

**Crisis
Skylight
Newcastle**

NEW TERM NEW START

Find out what you can do
at Crisis Skylight this spring
9 January - 31 March

Homelessness ends here

Crisis

Welcome to Crisis Skylight

Crisis Skylight is an award winning and accredited education, training and employment centre, offering practical and creative workshops in a supportive and inspiring environment together with formal learning opportunities that lead to qualifications and can help you to find work.

Get guidance

When you first arrive at Crisis we will give you an induction that tells you all about the courses and the services we offer.

Get advice

You can access professional advice on housing, education and financial matters.

Get creative

You can choose from a wide range of courses including Creative Writing, Drama and Cake Decorating.

Get healthy

You can improve your health and well-being by taking part in classes such as football, meditation, relaxation and yoga.

Get qualifications

Courses leading to qualifications include Literacy, Numeracy, Art, ECDL, ICT Entry 3 and ICT Level 1.

Get skills

Our skills workshops include Car Maintenance and Beauty Therapy.

Get together

Come along to sessions such as Open Film Club and our Men's Group (Turning Point) for social and meaningful activities.

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Information

Term times

The Crisis Skylight terms will run for approximately 11 weeks. Please check the start and end dates of courses of individual courses. Please bear in mind that all courses and activities within this timetable are subject to availability and may change at any time.

Open Afternoon	Wednesday 4 January, 2-4pm
Winter Term	w/c 9 January – w/c 26 March 2012 (12 weeks)
Achievement Awards	w/c 2nd April 2012

Opening hours

Monday to Wednesday	10 am - 7 pm
Thursday and Friday	10 am - 6 pm
Saturday	12 - 5 pm

Information on courses and services

Staff will help you at any time about choosing the right course for you. Regular inductions take place weekly on Wednesday at 1.15 pm in Discovery Space.

Contact us

0191 222 0622 / enquiries.newcastle@crisis.org.uk

Code of conduct

Crisis asks all members to observe and adhere to the following guidelines and standards of behaviour:

- Participate in workshops and have a positive attitude towards learning.
- Treat everyone with equal respect, courtesy and consideration.
- Under no circumstance to display racist or sexist behaviour or language.
- To respect the building and share resources and not take them out of Crisis Skylight.
- To respect confidentiality in a group setting.
- Under no circumstances to possess or be under the influence of alcohol or drugs.
- Under no circumstances to engage in any illegal or offensive activity.
- Under no circumstances to display abusive or aggressive behaviour towards anyone at Crisis.
- Smoking is not permitted anywhere in the building.

If any of these guidelines are ignored, a discussion with a staff member will take place. You may be asked to leave for the day or have your membership suspended.

GET ADVICE

Crisis Skylight Induction

When: Wednesdays, 1.15-2 pm
Where: Discovery Space
Come and find out what's on offer at Crisis Skylight.

Progression Co-ordinator Drop In

When: Mondays and Wednesdays, 2 - 4 pm, Saturdays 12 - 2 pm
Where: Resource Area
Get advice and guidance on achieving your goals and on where to find information on other services, organisations and agencies.

Demolish Your Debt

When: Thursdays, 12 - 4 pm
Where: Time and Space
Starts: 12 January
Finishes: 29 March
Tutor: Graham Brewis
Get free specialised financial advice. Understand about your sources of income and how to manage outgoings and expenditure. You will work towards gaining a qualification in financial literacy to show your understanding. Please speak to a Progression Co-ordinator to make an appointment.

KEY

 Get advice

 Get healthy

 Get creative

 Crisis Women's Zone

 Get skills

 Get qualified

 Crisis Employment Services

Skills Assessment

When: Tuesdays 2 - 3 pm
Where: Future Cyber Space
Starts: 10 January
Finishes: 27 March
Find out your ICT and literacy levels and the right courses for you.

ESOL Initial Assessments

When: Friday, 12 - 1.30 pm
Where: Discovery Space
Starts: 13 January
Finishes: 30 March
Find out your English level and get information about the centre, courses you can do and information about other services in the area.

