



# **PANDEMIC NO MORE: OVERCOMING GENDER-BASED VIOLENCE, EXCLUSION AND MENTAL HEALTH CHALLENGES**

January 24, 25 2022



[www.rj4all.info/2022](http://www.rj4all.info/2022)

# **RJ4LL INFORMATION PACK**



## **LOCATION**

THE HONOURABLE SOCIETY OF THE MIDDLE TEMPLE, THE  
TREASURY OFFICE, ASHLEY BUILDING, MIDDLE TEMPLE  
LANE, LONDON EC4Y 9BT

## **HOST**

RESTORATIVE JUSTICE FOR ALL INTERNATIONAL INSTITUTE

## **DATE**

24<sup>TH</sup> AND 25<sup>TH</sup> OF JANUARY 2022

## **TIMES**

09:00AM – 16:00PM

## THE HONOURABLE SOCIETY OF THE MIDDLE TEMPLE

The Inn's estate on the banks of the Thames was provided by Letters Patent to 'The Honourable Society of the Middle Temple' in 1608 on condition that it would always be used for the joint objectives of educating and accommodating those practising or training in the Law. The Temple Church is among the oldest and most beautiful churches in London. It was built by the Knights Templar, an order of crusading monks founded in 1118 to protect pilgrims to the Holy Land.



### HOW TO GET TO THE VENUE

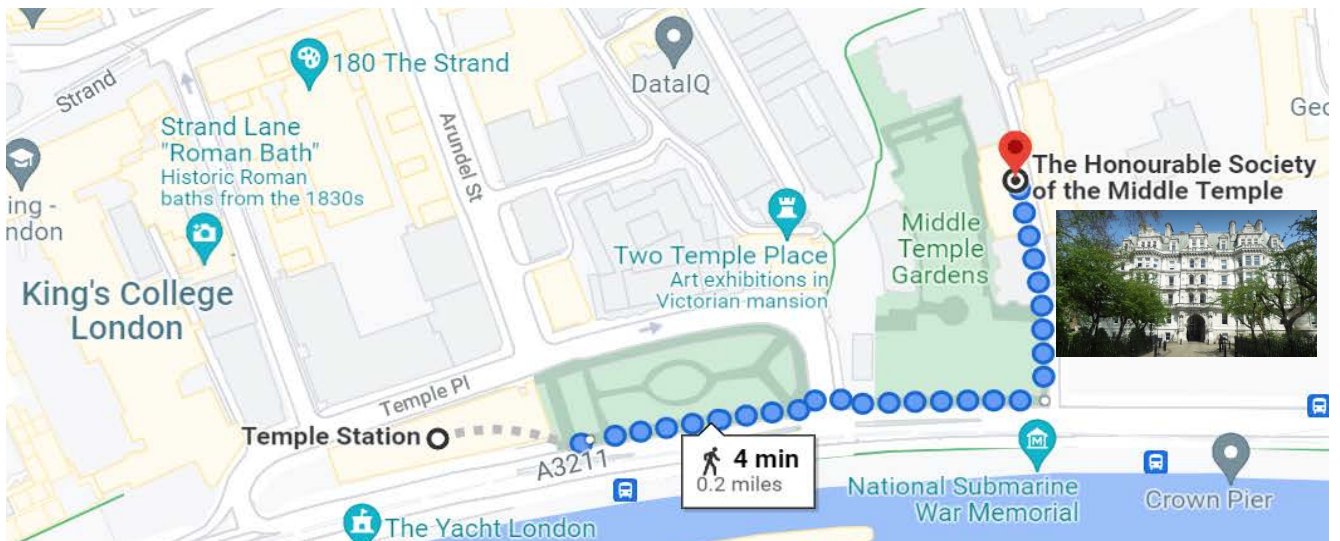
**By Rail/Tube:** The venue is approximately 4 minutes walk from Temple underground station (Circle and District lines).

**By Bus:** Buses 4,15,23, 26, 76 and 341. Alight at the stop closest to the Royal Courts of Justice in Strand.

**By Boat:** Blackfriars Millenium Pier is on Victoria Embankment, between Blackfriars Bridge and Middle Temple.

**Vehicle:** Vehicle access is via Tudor Street only. Vehicles must exit onto the Embankment (left turn only) between 6am and 8pm on weekdays and there is no parking in Middle Temple on weekdays.





