

Courses & Activities

January 11th - March 26th
2010

Brighton Unemployed Centre Families Project

FREE AND LOW-COST COURSES

- Healthy living
- Creative arts
- Computing
- Languages



With thanks to:



LOTTERY FUNDED

About the Centre

Brighton Unemployed Centre Families Project was set up in 1981, became a registered charity in 1994, and is run by the unemployed for the unemployed. We provide practical support, education and recreation for those in poor housing, claimants, unwaged people and those on low incomes.

Booking and Costs

Unless stated in the individual course information, there is no need to book our courses in advance, just turn up on the day. Sessions are often free, at most £2-£3 for those who are unwaged or low-waged; you may be asked for up to £6 if you are earning what you consider to be a substantial wage.

Who can come on an Unemployed Centre course?

Our courses are run for low-waged people. This includes all claimants (including pensioners, those receiving tax credits, housing benefit, etc.) and anyone who doesn't have much of a wage coming in. But we welcome everyone to the Centre regardless of their situation.

Access

There is very limited access to our premises for people who can't manage stairs. If this applies to you, or you have other difficulties which would prevent you from attending, please contact us and we will do all we can to arrange access. We do have some parts of our Centre accessible and want to convert the building to make it fully accessible.

We run a **free playroom** daily from 10:30am to 1pm and Monday-Wednesday afternoons from 1:45 to 3:45pm. Please come early to ensure a place. If you need a playroom space for a bookable course, then please give details when booking. We have links with other organisations such as the Children's Centre so we are able to help you access the different facilities and support services these organisations offer.

Family support is available. For more information, or to book an appointment, please contact either Suzy or Joy on 671213.

Welfare Advice is available weekdays between 10:30am and 4pm (apart from Friday morning and lunchtimes).

The welfare advice service offers free, independent, confidential advice and support on benefits and legal issues; there is also an employment rights specialist available. The Welfare Rights service can be contacted directly on 676171.

Temporary Housing Support offers help for families in temp accommodation including transport to the Centre, advice and cheap laundry facilities; please contact Joy for details.

A **café** is open for hot and cold drinks during Centre opening hours and we serve a cheap, healthy vegan meal at 1pm on weekdays. In the main area **Allgenics Wholefood Co-op** sells a wide range of low cost organic produce (open weekdays 10.30am-12.30pm) and there is a **free table** where you can find donated goods: clothing, toys and books. Room hire is sometimes possible at the Centre, please contact us for details.

Open **computer access** (Internet, Microsoft Office, Adobe Creative Suite, scanners, digital cameras, etc.) is available, when courses are not running, for just 35p per hour.

Volunteers are crucial to the running of the Centre: in the office, the kitchen, the playroom and the wholefood co-op, advising on welfare rights, fundraising, providing computer support, the allotment, and teaching courses. If you are interested in volunteering with us then please call in or telephone and ask Ellie for more details.

We always need new **tutors**. If you have skills that you think other people could benefit from learning, speak to Peter and we'll try to find a space for you to let you share those skills.

All this information (and more) is available at www.bucfp.org.

Healthy Living

The Mind Advice and Information session

Every other Friday morning you can make an appointment with a qualified and experienced advisor to find out about a wide range of issues such as mental health services, support groups, or your rights. Please contact the office to book in advance.

Toolkit for Managing Stress

A 6 week course to help you develop creative and effective ways of coping with stress: learn relaxation techniques and coping strategies; share your experiences with others in a supportive and informal atmosphere; phone Mind on 749600 to find out about the course and book a place. Feb 11th & 25th, March 4th, 11th, 18th & 25th. Free.

EAST BRIGHTON COMMUNITY MENTAL HEALTH TRAINING VENUE

Saturday Cookery Club

Whether you're a complete beginner or an experienced cook, the Cookery Club is for anyone interested in learning more about food, nutrition and cooking on a budget. Every month we will make and eat a vegan meal together, with the emphasis on fresh ingredients and the pleasure of sharing food cheaply. Please book in the office. Free.

THE LAST SATURDAY OF EVERY MONTH 10:30AM - 1PM

Reiki

Reiki sessions are a non-intrusive, holistic way of healing that is concerned with the physical body, mind and soul together. The healer uses hands to channel life force energy to aid harmony. £3.50 for a 30 minute session, please book in advance.

FRIDAYS 1PM - 4PM

TUTOR: TILLY

Kundalini Yoga

Sound therapy (music & mantra), dynamic and held exercises, relaxation & meditation, breathwork and fun! All levels welcome. Mats provided. Please bring warm clothes and water.

THURSDAYS 7 - 8:30PM

TUTOR: CRISPIN

Qigong



Learn how to relax, recharge and rejuvenate. Classes will cover individual Qigong exercises alongside exploration of traditional Qigong forms such as the 5 Element Zhang Organ Qigong, the Yang Family Softening Exercises, and the Musician Set amongst others. Students will also have the chance to experience meditation for the purpose of relaxation, improved focus and concentration.

