

**Course Descriptions Booklet**

**Winter 2019**

Code of conduct

We want our services to be welcoming and positive and for all members to feel safe and valued when using them. To help create this environment all members are asked to abide by the following:

I will:

* Treat other members, volunteers and staff with respect and courtesy at all times.
* Respect the differences between myself and others and avoid any language or behaviour that might be offensive to others.
* Be on time for classes and appointments and where possible will inform the relevant person if I am going to be absent or delayed for an activity I am expected to attend.
* Take good care of the materials, resources, buildings and environment   
  that I work in.
* Avoid any illegal activity including through the misuse of computers and other equipment.
* Take responsibility for my personal wellbeing and ensure that I am not under the influence of drugs or alcohol while participating in Crisis’ services.

If any breaches of these commitments occur, a discussion will take place with a staff member and you may be asked to leave for the day or a longer period of time. If a member feels that another member is not observing the Code of Conduct they should speak to a Crisis member of staff.

**Mondays**

**How to build a house**

**When**: Mondays, 11am – 2pm

**Where**: Workshop, Basement Room, Computer Room

**With**: Andy & Mark

*Free lunch included*

This session will teach you about how a house is designed and built. Starting with an idea for a house and a drawing, different sessions will help you understand the house building process through to construction and finish.

You’ll learn practical skills including drawing, carpentry, plumbing, environmentally-friendly construction and project management. We’ll focus on ‘community-led housing’ - how groups of citizens are designing and building their own homes.

**Yoga & Meditation**

**When**: Mondays, 11.30am – 1.30pm    
Yoga: 11.30am – 12.45pm    
Meditation: 12.45pm – 1.30pm

**Where**: Loft

**Tutor**: Christina

Yoga offers a very practical and effective way of helping to ease the stress that can build up in everyday life. Yoga helps relax the body and mind. Meditation allows us to develop our awareness of what arises in the mind and to meet it with more compassion. You can come to either the Yoga or Meditation or both.

**Creative Writing**

**When**: Mondays, 12noon – 3pm

**Where**: Garden Room

**Tutor**: Sam

*Free lunch included*

The Creative Writing class allows you to explore your talents as a writer. You might like to write poetry, short stories or scripts. You might like to write a creative diary or your autobiography. We will look at examples of many writing forms and explore how you can best express your ideas. Whether you have already written lots or nothing yet at all, this class aims to release your creative potential.

**Arts & Crafts Drop-in**

**When**: Mondays, 12.30 – 3.30pm

**Where**: Art Room

**Tutor**: Jodie

Come along and create a piece of art. Everything you make you can keep; materials are provided free. All abilities welcome.

**Counselling sessions**

**When**: Mondays, 1pm and 2pm (also Tuesdays, 10am and 11am)

**Where**: Meeting Room

**With**: Fiona from Cruse Bereavement

One to One appointments, sign up through a Coach. Sessions for those who have experienced any form of loss, which could be loss of friendship, loss of addiction, loss of lifestyle, loss of home, miscarriage, or loss of children (removed or adopted).

**Mental Health a Work in Progress**

**When**: Mondays, 3.30 – 5pm

**Where**: Garden Room

**With**: Jac from Luther Street

There will be two 5 week courses: Course one: 7 January – 4 February, Course two: 18 February – 18 March.

The course will feature some psychoeducation components, with emphasis on the group process. Example of topics are:

1. How we are in others’ and in group’s expectations and fears.
2. Ways to explore things we do that help our mental health.
3. Learning to understand out different styles of thought, both positive and negative.
4. Social impact and your identity.
5. Interpersonal skills/styles
6. How to use what we have learnt in our lives.

**Cook & Share**

**When**: Mondays, 4 – 6pm

**Where**: Café

**Tutor**: Jodie

Learn how to cook healthy meals for yourself using good, cheap ingredients. Eat what you make here, or take it away. The menu for each week will be displayed on the notice board in Reception.

**Open Access Computer Drop-in**

**When**: Mondays, 4 – 6pm

**Where**: Computer Room

**Tutor**: Mick

How Open Learning works:

* *You* decide what you want to learn
* Use the computers and the internet for your own learning needs
* Tutor support if needed
* Use for extra practice or to do something new

Just some examples of things you might do:

* put in some extra practice on your IT skills
* find images you need for art, or find out more about a famous painter
* learn to touch-type
* practise for the driving theory test

Tutor support and guidance is on hand to help you find what you need and to reflect on your learning. Tell us what you want and we will do our best to help you find it!