## RJ4ALL CONTACT DETAILS

Office Mobile: +44 (0)7708758600

Email: [admin@rj4ll.org](mailto:admin@rj4ll.org)





## NEAREST AIRPORTS

**GATWICK AIRPORT** - is located 28 miles south of London

### Trains

The Gatwick Express is a direct train service into central London. Trains run every 15 minutes between Gatwick Airport's South Terminal and London Victoria Station every day from 5am to 12.30am. The journey time is 30 minutes and the service is non-stop to Victoria station.

Thameslink provides direct trains from Gatwick Airport to Blackfriars, City Thameslink, Farringdon and St Pancras International that leave four times an hour.

Tickets for Gatwick Express £19.90 and Southern and Thameslink are from £10-17.30. For better prices it is best to buy all tickets in advance online at [www.gatwickexpress.com](http://www.gatwickexpress.com) , [www.thameslinkrailway.com](http://www.thameslinkrailway.com) and [www.southernrailway.com](http://www.southernrailway.com)

### Coach

National Express goes to London Victoria amongst other locations to London from £7 single and takes about two hours. Tickets, prices and times can be found online on [www.nationalexpress.com](http://www.nationalexpress.com)

**Taxi** £60-90. Use an authorised black taxi or minicab and confirm prices before departing. Uber is also an option you might use.

**HEATHROW AIRPORT** - is located 20 miles west of London

### Trains

Heathrow Express train is the fastest way to travel into central London. The journey to London Paddington takes about 15 to 20 minutes. Trains to London leave Heathrow Airport from approximately 5am until 12am. It costs £22 single, to book online go to [www.heathrowexpress.com](http://www.heathrowexpress.com)

TfL services run from London Paddington, calling at Ealing Broadway, West Ealing, Hanwell, Southall, Hayes & Harlington and Heathrow Central (Terminals 2, 3, and 4). For Terminal 5, there's a free train transfer service from Heathrow Central.

The TfL Rail journey time is about 25 minutes from Paddington to Heathrow Central. You can use pay as you go Oyster, contactless or train tickets. A single fare is about £3.10 depending on the time you got it and the zones you go through. For all transport information including getting an oyster card, journey planner and fares go to [www.tfl.gov.uk](http://www.tfl.gov.uk)

### Coach

National Express runs frequent coach services between Heathrow's central bus station and Victoria Coach Station. The journey takes between 40 and 90 minutes, depending on the route. Some services stop en route in Hammersmith or Earl's Court. Services from Heathrow commence at approximately 4.20am and run until 10.20pm. It costs from £6 single, you can book online [www.nationalexpress.com](http://www.nationalexpress.com)

**Taxi** £60-90. Use an authorised black taxi or minicab driver and confirm prices before departing. Uber is also an option you might use





**LUTON AIRPORT** - is located north west of London

### Trains

There are frequent trains to London from Luton Airport Parkway train station. A regular shuttle bus links the airport to Luton Airport Parkway train station in around 10 minutes.

Thameslink operate direct trains to London Bridge, Blackfriars, City Thameslink, Farringdon and St Pancras International. There are six trains leaving every hour and trains once an hour through the night. The journey to London from Luton Airport, including the bus transfer, is roughly 40 minutes.

You can buy return train tickets if you're also planning to get the train to Luton Airport at the end of your trip. A single ticket is about £16.20 from Luton Airport, that includes the shuttle bus price, or it can be paid separately. For all prices, times and tickets go to [www.trainline.com](http://www.trainline.com)

### Coach

National Express services depart from bays 4, 5, 6 and 10 outside the airport terminal. There are 75 services between Luton Airport and central London every day. The journey time is roughly one hour and 15 minutes. Pick-up and drop-off points in central London are: Finchley Road, St John's Wood, Marylebone, Portman Square, Golders Green, Victoria Rail Station and Victoria Coach Station. A single ticket is from £9 on [www.nationalexpress.com](http://www.nationalexpress.com)

**Taxi** - £50-60. Use an authorised black taxi or minicab and check prices before departing. Uber is also an option you might use.

**STANSTEAD AIRPORT** - is located north east of London

Trains Stansted Express is the quickest way into Central London. Trains depart from the train station, which is located directly below the airport terminal, every 15 minutes. The journey time to London Liverpool Street is 47 minutes and 36 minutes to Tottenham Hale (to connect to Stratford and the London Underground Victoria Line for the West End). Train services from the airport run at 00,15, 30 and 45 minutes past the hour, with services operating from 5.30 through to 12.30 in the evening. A single fare is £19.90, but prices can vary. To book go to [www.stansteadexpress.com](http://www.stansteadexpress.com)

### Coach

National Express operates a 24-hour service to Victoria Coach Station with stops at Golders Green, Finchley Road, St John's Wood, Baker Street and Marble Arch. A second service stops at Liverpool Street via Stratford, Whitechapel, Shoreditch, Bethnal Green, Mile End and Bow. There are several coaches an hour during the day. Prices start from £8 (plus £1 booking fee) for a single ticket. To book a ticket go to [www.nationalexpress.com](http://www.nationalexpress.com)

**Taxi** - £40-50. Use an authorised black taxi or minicab and check prices before departing. Uber is also an option you might use.

