

# How do I get support?

Our support services are available to all self-identifying women.

Our hubs are open access; there's no need to book, just come along for as much or as little of the session as you like. You are welcome to bring a female friend or support worker with you on your first session.

If you would like to speak to someone in advance please email [support@womenscentre.org.uk](mailto:support@womenscentre.org.uk) and we will get back to you as soon as we can.

Please note that the above support services are dependent on volunteer availability. Whilst we endeavour to run our services each week as stated above, occasionally we will have to close at limited notice; for example, in the event of volunteer shortages.

Funded by and working in partnership with:



“  
When you're a grieving,  
single, disabled woman  
you don't fit into every box  
the system offers. BWC was  
the voice I needed when I  
couldn't find my own.”

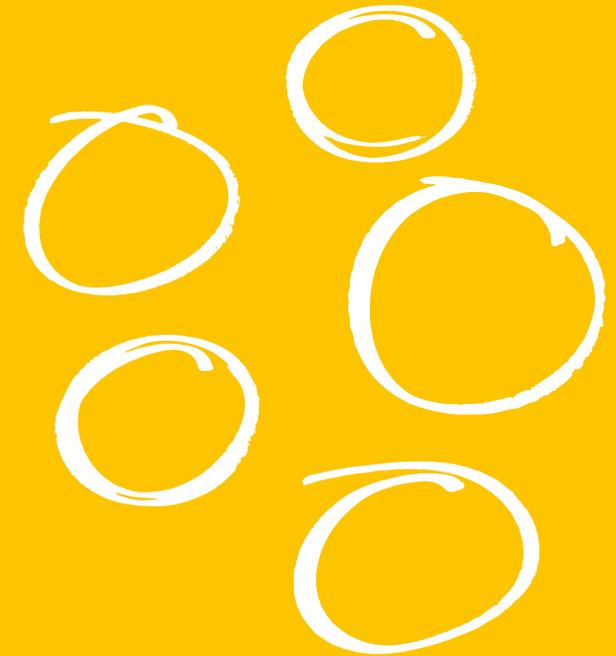
Service user

We are:

- for all self-identifying women
- run for women by women
- safe
- understanding
- trauma-informed

# BWC

## Support Services



*Safe, women-only spaces where you can be yourself while finding information, and emotional and practical support.*



Registered Charity No: 1003790

June 2024

Brighton Women's Centre  
*Empowering women since 1974*

[womenscentre.org](http://womenscentre.org)

# What we do

Our trained staff and volunteers offer free, non-judgemental support and information in person, over the phone and by email. You can come to us with anything, no matter how big or small.

Our support services can:

- act as a way of linking you with BWC and local services specific to your needs
- provide a listening ear and information around your options, whatever challenges you may be facing

## Women's Hubs

Our Women's Hubs are free for any woman looking for in person, practical or emotional support and information in a safe, women-only environment.

Come and speak to our trained staff and volunteers and connect with other local women who are using the hub over a cup of tea.

Mondays 6pm - 8pm

Cornerstone Community Centre,  
Church Road, Hove, BN3 2FL

Wednesdays 1.30pm – 3.30pm

St Marys Church Hall,  
61 St James Street, Brighton, BN2 1PR

Thursdays 10am - 12pm

The Wellbeing Hub at Preston Park,  
18 Preston Park Avenue, Brighton, BN1 6HL

## Foodbank

We provide a variety of essential goods including fresh fruit and vegetables, bread and baked goods, toiletries, period products and store cupboard items.

Our foodbank is open on Wednesday afternoons and is accessible via prior appointment only.

Women can self-refer for one-off or fortnightly appointments by emailing [support@womenscentre.org.uk](mailto:support@womenscentre.org.uk)

# Our approach

We help women from all backgrounds, facing all kinds of issues, to live happier, safer lives.

Women's needs are at the centre of what we do. We recognise that each woman is an individual, with her own history, her own challenges, her own strengths and hopes.

We won't judge you or tell you what to do. We build trusting relationships based on mutual respect, creating safe, trauma informed spaces where you can be yourself.

We will listen and support you with the issues that matter to you. We will work with you to find the information you need and support you to build confidence in your strengths so you can move towards the future you want.