**Exercise & Fitness (Circuit training)**

**When**: Mondays, 5 – 6pm

**Where**: Loft

**Tutor**: Hope

Circuit Training is an excellent, fun way to improve mobility, strength and stamina.  In this class, you will use resistance bands, kettle bells, and body weights to work around a circuit of different exercise stations.  You perform each exercise for a few seconds before moving onto the next. The exercise can be tailored to your fitness level and ability, so you work-out at a suitable level to you - whether you’re a beginner or intermediate.  If you have any health concerns, just inform the tutor before starting the class, so your exercise can be adapted accordingly.

Come sweat it out, re-energise and improve your health & fitness in a fun, enjoyable way.  All levels of fitness and ability welcome!

**Use our WiFi**

SSID: CrisisPublic

Password: Crisis40in2011

**Tuesdays**

**Breakfast Club for people sleeping rough**

**When:** Tuesdays, 9.30 – 11am

**Where:** Computer Room

**With:** Progression Team

Breakfast Club is for people who are currently sleeping rough. It is a friendly space to have breakfast, with access to showers, to IT, and support from a coach.

**Counselling sessions**

**When**: Tuesdays, 10am and 11am (also Mondays, 1pm and 2pm)

**Where**: Garden Room

**Tutor**: Fiona from Cruse Bereavement

One to One appointments, sign up through a Coach. Sessions for those who have experienced any form of loss, which could be loss of friendship, loss of addiction, loss of lifestyle, loss of home, miscarriage, or loss of children (removed or adopted).

**CSCS**

**Health & Safety in Construction**

**When**: Tuesdays, 11am – 1pm

**Where**: Computer Room / Loft

**Tutors**: Mark & Brian

These two courses will help you pass the two tests that you need to get your CSCS Labourer Card (Green Card). This is essential if you want to do any construction or building work.

You will learn about general safety, legal and management, health and welfare, high risk activities and environmental issues in the construction industry.

Join the class any week in the term. When you are up to speed in practice tests on our computers, you will be able to take the:

* CSCS Health, Safety and Environment test - at the local test centre, *and*
* City & Guilds Level 1 Health & Safety in Construction - with us.

After you have passed both, we can phone together to buy your new card.

**Renting Ready**

**When**: Tuesdays 11am - 1pm

**Where**: Garden Room

**With**: Chris, Karyn & Jodie

\*Two 5 week courses: Course one: 8 Jan – 5 Feb, Course two: 19 Feb – 19 March

*Free lunch included*

Renting Ready is a course for anyone either thinking about renting a room or a flat from a private landlord, or who would like to learn more about keeping a tenancy of any sort. It gives you lots of practical tips and useful information to help you to find, and make, a home. The sessions include:

* What landlords are looking for in a tenant
* What to look for when viewing a property
* How Housing Benefit works; what tenancy agreements mean
* How to manage your money and debts
* Where to find cheap furnishings and how to get on with other people in a shared house.

**Art Drop-in**

**When**: Tuesdays, 11.30am – 2.30pm

**Where**: Art Room

**Tutor**: Lucy

This course will be an opportunity for you to explore your creativity in a supportive environment. You will learn to draw, paint and create interesting artworks. You can work on your own projects or follow class lessons. No prior experience needed just come along and have fun!

**English & Maths, One to One appointments**

**When**: Tuesdays, 2pm – 4pm

**Where**: Garden Room

**Tutor**: Brian

* Get one to one help with your English or maths tasks
* Flexible to meet *your* needs
* Come for one session or many
* See Brian to book your time
* Ask Reception if you can’t find him.

(More appointments are available on Wednesday afternoons; please speak to Brian)

**Writing and Acting**

**When:** Tuesdays, 2 – 4.30pm

**Where:** Loft

**Tutor:** Rowan

In this session, we will work on our writing and acting skills. Together we will read and act out scenes from existing plays and write our own scripts. We will also use acting techniques to help us develop our own writing. We will be aiming to develop work suitable for performance.

**English for Speakers of Other Languages (ESOL)**

**When**: Tuesdays, 4 – 6pm

**Where**: Garden Room

**Tutor**: Halima

We will help you with your English for all levels, from simple speaking to writing for a job or having conversations. We can help improve your English to live and work in the UK. If you have a course from another place, we can add to your practice of English. We welcome all nationalities and all levels of English with expert help from a tutor experienced in teaching English for many years to people from many countries.

