



www.voh.org.uk

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What is Kingston Women's Hub?

Kingston Women's Hub runs on a Monday and Tuesday at KingsGate Church (KT1 1QT). The Hub is a partnership of organisations providing a holistic approach to:

1. Crisis Support for those leaving domestic abuse.
2. Individual support aimed at rebuilding lives. We have a peer mentoring, outreach and childcare.
3. Community wellbeing support sessions; a fantastic way of building friendships.
4. Preventative work influencing systems and culture through Survivors Forum, working with young people and faith communities.

Crisis Support

Run by Refuge charity and RBK, our staff and volunteers can help you to access support for Domestic Abuse.

Individual Support

The Charis Team provides peer to peer support for those with lived experience of domestic abuse. Their aim is to encourage you, build up your self-confidence, and help you access practical support and additional services. Please email to book an appointment.



Community Wellbeing Sessions

Pilates with Evie (Mondays, 1:30 to 2:30 PM)

Evie offers a fun pilates class where you can strengthen your body and mind. This class is accessible to women of all fitness levels, and no prior experience in pilates needed.

Cook & Dine (Mondays, 11 AM to 1 PM)

For the love of cooking collectively, this group cooks and dines together on their homemade healthy and delicious lunch. It is by sign up only, and runs for 8 weeks.

Dance Movement (Tuesdays, 2:15 to 3 PM)

Open to all who wish to groove to the rhythm of music. This dance class led by Cheray combines contemporary and modern styles, welcoming participants with or without prior dance experience.

Sisterhood Choir (Tuesdays, 11AM to 12:30 PM)

The choir is a great way to make lasting friendships whilst having huge fun! It is free of charge and you will get to sing a wide range of songs. No previous experience necessary.

Sisterhood Sanctuary (Tuesdays, 12:30 to 2:30 PM)

Come along to enjoy connecting with others over a cuppa, indulge in a wellness pampering session (such as manicures or hand massage) feast on a delicious lunch and participate in our creative and fun-filled session.



Survivor's Forum

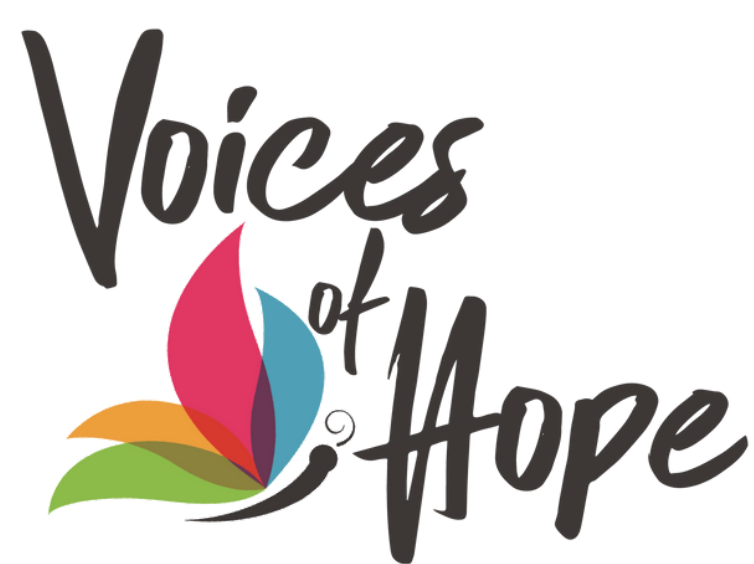


The Survivor's Forum - the first of its kind in Kingston - ensures the voices of survivors are heard and influence positive change in within local services. We meet every 6 weeks, please email us for more information.

Childcare Support

Our childcare for under 5yrs runs on Mondays and Tuesdays throughout sessions to make the Hub accessible. This provision is free of charge (subject to availability) but must be booked. Please email us to request booking.

Women's Hub Organisations



How do I Join?

If you'd like to try one of the Women's Hub sessions, we would love to welcome you! Just turn up at a session or email us to find out more. Please visit our website www.voh.org.uk for more details!

We also welcome referrals from social prescribers and other organisations.



I came to a wonderful place and felt welcomed, listened to, formed new friendships with wonderful ladies. I salute the dedication you all have to enrich our lives and I will be eternally grateful of the love and compassion you have shown.



Sisterhood Choir performing at a Flashmob!