FRIDAYS 2 - 3PM

TUTOR: INGRID

Tai Chi

Yang Style Tai Chi and Chi Gung are dynamic and relaxing; they calm the mind whilst also conditioning the body. Students will begin learning a short form as well as a range of Chi Gung which can be used as warm ups or practice on their own. The classes are a fun and friendly introduction to this fascinating art.

TUESDAYS 2 - 3PM

TUTOR: SIMON

Egyptian Dance (Raqs Sharqi)

Come and learn to walk like an Egyptian! Undulate like a camel! Slide like a snake! All to the exciting rhythms of drum and flute. Exotic, feminine and fun. Beginners welcome.

TUESDAYS 11AM - 12:30PM

TUTOR: SHEILA

Gardening

We have a large allotment site where we're developing a fruit garden and vegetables beds to grow organic food for the centre kitchen. Come and get involved and help us create a beautiful environment for our centre users. Please see Emily or Helen.

Herbalist consultations: 30 minute sessions, every Wednesday, 12:30pm or 1pm. Please book in the office with a £1 deposit. Sarah Jane's advice is free but you may need to pay for herbs.

Women's Group

The group will meet from Monday March 8th onwards, 2 - 4pm, focusing on women's issues: discussions, workshops, talks and more. Book in and say what you'd like to happen!

Yoga

Our yoga sessions involve loosening up, floor work, relaxation and breathing exercises to promote general wellbeing. All levels are welcome.

WEDNESDAYS OR FRIDAYS 10:30AM - 12PM

TUTOR: DAVID

Compassionate Communication

Our training emphasises the use of communication as a means of establishing relationships in which everyone's needs are met. Develop self-awareness, see life differently, find peace. All are welcome and the course is free.

THURSDAYS 2 - 4PM

TUTOR: ANDY

Creative Arts

Art and Craft Group

The art and craft group meets every Wednesday to produce work, either for personal pleasure or for Centre & Festival exhibitions and events, using crafts, paints and other media. All are welcome and the group is free.

WEDNESDAYS 2 - 4PM

Sewing Class

Fashion design and sewing classes with an experienced seamstress. Make your own designs and create some wonderful clothes! Sewing machines and support provided.

CHILDREN & TEENS: WEDNESDAYS 3:45 - 5:15PM

ADULTS: FRIDAYS 12 - 1:30PM TUTOR: SUSAN

Job Seeking Skills

A 5-week course developing the skills needed for getting a job: writing a suitable reader-friendly CV and well-structured covering letter; filling out application forms; developing positive self-esteem towards interviews/applications; identifying skills/strengths. Free.

JANUARY 18TH TO FEBRUARY 15TH, 2 - 4PM

TUTOR: MARIA

Creative Writing

Classes combine inspirational writing exercises with an opportunity to share work in a supportive environment. All welcome: the experienced writer; the absolute beginner; the closet scribbler and the day dreamer...

MONDAYS 10:30AM - 12:30PM

TUTOR: BRIDGET

Poetry Workshops

Friendly, encouraging workshops for people of all abilities. We shall be exploring comic verse, beat poetry, performance poetry, found poetry, as well as looking at form and function. The aim is to make poetry accessible for all; bedroom poets particularly welcome. Free.

THURSDAYS 2 - 4PM

TUTOR: PAUL

Theatre Improvisation Group

An open workshop involving spontaneous/improvised singing, dancing, silly voices and comedy scenes! Games to make you laugh, release your creativity. Beginners and experienced improvisers welcome. Free.

WEDNESDAYS 1:45 - 3:45PM TUTORS: TONY, ALANNA, YASEEN

BU Arts Collective

The BU Arts Collective is a group of artists and musicians that meet regularly, to share creative space: activities include sculpture, screen-printing, dance, folk music evenings, and many other creative events. All adults are welcome. Free.

THURSDAYS 2 - 4PM

Photography workshop

Learn photographic skills including portraiture, practical exercises in lighting, editing and composition. Build a photographic vocabulary that enables you to develop your own personal projects and complete your own portfolio of work. Take part in a project leading to exhibitions at the Centre and the Brighton Photo Fringe. Free.

THURSDAYS 10:45AM - 12:45PM

TUTOR: LUCY

Languages

Spanish for Beginners

Learn Spanish and have fun. Learn to speak, read, and write basic Spanish. This is a simple course that introduces newcomers to the basics of the Spanish language.

THURSDAYS 5 - 6PM

TUTOR: MARIA

Intermediate Spanish

Do you love Spanish culture? If you speak a little Spanish already, consider this course to improve your conversational skills and increase your vocabulary and grammar.

THURSDAYS 6:15 - 7:15PM

TUTOR: MARIA

Conversational French

For students with a good knowledge of French. The group will discuss all aspects of French culture: travel, food, newspapers and books depending on the interests of the students. Free.

WEDNESDAYS 11:30AM - 1PM

TUTOR: ODETTE

ESOL (English as a Second or Other Language)

Conversational courses learning the English language: reading texts, talking and familiarising students with all aspects of the language. Beginner and intermediate students welcome. Free.