**Open Access Computer Drop-in**

**When**: Tuesdays, 4 – 6pm

**Where**: Computer Room

**Tutor**: Mark

* *You* decide what you want to learn
* Use the computers and the internet for your own learning needs
* Tutor support if needed
* Use for extra practice or to do something new

Just some examples of things you might do:

* put in some extra practice on your IT skills
* find images you need for art, or find out more about a famous painter
* learn to touch-type
* practise for the driving theory test, or CSCS test

Tutor support and guidance is on hand to help you find what you need and to reflect on your learning. Tell us what you want and we will do our best to help you find it!

**Have your say**

Come along to a

Members’ Coffee Morning (see page 12)

or

put a note in the Suggestions Box

in the Tea Area

**Wednesdays**

**Build-a-Bike**

**When**: Wednesdays, 10am – 1pm

**With**: Kiro

6 week course, 9 January to 13 February

Sign-up at Reception

This course will give you the opportunity to build your own bicycle, but it’s not just about giving away free bikes - you will also gain the skills to keep it running smoothly.  It’s a bicycle mechanics course and build-a-bike scheme in one, at the end of which you will have both your own bicycle that you have overhauled AND a comprehensive knowledge of how a bike works and how to fix your own.

The course is run in partnership with Broken Spoke Bike Coop.

**Computers: Get a Qualification**

**When**: Wednesdays, 1 – 3pm

**Where**: Computer Room

**Tutor**: Mick

This course is for those who are interested in learning the basics of using computers and the internet and would like to gain a City & Guilds accreditation that acknowledges their skills.

You can also work towards the 5 units of the ITQ qualification. This is an internationally recognised course. If you pass an ITQ course it shows employers you can use the main applications on a computer:

• Word Processing Software (Word)

• Spreadsheet Software (Excel)

• Database Software (Access)

• Desktop Publishing Software (Publisher)

• Presentation Software (PowerPoint)

You will be able to work at your own pace in a friendly, relaxed class and there is always a tutor and volunteer on hand to help and support you with your learning.

**English & Maths, One to One appointments**

**When**: Wednesdays, 1pm – 3pm

**Where**: Garden Room

**Tutor**: Brian

* Get one to one help with your English or maths tasks
* Flexible to meet *your* needs
* Come for one session or many
* See Brian to book your time
* Ask Reception if you can’t find him.

(More appointments are available on Tuesday afternoons; please speak to Brian)

**Temporary Sculpture**

**When**: Wednesdays, 1.30 – 3.30pm

**Where**: Art Room

**With**: Katie & Lucy

This course will give you an opportunity to explore materials and have a go at building some temporary sculpture and then photographing it. During the course, you will also learn about different sculptors and various techniques. There will be an opportunity to work independently and as part of a group. This will be a fun course with no experience needed!

**Carpentry**

**When**: Wednesdays, 2.30 – 5.30pm

**Where**: Workshop

**Tutor**: Mark  
The carpentry workshop will help you learn the maintenance and safe use of carpentry tools to make your own project. Come to carpentry and learn how to make things with wood. Think of something that you would really like, nothing too big! Then come along and make it. This can be wood turning, carving or just good old carpentry.

**Film Club**

**When**: Wednesdays, 3.30 – 6pm

**Where**: Loft

**Tutor**: Rowan

*Cinema snacks included*

Enjoy watching great films with other members in a warm and friendly atmosphere. Relax on a beanbag, or a chair, with cinema snacks, a soft drink, a large screen and quadrophonic sound, for the Crisis cinema experience. This term the theme is books, including film adaptations of books ranging from the classics to comics.

**Open Access Computer Drop-in**

**When**: Wednesdays, 4 – 6pm

**Where**: Computer Room

**Tutor**: Mick

* *You* decide what you want to learn
* Use the computers and the internet for your own learning needs
* Tutor support if needed
* Use for extra practice or to do something new

Just some examples of things you might do:

* put in some extra practice on your IT skills
* find images you need for art, or find out more about a famous painter
* learn to touch-type
* practise for the driving theory test, or CSCS test

Tutor support and guidance is on hand to help you find what you need and to reflect on your learning. Tell us what you want and we will do our best to help you find it! You will be able to work at your own pace in a friendly, relaxed class and there is always a tutor and volunteer on hand to help and support you with your learning.

