Crisis Skylight

**SPRING AHEAD**

**COURSES AT CRISIS TO TAKE YOU FORWARDS**

**Spring timetable**
Monday 14 April to Sunday 22 June 2014

Classes, activities and services for homeless people.
What a feeling, I could actually close a door behind me and call it home.

Caron’s Story...

“I was homeless, stressed, my spirits were low. I was staying in a hostel, sharing a room with strangers. I was referred to Crisis and within two weeks they found me a bedsit. It gave me a new lease of life. What a feeling, I could actually close a door behind me and call it home.”

“I went to the wellbeing sessions at Crisis – the coaches really listen, they get it. Now I always tell people, “take advantage of the well-being sessions!”

“I’m volunteering in the Crisis housing team now, they help people coming off the streets with how to cope. I’m looking forward to a better tomorrow. I’ve soaked up loads of knowledge – so I can help the next ‘me’ that comes through the door.”

How to get our help
To become a Crisis Skylight member, come to Crisis Skylight reception, 66 Commercial Street (near ChristChurch Spitalfields – see map on the back of this leaflet) at 3pm, any day from Monday to Friday. We will show you around and tell you more about how we can help you. Then you can decide which sessions and activities to try out.

Enrolling for classes leading to a qualification:
Some of our classes lead to qualifications. You can enrol for these between Monday 7 April and Friday 11 April, any time from 10am to 4pm.

If you would like to join one of these courses after term has begun, speak to a member of our reception team. They can tell you how to find out if there is still space in the class.

Sign up as a member (any weekday, 3pm at Crisis Skylight) and take it from there!

Opening hours:
Monday to Thursday: 9am-7pm
Friday: 9am-6pm
Saturday and Sunday: 11am-5pm

Useful contacts
Ask at Crisis Skylight reception to speak to one of our team managers:

Progression Team - Tom McCormack
Or contact him on 020 7426 5655 / thomas.mccormack@crisis.org.uk.

Women’s Zone - Anna Thomas
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Mental health and wellbeing - Amelia Parkinson
Or contact her on 020 7426 5684 / amelia.parkinson@crisis.org.uk.

If you have any questions, or would like more information about any of our activities or services, just speak to a member of our friendly reception team. Or you can call 0300 636 1967.

What we offer
Doing something you enjoy every day will give you something to look forward to and get you into a positive routine. We run over 100 workshops, classes and drop-ins sessions every week, including:

- arts and crafts
- English
- book club
- film
- cooking
- gardening
- IT
- creative writing
- karate
- maths
- painting
- ping pong
- photography
- puppetry
- script writing
- yoga

When and where?
Open this leaflet out – the timetable’s on the inside. We run weekend classes too.

But how can Crisis help me?
We know that everyone is different. That’s why, as well as attending our classes and sessions, you could also work one-to-one with a member of our team. They are here to listen to your hopes and needs, guide and motivate you, until you get to where you want to be.

- Our Progression Coaches can give you advice and guidance on education, training, volunteering and housing.
- Our Women’s Progression Coach offers specialist advice and guidance for women.
- Our Mental Health & Wellbeing service includes a weekly mental health drop-in session, counselling and support.
- When you have been with us for a while you could work with a Job Coach who will support you to find work.
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How to find Crisis Skylight

Crisis Skylight
66 Commercial Street
London E1 6LT
Tel: 0300 636 1967
www.crisis.org.uk/london