Your Homes Newcastle Housing advice and support

When: The second and last Tuesday of every month.
Where: Time and Space
Get information, advice and guidance on housing issues from Your Homes Newcastle.

GET CREATIVE

Craft Fest

When: Mondays 2-4pm

Where: Studio Space

Starts: 9 January

Finishes: End of February

Tutor: Jen Pearce

Produce and design a range of unusual decorations. Explore traditional techniques to create a host of craft based pieces.

Pins and Needles

When: Thursdays 3.30-5.30pm

Where: Studio Space

Starts: 12 January

Finishes: End of February

Tutor: Jen Pearce

We will be working on handmade textile projects, making products that are both attractive and useful. Come along and produce your own accessories and soft furnishings using a range of textiles techniques

Art Projects

When: Tuesdays 3.30 - 5.30pm

Where: Studio Space

Starts: 10 January

Finishes: 27 March

Tutor: Louise Parker

Work creatively on the centre's art projects in the art studio. Create a range of pieces to display in future exhibitions.

Sculpture

When: Thursdays 2-4pm

Where: Workshop 1

Starts: 12 January

Finishes: 29 March

Tutor: Rachel Pittam

Learn and participate in a range of different sculpting techniques with our Sculpture in residence Rachel. Develop your own three-dimensional work in group and self motivated projects. Work towards putting on an exhibition.

Member Newsletter

When: Tuesdays 12-2pm

Where: Future Cyber Space

Starts: 10 January

Finishes: 28 March

Have your say in Crisis Skylight Newcastle's newsletter.

Cake Decorating - Sugar Flowers

When: Wednesdays 12-2pm

Where: Studio Space

Starts: 11 January

Finishes: 28 March

Tutor: Malcolm Pittam

Learn the art of sugar flowers in this professional cake decorating class.

Creative Writing

When: Fridays 3.30-5.30

Where: Discovery Space

Starts: 13 January

Finishes: 30 March

Tutor: John Seymour

Learn to express yourself through writing. Use your imagination to create stories with a published author.

Drama Group

When: Wednesdays 10am-12 noon

Where: Inner Space

Starts: 11 January

Finishes: 28 March

Tutor: Talia Mason/Kev Whittaker

Build your confidence and self esteem by taking part in our very own productions. Be behind the scene or take on a role. New for 2012 is our first ever Murder Mystery event.

Script Writing

When: Wednesdays 12 - 1 pm

Where: Discovery Space

Starts: 11 January

Finishes: 28 March

Tutor: Talia Mason/Kev Whittaker/Harriot

Improve your writing and communication skills over the term by developing a series of short scripts to be performed by the Crisis Drama group.

(Limited spaces available)

Sing-foia

When: Fridays 4-6

Where: Inner Space

Starts: 3 February

Finishes: 30 March

Tutor: Beryl Van Niekerk

Join in with the Crisis singing group. Develop your self-confidence, interact with others and express yourself using vocal chords.

Everyone welcome

KEY

 Get advice

 Get healthy

 Get creative

 Crisis Women's Zone

 Get skills

 Get qualified

 Crisis Employment Services

GET HEALTHY

Meditation, Massage and Relaxation

When: Tuesdays 1-3pm

Where: Inner Space

Starts: 10 January

Finishes: 27 March

Tutor: Sayuri Naruse

Learn relaxation techniques such as deep breathing, visualization and meditation to release stress and reach a state of calm. Boost your inner well being by learning head and hand massage techniques.

Dru Yoga

When: Tuesdays 3-5pm

Where: Inner Space

Starts: 11 January

Finishes: 27 March

Tutor: Marcia Ash

Improve your strength and flexibility. Build a heightened feeling of positivity and rejuvenate your whole being. Dru Yoga is designed to be practised by people of all abilities, all fitness levels and all age groups.

Football

When: Wednesdays 1.30-4.30pm

Where: External

Starts: 11 January

Finishes: 28 March

Tutor: Barry Henderson

Play football and join our award

winning team. This term we've joined forces with Turning Point to train and compete. Transport available to Pitz training facilities, Gateshead. Meet at Crisis 1.30pm. Training runs from 2-4pm. Drop back off at centre for 4.30pm. Please bring appropriate footwear and clothing.