**English & Maths Drop-in**

**When:** Wednesdays, 4 – 6pm

**Where:** Garden Room

**Tutor:** Brian

Drop-in and improve your English *OR* maths skills (or even joint tasks) – *you* choose

* Work at the level and speed that suits you, from Entry Levels up to Level 2
* For English you might work on:
  + important *uses* of English e.g. filling in forms, making a poster, writing a complaining letter, explaining your situation clearly to an official who doesn’t seem to listen, finding out essential information about a job, a product or a journey, etc.
  + short activities to help you improve your writing, spelling, punctuation, etc.
* In maths you could:
  + learn about everyday uses of maths, e.g. how to work out weekly rent as calendar monthly rent, understanding your bank statement (especially if you have an overdraft), comparing different discounts
  + explore maths in art and nature, through patterns and shapes
  + study maths topics such as: measuring, and converting units, fractions, using graphs and charts to show information

Ascentis English and Maths unit exams, at all levels, are available so you can gain qualifications. If you can attend for longer, you may be able to gain wider qualifications such as Functional Skills English or Functional Skills maths.

You could also come to:

* Open Access Computer Drop-ins, e.g. to use interactive maths or English activities on the internet, or use spell checker in Word.
* English & Maths on Fridays
* Creative Writing on Mondays

**Interested in volunteering?**

Ask our Volunteer Coordinator, Natalie Oman, about the   
roles available.

**Thursdays**

**Members’ Coffee Morning**

**When**: Thursdays, 10am – 11am

**Where**: Garden Room

**With**: Natalie & Trish

Members’ Forum, somewhere you can have your say on what’s going on at Crisis and find out how to get more involved.

This will run fortnightly. Dates of the sessions are: 10 & 24 January, 7 & 21 February, 7 & 21 March.

**Computers: Get a Qualification**

**When**: Thursdays, 10.30am – 12.30pm

**Where**: Computer Room

**Tutor**: Mick

This course is for those who are interested in learning the basics of using computers and the internet and would like to gain a City & Guilds accreditation that acknowledges their skills.

You can also work towards the 5 units of the ITQ qualification. This is an internationally recognised course. If you pass an ITQ course it shows employers you can use the main applications on a computer:

• Word Processing Software (Word)

• Spreadsheet Software (Excel)

• Database Software (Access)

• Desktop Publishing Software (Publisher)

• Presentation Software (PowerPoint)

You will be able to work at your own pace in a friendly, relaxed class and there is always a tutor and volunteer on hand to help and support you with your learning.

**Photography**

**When**: Thursdays, 10.30am – 1.30 pm

**Where**: Art Room (Computer Room 12.30 – 1.30pm)

**Tutor**: Jodie

Learn basic photography skills using our DSLR cameras. We will look at the work of different professional photographers, and create images that explore similar techniques and ideas. You will also have the chance to learn some basic editing skills when looking at your work in the IT room each week.

**English for Speakers of Other Languages (ESOL) One to One appointments**

**When**: Thursdays, 12.30 – 2.30pm

**Where**: Garden Room

**Tutor**: Halima

We will help you with your English for all levels, from simple speaking to writing for a job or having conversations. We can help improve your English to live and work in the UK. If you have a course from another place, we can add to your practice of English. We welcome all nationalities and all levels of English with expert help from a tutor experienced in teaching English for many years to people from many countries.

**Open Access Computer Drop-in**

**When**: Thursdays, 1.30 – 3.30pm

**Where**: Computer Room

**Tutor**: Mick

* *You* decide what you want to learn
* Use the computers and the internet for your own learning needs
* Tutor support if needed
* Use for extra practice or to do something new

Just some examples of things you might do:

* put in some extra practice on your IT skills
* find images you need for art, or find out more about a famous painter
* learn to touch-type
* practise for the driving theory test, or CSCS test

Tutor support and guidance is on hand to help you find what you need and to reflect on your learning. Tell us what you want and we will do our best to help you find it!

**Art Drop-in**

**When**: Thursdays, 2 – 5pm

**Where**: Art Room

**Tutor**: Lucy

This course will be an opportunity for you to explore your creativity in a supportive environment. You will learn to draw, paint and create interesting artworks. You can work on your own projects or follow class lessons. No prior experience needed - just come along and have fun!

**English for Speakers of Other Languages (ESOL)**

**When**: Thursdays, 3 – 5pm

**Where**: Garden Room

**Tutor**: Halima

We will help you with your English for all levels, from simple speaking to writing for a job or having conversations. We can help improve your English to live and work in the UK. If you have a course from another place, we can add to your practice of English. We welcome all nationalities and all levels of English with expert help from a tutor experienced in teaching English for many years to people from many countries.

**Fridays**

**Breakfast Club for people sleeping rough**

**When:** Fridays, 9.30 – 11am

**Where:** Computer Room

**Tutor:** Progression Team

Breakfast Club is for people who are currently sleeping rough. It is a friendly space to have breakfast, with access to showers, to IT, and support from a coach.

