

Spring 2018

Workshops and Clubs
Careers and Money Advice

For people aged 18 - 80+



Opening times
Monday to Thursday
9am - 4pm*

*1pm during school holidays



The Whitehawk Inn

Whitehawk Road
(next to bus garage)
Brighton BN2 5NS

Bus routes:
1, 7, 21, 84



Tel: 01273 682 222
email: whitehawkinn@whinn.org.uk
www.bht.org.uk/services/the-whitehawk-inn

Enjoy drinks & snacks in our
community cafe

Relax in our sheltered garden

Access computers, low cost
printing and free Wi-Fi

Call us to enquire about hiring
office space or training rooms



The Whitehawk Inn is a Brighton Housing Trust project
BHT registered Charity No. 284839 Company No. 1618610
Registered office is 144 London Road, Brighton, BN1 4PH



Information, Advice & Guidance

FREE One-to-One Careers Advice

Appointments with our qualified IAG Advisors last about 1 hour. We focus on the needs of the Client. This could be exploring dreams and goals, investigating career choice and training paths, finding volunteering opportunities, identifying skills and strengths or preparing CVs and applications. We can also offer interview practice.

Call to book an appointment

FREE One-to-One Money Advice

Appointments to help save and manage money. We'll support you to get online to find out about banking, budgeting, price comparison sites, switching energy suppliers and saving on prescription charges. We'll source suitable training and arrange appointments with specialist agencies for further expert advice.

Call to book an appointment

Turn-up-Tuesday & Walk-in-Wednesday

Drop-in information, advice and guidance with a qualified Careers Advisor offering support and computer access for:

- Job search
- Volunteering opportunities
- General careers research
- CVs and covering letters
- Training and job applications

FREE tea and coffee available.

Tues 9 Jan - 27 Feb: 2pm - 4pm

Wed 10 Jan - 28 Feb: 9.30am - 1pm

Careers Workshops

Phone to book your place on any of our careers workshops.

Interview Techniques Workshop

Designed to quell pre-interview nerves and increase confidence! We'll develop a practical pre-interview checklist and share tips for predicting interview questions. Find out what to expect from an interview.

FREE Wed 17 Jan 2 - 4pm

CV Workshop

When was the last time you updated your CV? Have you got a CV? Come and explore how to create a CV from scratch or redesign an existing one. We will also find out how to maximise your chances of getting that interview!

FREE Wed 24 Jan 2 - 4pm

The Hidden Job Market Workshop

Did you know that most jobs are not advertised? We'll explore how to plan a job search for roles which are not advertised and explore aspects of networking and finding opportunities on the "grapevine", including how to network on social media.

FREE Mon 29 Jan 1.30 - 3.30pm

Our free to use resource area has details of local jobs, volunteering and training opportunities. We have computers you can use, information about services that can help you with your goals and brochures for colleges and universities.



Half Day Workshops

£5 each, call 01273 682 222 to book

Ways of Telling

How many ways can you tell a story? Through prose? In a poem? With a script to be acted on stage? In this workshop we will explore many ways of telling a story. Suitable for all.

Thurs 18 Jan 10am - 12noon

Photography for Beginners

Aimed at complete beginners this course will look at how to frame the image and work with available light. Any camera is suitable.

Wed 7 Feb 1.30 - 3.30pm

Introduction to Chalk Pastel

An introduction to using pastels whilst focusing on colour, tonal value, texture, layering, correcting and blending with technical advice on papers and pastel. You can bring your own objects or photos to work from.

Tues 20 Feb 1.30 - 3.30pm

Creating a Floral Corsage

Observe a corsage demonstration then learn the principle techniques of wiring and taping in order to put together your own corsage using fresh roses and foliage. Materials included.

Wed 21 Feb 10am - 12noon

Introduction to Portrait Drawing

Develop drawing and observational skills in portraiture. Learn proportion, measuring, tonal value, shadows and shapes within the face and methods of shading. Work from photos provided or bring your own.

Tues 27 Feb 1.30pm - 3.30pm



Gadget Surgery

Having a problem with your PC? Trouble with your tablet? Struggles with your smartphone? Don't panic! Help is at hand at the Whitehawk Inn's Gadget Surgery where we can help you with the gadgets that are giving you grief.

FREE DROP-IN

Tuesdays 10am - 2pm

9 Jan - 27 Feb

FREE Gadget Workshops

Phone to book your place on any of our gadget workshops.

Using the Internet

For those wanting to use the internet for the first time. Find out how to search the internet and find websites.

Mon 15 Jan 10am - 2.30pm

Email for Beginners

Never used email? Don't worry, we will set you up so you will be able to send and receive messages .

Mon 22 Jan 10am - 2.30pm

Family History Online

Learn how to use the internet to find out where you come from and trace your family tree .

Mon 29 Jan 10am - 2.30pm

**All activities take a break
during half term:
12–16 February 2018**

Developing Skills

CAP Life Skills

This **FREE** course will give you the skills to improve different parts of your life. If you want to improve your finances, relationships, or health then this course is for you. Learn some top tips for dealing with pressures and take control of your future.

Book by email suestone@cap.org

or call 01273 682 222

Thursdays 1.30pm - 3pm

7 weeks: 11 Jan - 1 Mar

Routes Internship Programme



Our 12 week internship programme is for people aged 18-80+ who are unemployed and not in education and are looking to find work. As an Intern you will build your

confidence, learn up-to-date employment skills, access training and make progress towards finding work. Internships are unpaid but some expenses are covered.

Ask at reception for more details or call 01273 682 222

Windowsill Gardening

In this **FREE**, friendly & practical workshop you will learn how to design and care for a mini garden on your windowsill and identify which seeds and plants to use for the changing seasons. Materials are provided.

Phone to book your place

Weds 10 Jan 10am - 1pm

FREE Clubs (Drop-ins)

Drama Club

Join the fun, sociable drama group - work on performances, improve your confidence and gain new skills.

Mondays 11am - 12noon

Between 8 Jan - 26 Feb

Book Club

Come along to this friendly and informal book group that meets to discuss interesting books available from the library.

Mondays 2 - 4pm

Between 8 Jan - 5 Feb

Knitting Club

Enjoy knitting or crocheting? Want to learn how? Come along, meet new people and have fun!

Tuesdays 10am - 12noon

Between 9 Jan - 27 Feb

Games Club

Enjoy new and traditional word games in the best of company.

Thursdays 10am - 12noon

Between 11 Jan - 22 Feb

Creative Writing Club

Come along and enjoy social, creative writing sessions.

Mondays 2pm - 4pm

Between 15 Jan - 26 Feb

LGBTQ Meet-Up

Come and join our inclusive club! Meeting once a month to catch up and chat with snacks & a cuppa.

Phone 01273 682 222 for details



To find out more about any of our services please email whitehawkinn@whinn.org.uk or phone 01273 682 222