Body Core Fitness

When: Thursdays 3-5pm and

Saturdays 12-2pm

Where: Inner Space

Starts: 12 January

Finishes: 31 March

Tutor: Barry Henderson

Enjoy this fitness and stretch class just right for you. Barry will take you through a series of warm up, cardio and warm down exercises.

All abilities welcome. Get fit for 2012!

Mental Health Drop-In

When: Mondays 2-4pm

Where: Time & Space (Quiet Room)

Starts: 9 January

Finishes: 26 March

Facilitator: Kate Upshall Davis

The Mental Health Coordinator is available to provide information, advice and guidance on mental health and emotional wellbeing, and information about the Mental Health Service available at Crisis Skylight. No appointment required.

Mental Health Workshop

When: Wednesday 3-5pm

Where: Discovery Space

Starts: 11 January

Finishes: 28 March

Facilitator: Kate Upshall Davis

Throughout the year we will be running a range of workshops on skills and strategies to help you get more out of life. Topics will include; assertiveness, anger management, self-esteem, decision-making, memory, etc. We will also be inviting visiting speakers to deliver presentations on a range of topics. Keep an eye on the Mental Health noticeboard in the Resources Area for details of the programme, or ask the Mental Health Coordinator.

Not on every week. Everyone welcome

GET QUALIFIED

Digital Imaging & Photography

When: Wednesdays 10am-12noon and 2-4pm

Workshop Fridays 2-4pm

Where: Workshop 1 (10-12) and

Future Cyber Space (2-4pm)

Starts: 11 and 13 January

Finishes: 28 and 30 March

Tutor: Andrew McCormick

Develop your ideas using digital imaging and photography. Produce a portfolio of projects using different techniques.

Creative Craft using Cake Decorating (Sugar Flowers)

When: Tuesdays 1-3pm

Where: Studio Space

Starts: 10 January

Finishes: 27 March

Tutor: Malcolm Pittam

Develop your technical skills and creativity in cake decorating. Develop a portfolio of work in cake decoration and gain a qualification.

KEY



Get advice



Get healthy



Get creative



Crisis Women's
Zone



Get skills



Get qualified



Crisis Employment
Services

Literacy Zone

When: Tuesday 3-5pm

Where: Discovery Space

Starts: 10 January

Finishes: 27 March

Tutor: Tracey Peto

This session is designed to help you progress with all aspects of literacy at Levels 1 and 2. You will learn how to develop your speaking, listening, reading, writing and grammar. There will also be opportunities to take Mock Tests followed by National Test Literacy qualifications at the level that is right for you.

Exploring Colour

When: Fridays 2.30-5.30

Where: Studio Space

Starts: 13 January

Finishes: 30 March

Tutor: Louise Parker

During this course you will have the opportunity to explore many aspects of colour, including mixing and using colour effectively, investigating how artists have used colour to create particular effects and how colour can express mood and emotion. Everyone is welcome; come and unleash your own colour explosion.

Brush Up Your Maths

When: Mondays 4-6pm

Where: Discovery Space

Starts: 9 January

Finishes: 26 March

Tutor: Ken Hughes

This session is designed to help you progress with all aspects of numeracy at all levels. There will also be opportunities to take Mock Tests followed by National Test Numeracy qualifications at the level that is right for you.

ICT Skills for Life

When: Mondays 1-4pm and Wednesdays 4-6

Where: Future Cyber Space

Starts: 9 and 11 January

Finishes: 26 and 28 March

Tutor: Andrew McCormick

Learn the basics of using a computer in ten weeks. Suitable for absolute beginners, you will be able to progress from switching a computer on, to sending an email and to being ready to start ICT Entry 3. Extra support with language is available in this session. You will need to have a Skills Assessment before joining the course.

ICT Entry Level 3

When: Tuesdays 3.30-5.30pm and Thursdays 10.30am-12.30pm

Where: Future Cyber Space

Starts: 10 January

Finishes: 27 March

Tutor: Judith Lillie

Develop your practical skills and confidence in using a range of software packages. This course is suitable for people who are new to using a computer and the internet. Work at your own pace to gain a qualification and progress into further ICT courses. You will need to have a Skills Assessment before joining the course.