Registered Charity Numbers:
E&W1082947, SC040094.
<table>
<thead>
<tr>
<th>THIRD FLOOR</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Performing arts room 1</td>
<td>Songwriting with Chris 9 – 8pm</td>
<td>Fashion and Dressmaking enrol with Anna Thomas W 10:30am – 2:30pm</td>
<td>Literacy Entry 2 / 3 with Annette 10am – 12:30pm</td>
<td>Group Learning Support with Nahid 10am – 12:30pm Referral only</td>
<td>Literacy Entry 2 / 3 with Annette 10am – 12:30pm</td>
<td>Puppetry with Zoolo 1 – 5pm</td>
<td>ESOL E1 with Nahid 11am – 3pm</td>
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<td>Creative thinking with Paddy, 3 – 5pm</td>
<td>Shakespeare with Pete Searles 5 – 8pm</td>
<td>Shakespeare with Pete Searles 5 – 8pm</td>
<td>Forum Theatre with Cardboard Citizens 5 – 8pm</td>
<td>Street Opera 5.15 – 7.15pm</td>
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<tr>
<td>Studio</td>
<td>Singing with Liv Squeaky Gate 2 – 4pm</td>
<td>Zumba 12:30 – 1:30pm</td>
<td>Pilates with Eleri 12:30 – 2:30pm</td>
<td>Your Mind Matters Mindfulness 12:30 – 2.00pm 17 April to 29 May</td>
<td>Women’s Running Fitness group 12:30 – 1:30pm W</td>
<td>Yoga with Markus 11am – 12.30pm</td>
<td>Yoga with Mal 1 – 3pm Please speak to tutor before joining class</td>
</tr>
<tr>
<td>Learning space 1</td>
<td>ESOL Level 1 with International House 10am – 12.30pm</td>
<td>ESOL Level 1 with International House 10am – 12.30pm</td>
<td>Group Learning Support with Nahid 10am – 12:30pm Referral only</td>
<td>IELTS ESOL with International House 10.00am – 1:30pm W</td>
<td>ESOL Basic Literacy with Nahid 10am – 12:30pm Referral only</td>
<td>Food Safety level 2 with Nahid 11 – 3pm</td>
<td>Food Safety level 2 with Mal 1 – 3pm</td>
</tr>
<tr>
<td>Learning space 2</td>
<td>ESOL Pre Entry with Rust 10am – 12.30pm</td>
<td>ESOL Pre Entry with Rust 10am – 12.30pm</td>
<td>ESOL Pre Entry with Rust 10am – 12.30pm</td>
<td>ESOL Pre Entry with Rust 10am – 12.30pm</td>
<td>ESOL for Employability Entry 1 with Jagtar 11am – 3pm</td>
<td>ESOL for Employability Entry 1 with Jagtar 11am – 3pm</td>
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<tr>
<td>Computer area 1</td>
<td>Digital Numeracy with Annette 10am-12.30pm</td>
<td>Digital Numeracy with Annette 10am-12.30pm</td>
<td>Digital Numeracy with Rust 10am – 12.30pm</td>
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<td>Digital Skills with Jagtar 10am – 12.30pm</td>
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<tr>
<td>Computer area 2</td>
<td>Beginners IT with Alex 10am – 12.30pm</td>
<td>Beginners IT with Alex 10am – 12.30pm</td>
<td>Word with Alex 10am – 4pm</td>
<td>PowerPoint with Alex 10am – 4pm</td>
<td>Microsoft Excel with Alex 10am – 12.30pm</td>
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<tr>
<td>Activity Room (First Floor)</td>
<td>ESOL Beginners Book Club with Fabiana 2 – 4pm</td>
<td>English, Maths and IT, with Annette 2 – 4pm</td>
<td>Digital Numeracy with Patricia, 4 – 6pm</td>
<td>Excel with Molly 1:30 – 4pm</td>
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**BASEMENT**

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<thead>
<tr>
<th>Meeting room</th>
<th>Opticians Service with Vision Care 2 – 5pm</th>
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<tr>
<th>Room 1</th>
<th>Creative writing with Jeff 2 – 6pm</th>
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<tbody>
<tr>
<td>Room 2</td>
<td>Photography with Jeff 2 – 6pm</td>
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<tr>
<td>Room 3</td>
<td>E-Typing with Jagtar 1:30 – 4pm</td>
<td>Advanced Studio Skills 10.30am – 1:30pm W</td>
<td>Web design and Blogging with Yolanda 2 – 6pm</td>
<td>Writing about the Self with Ronnie 2 – 5pm</td>
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**EXTERNAL CLASSES**

- Reading and writing
- ESOL (English as a second language)
- Life skills
- Social events
- Leads to a qualification
- Numbers
- Learning support
- Visual arts
- Crisis Employment Services
- Women only
- Computer skills
- Health and wellbeing
- Performing arts

**KEY:**

- Reading and writing
- ESOL (English as a second language)
- Life skills
- Social events
- Leads to a qualification
- Numbers
- Learning support
- Visual arts
- Crisis Employment Services
- Women only
- Computer skills
- Health and wellbeing
- Performing arts

**Please note:** You must have experienced homelessness to become a member.