

# Crisis Skylight Oxford

## Winter Term

Monday 7 January to Friday 22 March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>How to build a house</b> With: Andy & Mark 11am – 2pm <b>Lunch included</b> Workshop Basement Room Computer Room	<b>Breakfast Club for people sleeping rough</b> With: Progression Team 9.30 – 11am Computer Room	<b>Build-a-Bike</b> With: Kiro 10am – 1pm <b>6 week course</b> <b>9 January - 13 February</b> Sign-up at Reception	<b>Members' Coffee Morning</b> With: Natalie & Trish 10 – 11am Garden Room <b>10 &amp; 24 January</b> <b>7 &amp; 21 February</b> <b>7 &amp; 21 March</b>	<b>Breakfast Club for people sleeping rough</b> With: Progression Team 9.30 – 11am Computer Room
<b>Yoga &amp; Meditation</b> Tutor: Christina <b>Yoga:</b> 11.30am – 12.45pm <b>Meditation:</b> 12.45 – 1.30pm Loft	<b>CSCS and H&amp;S in Construction</b> Tutors: Mark & Brian 11am – 1pm Computer Room / Loft	<b>Computers: Get a Qualification</b> Tutor: Mick 1 – 3pm Computer Room	<b>Computers: Get a Qualification</b> Tutor: Mick 10.30am – 12.30pm Computer Room	<b>Making &amp; Mending</b> Tutor: Halima 10am – 12noon Art Room
<b>Creative Writing</b> Tutor: Sam 12noon – 3pm <b>Lunch included</b> Garden Room	<b>Renting Ready</b> With: Chris, Karyn & Jodie 11am – 1pm <b>Lunch included</b> Garden Room Course one: 8 Jan – 5 Feb Course two: 19 Feb – 19 March	<b>English &amp; Maths One to One appointments</b> Tutor: Brian 1 – 3pm Garden Room	<b>Photography</b> Tutor: Jodie 10.30am – 1.30pm Art Room (Computer Room 12.30 – 1.30)	<b>English &amp; Maths</b> Tutor: Brian 11am – 1pm Garden Room
<b>Arts &amp; Crafts Drop-in</b> Tutor: Jodie 12.30 – 3.30pm Art Room	<b>Art Drop-in</b> Tutor: Lucy 11.30am – 2.30pm Art Room	<b>Temporary Sculpture</b> With: Katie & Lucy 1.30 – 3.30pm Art Room	<b>English for Speakers of Other Languages (ESOL) One to One appointments</b> Tutor: Halima 12.30 – 2.30pm Garden Room	<b>Open Access Computer Drop-in</b> Tutor: Mick 11am – 1pm Computer Room
<b>Cook &amp; Share</b> Tutor: Jodie 4 – 6pm Café	<b>English &amp; Maths One to One appointments</b> Tutor: Brian 2 – 4pm Garden Room	<b>Carpentry</b> Tutor: Mark 2.30 – 5.30pm Workshop	<b>Open Access Computer Drop-in</b> Tutor: Mick 1.30 – 3.30pm Computer Room	<b>Art Drop-in</b> Tutor: Lucy 12.30 – 2.30pm Art Room
<b>Open Access Computer Drop-in</b> Tutor: Mick 4 – 6pm Computer Room	<b>Writing &amp; Acting</b> Tutor: Rowan 2 – 4.30pm Loft	<b>Film Club</b> Tutor: Rowan 3.30 – 6pm <b>Cinema snacks included</b> Loft	<b>Art Drop-in</b> Tutor: Lucy 2 – 5pm Art Room	<b>Online Quals for Work Drop-in</b> Tutor: Brian 1.30 – 3.30pm Computer Room
<b>Exercise &amp; Fitness (Circuit training)</b> Tutor: Hope 5 – 6pm Loft	<b>English for Speakers of Other Languages (ESOL)</b> Tutor: Halima 4 – 6pm Garden Room	<b>Open Access Computer Drop-in</b> Tutor: Mick 4 – 6pm Computer Room	<b>English for Speakers of Other Languages (ESOL)</b> Tutor: Halima 3 – 5pm Garden Room	<b>Guitars</b> Tutor: Mick 2.30 – 4.30pm Loft
	<b>Open Access Computer Drop-in</b> Tutor: Mark 4 – 6pm Computer Room	<b>English &amp; Maths Drop-in</b> Tutor: Brian 4 – 6pm Garden Room		<b>English for Speakers of Other Languages (ESOL)</b> Tutor: Halima 3 – 5pm Garden Room
<b>Counselling sessions</b> <b>One to One appointments, sign up through a Coach</b> With: Fiona & Los from Cruse Bereavement <b>Mondays:</b> 1pm and 2pm  Sessions for those who have experienced any form of loss, which could be loss of friendship, loss of addiction, loss of lifestyle, loss of a home, miscarriage, or loss of children (removed or adopted).				
<b>Please note</b>  There is a <b>code of conduct</b> that everyone is expected to follow. This is displayed at Reception and in the Members' Tea Area.  You may arrive up to 15 minutes before the time your class starts.  For Drop-in classes, you can turn up and leave when you like. For all other classes, please arrive on time (If you are more than 15 minutes late you will not be allowed to take part in the class that day).			<b>Bus fares</b>   If you attend the <b>Members' Coffee Morning</b> we will pay for your bus fares as long as they are from within Oxfordshire. Just make sure you bring the tickets in.  If you find it difficult to get to Skylight for other classes, because of transport costs, please speak to a Progression Coach.	

	<b>Get skills</b>		<b>Health &amp; Wellbeing</b>
	<b>Get creative</b>		<b>Employment</b>
	<b>Get support</b>		<b>Housing</b>
	<b>Get involved</b>		

**Café Training Scheme**

- Get the skills and experience needed to gain employment in catering/ hospitality
- Lunch and travel expenses provided
- 4, 8 or 12 week training programme to suit your needs

Speak to your Coach for details and to book to attend a **'Behind the Scenes'** day.