Webwise

When: Fridays 12-2pm

Where: Future Cyber Space

Starts: 13 January

Finishes: 30 March

Tutor: Judith Lillie

Get wise to using the web with this interactive online BBC course. Work at your own pace and be guided step by step to mastering the internet. Units include internet safety and using email. You will need to have a Skills Assessment before joining the course.

ICT Level 1

When: Thursdays 4-6pm and Fridays 10am-1pm

Where: Future Cyber Space

Starts: 12 January

Finishes: 30 March

Tutor: Judith Lillie

Gain a recognised New CLAIT qualification. Become competent in computing and develop good ICT skills using the latest equipment and software packages. You will need to have a Skills Assessment before starting the course.

Get Online

When: Saturdays 3-5pm

Where: Future Cyber Space

Starts: 14 January

Finishes: 31 March

Tutor: Lisa Douglas

Get online in two weeks and gain a recognised qualification. Use computers to find information on the internet and send and receive emails. Suitable for people new to using the internet.

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ECDL

When: Mondays 10am- 1 pm,
Thursdays 1-4 pm

Where: Future Cyber Space

Tutor: Andrew McCormick

Starts: 9 and 12 January

Finishes: 26 and 29 March

Develop your ICT skills and enhance your career prospects. Gain an internationally recognized qualification at your own pace. You will need to have a Skills Assessment before joining the course.

Art Level 1

When: Wednesdays 2.30- 5.30pm,
Thursdays 1-4 pm,

Fridays 11.30am- 1.30pm

Where: Studio Space

Starts: 11/12/13 January

Finishes: 28/29/30 March

Tutor: Louise Parker and Sharon Fenwick (Wednesdays)

Explore a range of skills and techniques in drawing, painting and printmaking. Work towards your art qualification by working on a variety of themes and ideas.

Food Safety

When: Thursdays 10-12pm

Where: Discovery Space

Starts: 12 January

Finishes: 29 March

Tutor: Dawn Snowball

Get the knowledge you need to work safely and hygienically in hospitality and catering. Improve your employment prospects in hospitality and catering industries by gaining an approved qualification.

Food Safety for ESOL

When: Thursday 4- 6pm

Where: Discovery Space

Starts: 12 January

Finishes: 29 March

Tutor: Wayne Mason

Learn the language and vocabulary you need to work in the food industry. Get ready to take the Level 1 Award Food Safety qualification at the end of the course.

Additional Short Courses

We also offer a range of short 1-2 days courses such as **First Aid, Health & Safety** etc. Please let us know if you are interested and we will sign you up for the next start date.

GET TOGETHER

Men's Group

When: Thursdays 1-3 pm

Where: Inner Space

Starts: 12 January

Finishes: 29 March

Tutor: Richy Cunningham

Come along to this weekly get together, be part of this peer lead group which is facilitated by Richy from Turning Point. Activities include outward bounds, social discussions, fishing trips and organising events. Be involved in fundraising for future activities for the group.

Open Film Club

When: Wednesdays 3-6pm

Where: Inner Space

Starts: 11 January

Finishes: 28 March

Tutor: Andrew Greathead

Watch the best in contemporary and classic films and have discussions in our state of the art mini cinema. Films are regularly introduced in person by world renowned filmmakers such as Ken Loach.

Crisis Employment Services

Job Club

When: Mondays 4-7 pm

Where: Future Cyber Space

Starts: 9 January

Finishes: 26 March

Get help searching for jobs and in sending CVs to employers. Gain support from Progression Coordinators and Volunteers and increase your job prospects.

Career Planning/ Employability Skills

When: Thursdays 12-2pm

Where: Discovery Space

Starts: 19 January

Finishes: 29 March

Get ready for work. Gain skills in career planning and job searching. Learn how to interpret job descriptions and match them to your skills and abilities. Take part in practice interviews and improve your communication skills.