### EUROSTAR TRAIN

All trains are direct from Paris, Brussels, Lille, Amsterdam, Rotterdam, as well as our connecting destinations in France, Belgium, the Netherlands and Germany, with an easy change in either Paris, Lille or Brussels. This option is more expensive and prices vary a lot depending on your departure destination and time, but it is hassle free and you arrive at the city centre at St Pancras International. To book your ticket go to [www.eurostar.com](http://www.eurostar.com)

## ACCOMODATION RECOMMENDATIONS

<b>High End</b>	<ul style="list-style-type: none"> <li>• Montcalm Royal London House – Barbican <a href="http://www.montcalmroyallondoncity.co.uk">www.montcalmroyallondoncity.co.uk</a></li> <li>• Tower Suites by Blue Orchid - Tower of London <a href="http://www.blueorchid.com">www.blueorchid.com</a></li> <li>• The Barbican Rooms <a href="http://www.barbicanroomslondon.co.uk">www.barbicanroomslondon.co.uk</a></li> <li>• The Resident Covent Garden <a href="http://www.residenthotels.com">www.residenthotels.com</a></li> <li>• Leonardo Royal Hotel - Tower Bridge <a href="http://www.leonardo-hotels.com">www.leonardo-hotels.com</a></li> </ul>
<b>Mid - Range</b>	<ul style="list-style-type: none"> <li>• Great St Helen Hotel - Liverpool St <a href="http://www.crowngroupofhotels.com">www.crowngroupofhotels.com</a></li> <li>• Premier Inn – Blackfriars <a href="http://www.premierinn.com">www.premierinn.com</a></li> <li>• Travelodge - Liverpool St <a href="http://www.travelodge.co.uk">www.travelodge.co.uk</a></li> <li>• The Z Hotel City – Temple <a href="http://www.thezhotels.com">www.thezhotels.com</a></li> <li>• Point A Hotel – Westminster <a href="http://www.pointahotels.com">www.pointahotels.com</a></li> </ul>
<b>Low End</b>	<ul style="list-style-type: none"> <li>• Selina – Camden <a href="http://www.selina.com">www.selina.com</a></li> <li>• YHA London Oxford St <a href="http://www.yha.org.uk">www.yha.org.uk</a></li> <li>• St.Christopher’s Inn - Liverpool St <a href="http://www.st-christophers.co.uk">www.st-christophers.co.uk</a></li> <li>• Astor - Hyde Park <a href="http://www.astorhostels.com">www.astorhostels.com</a></li> <li>• Smart Hostel - Russell Square <a href="http://www.smarthostels.com">www.smarthostels.com</a></li> </ul>
<p>Alternatively, please check the followings for more options at <a href="http://www.airbnb.co.uk">www.airbnb.co.uk</a> or <a href="http://www.hostelworld.com">www.hostelworld.com</a></p>	
<b>Other needs</b>	<p>Please do contact us 😊 <a href="mailto:admin@rj4all.org">admin@rj4all.org</a> Mobile: 07708758600</p>

## ABOUT LONDON

London city is the capital of the United Kingdom. It is among the oldest of the world's great cities, its history spanning nearly two millennia and one of the most cosmopolitan. By far Britain's largest metropolis, it is also the country's economic, transportation, and cultural centre. London is situated in southeastern England, lying astride the River Thames some 50 miles (80 km) upstream from its estuary on the North Sea. The population including Greater London is 8,173,947. Modern London has the equable climate of South East England, with mild winters and temperate summers. The average daytime air temperature is 52 °F (11 °C), with 42 °F (5.5 °C) in January and 65 °F (18 °C) in July.

## TOP 5 PLACES TO VISIT IN LONDON

### 1. LONDON EYE



Gain admission to one of London's top attractions by booking your London Eye ticket in advance. <https://www.londoneye.com/tickets-and-prices/> The Lastminute.com London Eye reaches a height of 443 feet (135 meters), and when riding in the large, air-conditioned capsule, you get clear views of landmarks including Big Ben, St. Paul's Cathedral, and Buckingham Palace. Your ticket includes entrance to the companion 4D Cinema Experience.

