2:00 - 3:30

Communicating with confidence

Got something you want to say? Not sure if you can make people listen? Then come along to this confidence building session.

Wednesday 30th September

12:00 - 1:15

Yoga and Meditation

The first of our weekly yoga and meditation classes starts today.

Wednesday 30th September

2:00 - 3:30

Let's get healthy! How to access health services

Want information or advice about your health but are not sure where to go? We can help. For women aged 16 - 24 who live, work or study in Wandsworth, Lambeth, Southwark or Lewisham.

Wednesday 7th October

2:00 - 3:30

Moving on and managing change

Is it the first time you've lived alone? Are there big changes in your life? Even when things are good, change can be daunting. Come and meet other women in the same position and get advice and help.

Thursday 22nd October

All day

Health day

Need a bit of pampering? Come along to our multi-agency health day, with a chance to find out about local health services, try your hand at making healthy smoothies or get STI checks.

Eaves' Scarlet Centre Autumn Events Timetable

The Scarlet Centre is a vibrant new advice, support and learning centre for women, based in London.

How to find us



Eaves' Scarlet Centre is on the corner of Brixton Road and Camberwell New Road.

Look for the large white wind turbines on poles. Go through the gates and up the stairs (or use the outdoor lift) to the glass fronted building.

Once inside go up the spiral stairs to the top (floor 3 in the lift), go through the double doors on your left and walk straight ahead. Turn right at the corridor junction and follow it to the end – Room 3.12.

Drop in

Come along and talk to one of our advisors about domestic violence, rape and sexual abuse, drugs and alcohol, benefits and housing, or just use the computers, printers, books and phones. Open Tuesday to Saturday 10 - 1 and 2 - 5. Specialist young women's drop-in (ages 16-24) Tuesday and Thursday.

Counselling

One to one or group counselling for women affected by violence, abuse, drug and alcohol problems, and emotional issues. Afternoons and evenings every weekday, by appointment. Please call to make a referral.

Yoga and Meditation

Need some inner calm? Why not try our yoga sessions? They're suitable for complete beginners, or those who have done some yoga before. Wear loose clothes and prepare to feel stretched and relaxed. Wednesdays from 30th September, 12:00 – 1:15

Complementary Therapies

Twice a month we offer complementary therapy sessions for women who have experience violence or abuse. Call to book an Indian head massage, body massage, acupuncture, or aromatherapy session with our highly trained trauma therapist.

Computer basics

Over 40 and new to computers? The Scarlet Centre offers up to 12 free hours of basic computer lessons with a volunteer. If you're under 25 and tech savvy then you can train as a tutor in as little as one day - great for your CV! Brought to you in partnership with Timebank, call for a session at a time that suits you.

See overleaf for a list of all our sessions this season