KEY

 Get advice	 Get healthy	 Get creative	 Crisis Women's Zone
 Get skills	 Get qualified	 Crisis Employment Services	

GET SKILLS

Study Skills Support

When: Wednesdays 10-12

Where: Future/Cyber Space

Starts: 18 January

Finishes: 28 March

Tutors: Chris Parker

This session offers support to member volunteers who studying for a Volunteer qualification and for members who are studying portfolio based qualifications in the centre. You will receive support in organising your portfolio of evidence and work through additional tasks set by your tutor in this workshop style session.

PC Support

When: Wednesdays 12 - 2pm

Where: Future/Cyber Space

Starts: 18 January

Finishes: 28 March

Tutors: Chris Parker

Need help registering for social or private housing? Want to bid and apply for properties but don't know how? Come along to this support session where volunteers can assist you with many housing related tasks.

ESOL Beginners

When: Thursday, 2 - 4pm

Where: Discovery Space

Starts: 12 January

Finishes: 29 March

Tutors: Wayne Mason

Practice the four skills of listening, speaking, reading and writing. Improve your knowledge of English grammar and vocabulary. You will need an ESOL initial assessment before joining the course.

Citizenship through ESOL

When: Fridays 10am - 12 noon

Where: Discovery Space

Starts: 13 January

Finishes: 30 March

Tutor: Jill Barnett

Develop your knowledge of life in the UK and your English language skills at the same time. Find out about UK Geography, History, Politics, Education and much more. Crisis Skylight does not offer the Life in the UK test but provides a basis for progressing onto other courses. You will need an ESOL initial assessment before joining the course.

Driving Theory

When: Wednesday 5- 7 pm

Where: Discovery Space

Starts: 11 January

Finishes: 28 March

Tutors: Christine Carruthers and

Wilf Wilson

Develop your language and literacy skills whilst learning driving theory. Learn through animation, interactive testing and speaking activities. Get support from a driving instructor.

Car Maintenance

When: Saturday 2 - 4pm

Where: Workshop 2

Starts: 14 January

Finishes: 24 March

Tutor: Jim Young

Explore motor vehicle technology and learn how to fit tyres, service vehicles and diagnose electrical faults.

Beauty Therapy

When: Wednesdays 12 - 2pm

Where: Inner Space

Starts: 11 January

Finishes: 28 March

Tutor: Julie Elliott

Beauty Therapy for men and women. Learn how to take care of your skin and your appearance. Learn about products and treatments and learn about the theory behind beauty therapy.

Language and Culture Group

When: Saturdays 1 - 4pm

Where: External

Starts: 14 January

Finishes: 31 March

Tutor: Nick Sinclair

Discover and learn about the North East of England and its cultural delights.

Crisis Women's Zone

Beauty Therapy

When: Mondays 10am - 12 noon

Where: Inner Space

Starts: 9 January

Finishes: 26 March

Tutor: Julie Elliot

Get practical experience in learning how to give manicures, facials and other beauty techniques. Learn some of the theory behind beauty therapy.

Food for Thought

When: Tuesdays 10.30 am – 12.30 pm

Where: Inner Space

Starts: 10 January

Finishes: 14 February

Tutor: Pummi Mattu

Are you interested in how our mood affects what we eat, when we eat and how much we eat? If so, come along to the 6 week interactive course.

KEY


 Get advice

 Get healthy

 Get creative

 Crisis Women's Zone

 Get skills

 Get qualified

 Crisis Employment Services

Monday

	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30
3rd floor																						
My Space																						
1st floor																						
Future Cyber Space	ECDL							IT Skills for Life					Job Club									
Inner Space	Women's Zone Beauty Therapy																					
Studio Space							Craft Fest															
Resource Area							Progression Coordinator Drop In															
Ground floor																						
Discovery Space												Brush Up Your Maths										
Time and Space							Mental Health Drop-In															
Basement																						
Workshop 1																						
Workshop 2																						
External																						

KEY

-  Get advice
-  Get healthy
-  Get creative
-  Crisis Women's Zone
-  Get skills
-  Get qualified
-  Crisis Employment Services