### 2. SOUTH BANK





South Bank is a beautiful riverside stretch at the heart of Central London. From theatre, exhibitions, free events, concerts, shopping, drinking and dining, South Bank offers something for everyone. It is a great stretch to walk and observe some fantastic views. To check out what is on at the moment go to <https://southbanklondon.com/>

### 3. BRITISH MUSEUM



Founded in 1753, the British Museum in Bloomsbury has a collection covering two million years of history. Showcasing human knowledge in all forms, it was the world's first public museum of its kind and attracts more than six million visitors each year. The British Museum is **free** to enter and includes access to its permanent galleries. Special exhibitions usually require a fee. Although this attraction is free to visit, you must book a timed entry ticket in advance. For more information go to [www.britishmuseum.org](http://www.britishmuseum.org)

### 4. HARRODS



Make sure to plan a trip to the iconic department store for more than 160 years in London Knightsbridge for luxurious fashion brands, souvenirs and its huge food hall. [www.harrods.com](http://www.harrods.com)

### 5. CHANGING THE GUARD AT BUCKINGHAM PALACE





Watch the Changing the Guard at Buckingham Palace, a striking display of British pageantry, when the New Guard takes over from the Old Guard, don't miss one of the most iconic **free** events in London. The Buckingham Palace gates and the steps of the Victoria Memorial just opposite are two of the best spots to watch Changing the Guard. It is on certain days from 10.45am and lasts around 45 minutes, with the actual handover taking place at 11am. <https://www.rct.uk/visit/buckingham-palace>

## COVID REGULATIONS

This is the UK governments guidelines <https://www.gov.uk/guidance/travel-to-england-from-another-country-during-coronavirus-covid-19>

We have just the usual restrictions (masks on public transportation and shops, restaurants vary depending on the individual).

In the city, if you do not have any symptoms you can get a rapid lateral flow test from a pharmacy using a code <https://test-for-coronavirus.service.gov.uk/collect-lateral-flow-kits>

If you have symptoms, you will need to get a free PCR test and isolate <https://www.gov.uk/get-coronavirus-test>



## ABOUT RJ4ALL

The Restorative Justice for All International Institute (RJ4All) is a charitable, user-led NGO with a mission to address poverty and advance community cohesion and human rights.

We redistribute power in a more equal way by delivering social justice and poverty relief projects, educational programmes, intercultural dialogue, internships and high quality volunteering opportunities to the most marginalised groups of society.

We do this by using the power of education, sports and art, as well as the practices and values of restorative justice including power sharing, fairness, equality, dignity and respect.

Since COVID19, we prioritized poverty relief and wellbeing projects, focusing on making a change locally and by prioritizing services for groups who are faced with extra challenges. These local services are provided from the [RJ4All Rotherhithe Community Centre](#), which has become a hub of community empowerment and cohesion. It offers a [food-bank](#), a community fridge, free sport classes, a community library, COVID19 tests and educational workshops to children, young people and professionals. It is also a safe place for anyone who wants to pop in for a coffee, use our facilities or just chat with our interns, volunteers and team.

*We achieve our charitable aims by:*

- Carrying out [educational projects and information campaigns](#) in the interest of children and young people, communities, victims and marginalised groups.
- Providing certified and accredited [e-courses](#) and [training programmes](#) to professionals and young people.
- Providing [internships and high quality volunteering opportunities](#) to young people, marginalised groups and those at risk of being affected by crime.
- Providing sports, art and cultural workshops to children, young people and their families
- Bringing harmed parties together through restorative justice to negotiate solutions and restore the harm that they experienced.
- Increasing public awareness of restorative justice, human rights and inter-cultural dialogue.
- Carrying out [evaluations](#) and research on restorative justice, social justice and equality programmes.
- Building bridges between communities and the powerful.
- Acting as a learning network between practitioners, researchers, policy makers and users of the justice system
- Increasing knowledge and pushing the boundaries of restorative justice especially in contested areas of practice.
- Making restorative justice more accessible to young people, junior researchers, students, practitioners, policy makers, the public and the media.
- Influencing international, regional and local policy, legislation and practice.
- Providing expert, tailored and independent advice on social justice matters.



## LOCATION

The RJ4All Rotherhithe Community Centre, 30 Plough Way London SE16 2LJ,  
UK | [admin@rj4all.org](mailto:admin@rj4all.org) | @RJforall | +44(0)7708758600 or +44(0) 2072371813 | FB: [/RJforAll/](#) | [Youtube](#)

### How to find us!

Address: 30 Plough Way, London, SE16 2LJ

