

Women's and Girls Groups

“I found Sev a very passionate and well organised trainer who brought a wealth of knowledge. Sev was very flexible with the training and tailored it to the needs of the women. Sev was very committed and offered beyond the scope of the training. The women enjoyed attending the sessions and asked for further training, a great sign! Also, the training helped forged bonds between the women and they supported one another. It was a very empowering course so a huge THANKS!!”

Women's Progression Coach

“We were delighted with the Personal Safety Course that Sev facilitated at our centre. 100% of the women, who attended, reported an improvement in self-esteem and also felt that they had a better understanding of their rights. Sev brought a positive energy into the centre and provided a positive role model for the participants of this programme. We would highly recommend Sev to inspire and motivate women to feel better able to protect themselves and to keep themselves safe.”

Peter Firkin, Centre Network Manager, Wykeham Children's Centre

“The girls fully got involved and were touched by the openness and realness of Sev.”

Idress Oloyede, Rising Tide, Youth Engagement Project Co-ordinator

“The session was very informative and useful for everyday life. I hope the girls remember the main points of avoiding dangerous situations and that they use this valuable training for the future. Natalie, Senior Fashion Trainer.”

Natalie, Senior Fashion Trainer

“Young women’s self-defence class

Let me begin by thanking you for facilitating this workshop, the session was both fun and informative, whilst also addressing some serious under-lying issues that affect young women today, both in Hackney and nationally. I would like to acknowledge your high standard of teaching and professionalism, and your genuine passion for keeping young women safe.

I would support and recommend that this work is offered extensively to young people, young women specifically; and would be delighted to offer this training to other young women using Hackney Youth Service.

Overall, the young women found the session very empowering; they were made aware of potential risks and dangers that they may encounter on a daily basis. And they benefited from discovering new techniques of making themselves visible and how to conduct themselves in an assertive and confident manner in order to minimise dangerous or potentially risky situations. They were informed of their legal rights in regards to self-defence and assault specifically, which was very enlightening for many of them.

As well as this, they had the opportunity to engage in and practice physical techniques to protect themselves in a threatening situation. The young women really enjoyed the session, found it very useful, and, as a result, feel more confident. Some comments from the young women demonstrate their enjoyment, “*I enjoyed it very much and I intend to attend more lessons*”. Another young woman described the class as “*really really really good help and information – Fun!*”

Thank you again for your energy and effort, and please contact me again if you are able to secure further funding for this well-deserved and much needed service.

Yours sincerely”

Ciara McDonnell, Young Women’s Worker