Tuesday

	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30
3rd floor																						
My Space																						
1st floor																						
Future Cyber Space				Member Newsletter				Skills Assessments				IT Entry Level 3										
Inner Space							Meditation, Massage and Relaxation				Dru Yoga											
Studio Space							Creative Craft using Cake Decorating				Art Projects											
Resource Area																						
Ground floor																						
Discovery Space	Women's Zone Food for Thought												Literacy Zone									
Time and Space							YHN Housing Advice (the second and last Tuesday of every month)															
Basement																						
Workshop 1																						
Workshop 2																						
External																						

KEY

	Get advice		Get healthy		Get creative		Crisis Women's Zone
	Get skills		Get qualified		Crisis Employment Services		

Wednesday

	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30
3rd floor																						
My Space																						
1st floor																						
Future Cyber Space	Study Skills Support				PC Support				Digital Imaging and Photography				ICT Skills for Life									
Inner Space	Drama Group				Beauty Therapy				Open Film Club													
Studio Space					Cake Decorating - Sugar Flowers				Art Level 1													
Resource Area									Progression Coordinator Drop In													
Ground floor																						
Discovery Space					Script Writing (Drama Grp)		Induction (1.15)		Mental Health Workshop				Driving Theory									
Time and Space																						
Basement																						
Workshop 1	Digital Imaging and Photography																					
Workshop 2																						
External									Football													

KEY

	Get advice		Get healthy		Get creative		Crisis Women's Zone
	Get skills		Get qualified		Crisis Employment Services		

Thursday

	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30		
3rd floor																								
My Space																								
1st floor																								
Future Cyber Space		IT Entry Level 3					ECDL						IT Level 1											
Inner Space							Men's Group			Body Core Fitness														
Studio Space							Art Level 1					Pins and Needles												
Resource Area																								
Ground floor																								
Discovery Space	Food Safety Certificate				Career Planning/Employability Skills			ESOL for Beginners					Food Safety Certificate for ESOL Learners											
Time and Space					Demolish your Debt																			
Basement																								
Workshop 1																								
Workshop 2								Sculpture																
External																								

KEY

 Get advice	 Get healthy	 Get creative	 Crisis Women's Zone
 Get skills	 Get qualified	 Crisis Employment Services	

Friday

	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30				
3rd floor																										
My Space																										
1st floor																										
Future Cyber Space	IT Level 1				WebWise				Digital Imaging & Photography Workshop																	
Inner Space											Sing-fofia															
Studio Space	Art Level 1								Exploring Colour																	
Resource Area																										
Ground floor																										
Discovery Space	Citizenship through ESOL				ESOL Initial Assessments								Creative Writing													
Time and Space																										
Basement																										
Workshop 1																										
Workshop 2																										
External																										

KEY

	Get advice		Get healthy		Get creative		Crisis Women's Zone
	Get skills		Get qualified		Crisis Employment Services		

Saturday

SATURDAY	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	
3rd floor																							
My Space																							
1st floor																							
Future Cyber Space																							
Inner Space																							
Studio Space																							
Resource Area																							
Ground floor																							
Discovery Space																							
Time and Space																							
Basement																							
Workshop 1																							
Workshop 2																							
External																							

KEY

	Get advice		Get healthy		Get creative		Crisis Women's Zone
	Get skills		Get qualified		Crisis Employment Services		

Your personal timetable

	10.00	10.30	11.00	11.30	12 noon	12.30	1.00	1.30	2.00	2.30	3.00	3.30	4.00	4.30	5.00	5.30	6.00	6.30	7.00	7.30	8.00	8.30	
Monday																							
Tuesday																							
Wednesday																							
Thursday																							
Friday																							
Saturday																							
Sunday																							

Advice Afternoon

Wednesday 4 January, 2 - 4 pm



The right steps to take

- o Get one to one advice on the right courses to do in 2012
- o Pick up a copy of our timetable
- o Get information on the services we offer
- o Term starts Monday 9th January 2012

Crisis Skylight Newcastle,
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Newcastle-upon-Tyne,
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How to find us

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