

FREE CLUBS AND ADVICE

1 to 1 Advice and Guidance

Want to get on in work or learning? Our qualified advisers can support with job applications, interview tips and can give info about courses, agencies and community groups. Focusing on your needs, dreams and training paths, finding volunteering opportunities or preparing your CV. **By appointment**

Free 1 to 1 Money Advice

Our advisor can help you to save and manage money, get online to find out about banking, budgeting, price comparison sites and switching energy suppliers. Support with Universal Credit claims. We can arrange appointments with specialist agencies for further expert advice if needed. **By appointment**

Games Club

Enjoy new and traditional word games in the best of company. **Thursdays 12 Sep - 12 Dec 10.00 am - 12.00 noon**

Gadget Surgery

Having a problem with your PC, tablet or smartphone? At Gadget Surgery we will listen, investigate and solve the problem, show you how to do it, or give you the best advice we can. **Tuesdays 10 Sep - 17 Dec 10.00 am - 2.00 pm**

Book Club

Come along to this friendly and informal book group that meets to discuss interesting books available from the library. **Mondays 2 Sep, 7 Oct, 1 Nov, 2 Dec 2.00 pm - 4.00 pm**

Knitting Club

Enjoy knitting or crocheting? Want to learn how? Come along, meet new people and have fun! **Tuesdays 10 Sep - 17 Dec 10.00 am - 12.00 noon**

Drama Club

Join the fun, sociable drama group - work on performances, improve your confidence and gain new skills. **Mondays 9 Sep - 9 Dec 11.30 am - 12.30 pm**

Creative Writing Club

Come along to this friendly group and enjoy social, creative writing sessions. **Mondays 9 Sep - 9 Dec 2.00 pm - 4.00 pm**

Classes at the Manor Gym

Body Awareness Techniques £80.00 / £25.00 Thursdays 8 Oct - 28 Nov 9.30 - 10.30 am
Pilates £80.00 / £25.00 Thursdays 8 Oct - 28 Nov 10:35 - 12.05 am

Autumn 2019



**Opening times:
Monday to Thursday
9.00 am - 4.00 pm
Friday 11.00 am - 1.00 pm**



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

- Courses and Workshops**
- Free Clubs**
- Money and Career Advice**
- Internships**
- Community Fridge**
- For People 18 – 80+**
- Enjoy drinks and snacks**
- Access computers, low cost printing and free Wi Fi**
- Call us to enquire about hiring office space or training rooms**



Thank you to all our partners and funders

The Whitehawk Inn is a Brighton Housing Trust project.
Registered Charity No.284839 Regulator of Social Housing
No. H1696 Company Ltd by Guarantee No. 1618610
Registered Office: 144 London Road Brighton East Sussex BN1 4PH



Routes Internship Programme

We are looking for people aged 18 - 80+ who are unemployed and not in education and would like to join our 12 week internship programme.

Free Employability Workshops:

Effective Job Search

This workshop is packed with proven, practical and effective techniques and advice to help you find a job: where and how to look for work, how to make a work search plan, how to carry out and evaluate your search.

Tuesday 1 Oct
10.30 am - 12.30 pm

The Perfect CV

Whether you are re-entering the job market or changing career, this workshop will help you produce a CV that stands out from the competition.

Tuesday 8 Oct
10.30 am - 12.30 pm

Successful Interviewing

Practice skills and develop confidence for interview success. Learn how to prepare for job interviews, types of questions, and how to cope with stress on the day.

Tuesday 15 Oct
10.30 am - 12.30 pm

Career Finder

This workshop will help you to investigate your strengths in relation to career choices and look at options available to plan your future.

Tuesday 22 Oct
10.30 am - 12.30 pm

Courses & Workshops

Introduction to IT

Covering basics of computers, including: using the mouse, terminology, Word, organising files and folders. Learn how to create documents, search the internet and use an email account.

£15 Tuesdays 24 Sep - 3 Dec
10.00 am - 12.00 noon

Next Steps in IT

Develop your IT skills further on this course. Learn more about what you can do with Word - including creating posters, adverts and letters. Find out more about using the internet for online shopping and planning your journeys with Google Maps. Improve your knowledge of email including how to create groups, forwarding and deleting emails. Suitable for those who have already completed an Introduction to IT course or for those with some knowledge of using Word, Internet and email.

£15 Tuesdays 24 Sep - 3 Dec
1.00 pm - 3.00 pm

Machine Sewing for Beginners and Improvers

Do you want to learn how to use a sewing machine or develop further sewing skills? Gain confidence in your skills while creating a variety of items including a bag, cushion cover, purse and simple clothes. This course is aimed at complete beginners and those with experience of using a sewing machine

£125.00 / £75.00 MTB /
£15.00 EBPC / BLTL
Mondays 7 Oct - 2 Dec
10.00 am - 12.30 pm

Seasonal Printing

Come along and try an absorbing and accessible range of printmaking techniques. Develop your creative ideas, explore colour and design to create seasonal cards and decorations to hang. The aim is to promote a positive and fun atmosphere where participants can be creative in a safe and supportive environment. Suitable for all. Small fee for materials included.

£82.00 / £52.00 MTB /
£15.00 EBPC / BLTL

Mondays 4 Nov - 9 Dec
10.00 am - 12.00 noon

History: The Edwardians (1900-1914)

Study the social conditions, domestic and working life for all classes in town and country; the arts, architecture, housing, literature, culture, fashion, leisure, early cinema and life in the home. The summer season's giddy whirl for ladies of fashion was in sharp contrast to poor wives and mothers trying to keep a decent home and the family fed, often in slum conditions. Illustrated with Power Point slideshows, film and documentary.

£75 / £30 EBPC / £10 MTB
Wednesdays 18 Sep - 27 Nov
1.00 pm - 3.00 pm

Art For All

A course for students who would like to develop their skills to work on their own projects. Covering: pastel, watercolour, acrylic, mixed media and pen and wash. Techniques of composition, brushwork, colour mixing and theory and tonal values. We will also look at the work of different artists.

£80.00 / £25.00 concessions
Tuesdays 1 Oct - 3 Dec
1.00 pm - 3.00 pm



Drawing for Beginners and Improvers

This course will help you find inspiration, improve your drawing skills and boost your confidence. We will practise both traditional and experimental drawing techniques, studying a stimulating variety of subject matter. We will use a range of materials such as graphite, pencils, charcoal, ink and pastels. This course is aimed at complete beginners or those wanting to improve on previous experience. New learners are welcome each term and current learners are encouraged to return to develop their skills further.

£100.00 / £60.00 MTB /
£15.00 EBPC / BLTL
Wednesdays 2 Oct - 27 Nov
2.00 pm - 4.00

Youth Café

Friendly and chilled out afternoon sessions filled with arts, crafts and games for those of 11+.

Yummy snacks and drinks. Volunteering opportunities and more!

FREE Mondays 3.30 pm - 5.30 pm

Worry Tree Café

Coffee, tea and The Worry Tree

Come and join staff and friends from the Broadway Surgery, form new friendships, foster new connections and find our community away from home.

FREE Fridays 1.30 pm - 4.00 pm