**Making & Mending**

**When:** Fridays, 10am – 12noon

**Where:** Art Room

**Tutor:** Halima

This is a new class for anyone who would like to make, update and mend clothing and accessories. We will begin by making and updating bags using a variety of techniques and skills including hand stitching, patching, embellishing, textile painting and machine sewing. All materials will be provided, although you are welcome to bring along an old bag of your own to work on if you prefer. No experience necessary.

**English & Maths**

**When**Fridays, 11am – 1pm

**Where**: Garden Room

**Tutor**: Brian

Improve your English *OR* maths skills (or even joint tasks) – *you* choose

* Work at the level and speed that suits you, from Entry Levels up to Level 2
* For English you might work on:
  + important *uses* of English e.g. filling in forms, making a poster, writing a complaining letter explaining your situation clearly to an official who doesn’t seem to listen, finding out essential information about a job, a product or a journey, etc.
  + short activities to help you improve your writing, spelling, punctuation, etc.
* In maths you could:
  + learn about everyday uses of maths, e.g. how to work out weekly rent as calendar monthly rent, understanding your bank statement (especially if you have an overdraft), comparing different discounts
  + explore maths in art and nature, through patterns and shapes
  + study maths topics such as: measuring, and converting units, fractions, using graphs and charts to show information

Ascentis English and maths unit exams, at all levels, are available so you can gain qualifications. If you can attend for longer, you may be able to gain wider qualifications such as Functional Skills English or Functional Skills maths.

You could also come to:

* Open Access Computer Drop-ins, e.g. to use interactive English activities on the internet, or use spell checker in Word.
* English & Maths Drop-in on Wednesdays
* Creative Writing on Mondays

**Open Access Computer Drop-in**

**When**: Fridays, 11am – 1pm

**Where**: Computer Room

**Tutor**: Mick

* *You* decide what you want to learn
* Use the computers and the internet for your own learning needs
* Tutor support if needed
* Use for extra practice or to do something new

Just some examples of things you might do:

* put in some extra practice on your IT skills
* find images you need for art, or find out more about a famous painter
* learn to touch-type
* practise for the driving theory test, or CSCS test

Tutor support and guidance is on hand to help you find what you need and to reflect on your learning. Tell us what you want and we will do our best to help you find it!

**Art Drop-in**

**When:** Fridays, 12.30 – 2.30pm

**Where:** Art Room

**Tutor:** Jodie

This course will be an opportunity for you to explore your creativity in a supportive environment. You will learn to draw, paint and create interesting artworks. You can work on your own projects or follow class lessons. No prior experience needed just come along and have fun!

**Online Quals for Work Drop-in**

**When**: Fridays, 1.30 – 3.30pm

**Where**: Computer Room

**Tutor**: Brian

Take CIEH online courses in these subjects (with approximate study time):

* Introduction to First Aid Awareness                                     1 hour
* Food Safety – Level 2                                                            3-4 hours
* Serving the allergic and food intolerant customer              1 hour
* Principles of Manual Handling – Level 2                              3-4 hours
* COSHH – Level 2                                                                   3-4 hours
* Health & Safety in the Workplace – Level 2                         3-4 hours
* Asbestos Awareness                                                              3-4 hours
* Working at Height                                                                  3-4 hours

You can work at your own pace with tutor support. Each course (except Asbestos Awareness and Working at Height) has an on-line exam which you can take and get a certificate.

Or, if there is something else that you would like to do, please tell us and we will see if it is possible.  
Other courses / qualifications may become available during the term.

*Good to know, good to put on your CV!*

**Guitars**

**When**: Fridays, 2.30 – 4.30pm

**Where**: Loft

**Tutor**: Mick

Come along and learn to play the guitar with Mick in a friendly and welcoming environment. Beginners especially welcome!

During the term, we will be learning chords and melodies with the aim of playing popular songs together. We will also look at the basics of song writing and how songs are put together.

Bring your own guitar (or borrow one of ours) as well as any song suggestions you might have!

**English for Speakers of Other Languages (ESOL)**

**When:** Fridays, 3 – 5pm

**Where:** Garden Room

**Tutors:** Halima

We will help you with your English for all levels, from simple speaking to writing for a job or having conversations. We can help improve your English to live and work in the UK. If you have a course from another place, we can add to your practice of English. We welcome all nationalities and all levels of English with expert help from a tutor experienced in teaching English for many years to people from many countries.