TUESDAYS 11:00AM - 12:30PM (FROM FEB)

TUTOR: DIANE

OR TUESDAYS 2 - 3:30PM

TUTOR: MARY

Japanese Language and Culture

A fascinating course for beginners and near beginners based on an informal conversational approach to learning and lively discussion. Knowledge of the language prior to starting the course is not necessary. (Beginning 21st January 2010)

Beginners Class: all are welcome, no previous knowledge of Japanese is necessary.

THURSDAYS 10:15 - 11:30AM

TUTOR: ALAN

Continuers Class: some knowledge of the Japanese language is required for this class.

THURSDAYS 11:45AM - 1PM

TUTOR: ALAN

Arabic

This course is an introduction to Arabic language, learning classical Arabic. You do not have to have previous knowledge of Arabic, enthusiasm is all you need.

WEDNESDAYS 2 - 3:30PM TUTOR: NAZIHA

Computer Courses

Courses run on Mondays, Tuesdays and Wednesdays from 10:30am to around 3:30pm. Courses cost £5 per day, bookable in the office. You must pay in advance to secure your place.

We sometimes run courses twice per term, the 'OR' means that you can enrol on **either** the first **or** second course.

There is open access to computers from 10am until 4pm when courses are not running. On these days one of the computer support volunteers (Neil, Matt, Steve, Katie, Robert, Sean) will be able to help you with advice and guidance on IT matters.

Introduction to Word Processing (Microsoft Word)

Learn how to create, amend and format documents using Microsoft Word, the most popular word processing application: produce letters, posters, brochures, all kinds of documents.

WED 20TH JAN

TUTOR: LOUISE

Introduction to Web Design: Dreamweaver & Fireworks

A three-day course learning some of the techniques of web page production: graphics, hyperlinks, tables, frames & navigation options. By the end of the course you should have all the tools needed to build a simple website. No experience of web design needed but learners need to be confident computer users.

MON, TUES & WED 1ST, 2ND, 3RD FEB TUTOR: PETER S OR

MON, TUES & WED 15TH, 16TH, 17TH MAR TUTOR: PETER K

Introduction to Adobe Flash Animation

Learn to use the Flash workspace and tools to draw, morph and animate objects. An essential skill for anyone developing their own websites. Suitable for confident computer users.

MON, TUES & WED 15TH, 16TH & 17TH FEB TUTOR: RICHARD

Advanced Word

Following on from the Introduction to Word Processing course, this course teaches you how to work effectively in Word by using shortcuts and templates, and implementing tables, the use of graphical images and clip-art, and other features.

MON & TUE 26TH & 27TH JAN

TUTOR: LOUISE

Excel

Microsoft Excel is useful for handling difficult and repetitive calculations and is typically used for doing home, business or volunteer club accounts. This course introduces the use of spreadsheets and doesn't require any previous experience.

MON 25TH JAN

TUTOR: PETER S

Advanced Excel

Following on from the Excel course, students will learn how to produce sophisticated charts, create complex formulae, and how to integrate Excel with other Office packages.

MON 22ND FEB

TUTOR: PETER S

Record-keeping with Access

An introduction into Microsoft Access, a very popular database package: learn how to design a database to store information, input & format information and produce reports.

MON 8TH MAR

TUTOR: PETER S

Advanced Access

Following on from the Record-keeping with Access course, students learn how to use Access to develop their own database systems using tables, forms, queries and reports.

MON 22ND MAR

TUTOR: PETER S

Computing For Beginners

This 2 day course shows what PC's can do, covering functions such as using the mouse and keyboard, accessing the Internet and email, creating/using files, and using a computer safely.

MON & TUES 18TH & 19TH JAN

TUTOR: MATT

OR TUES & WED 9TH & 10TH FEB

TUTOR: LOUISE

Desk Top Publishing

This course is an introduction into DTP, using Adobe InDesign and will allow you to be more versatile in the production of your printed work, be it designing newsletters, posters, book / CD covers or any other sophisticated documentation.

MON 8TH FEB OR MON 1ST MAR

TUTOR: PETER S

Working with Adobe Photoshop

A three-day course, exploring possibilities available through the use of this powerful graphic software package. The course will cover tools and techniques which will allow for photo editing and creation for screen (i.e. the web) and for print. We will attempt to demystify the mystery of 'layers' within Photoshop. You are welcome to bring your own images.

MON, TUES & WED 11TH, 12TH & 13TH JAN

TUTOR: PETER K

Adobe Photoshop

A two-day course which will teach you the fundamentals of photographic manipulation and presentation. Get creative and learn how to use Photoshop to enhance your photographic capability to get more from your images: photographic material and tasks are supplied. Bring yourself and your imagination.

TUES & WED 9TH & 10TH MAR

TUTOR: LOUISE

Introduction to Adobe Illustrator

Illustrator is a vector based drawing program used for creating logos, buttons and all kinds of shapes useful for webpages and other graphic function.

TUES & WED 23RD & 24TH FEB

OR TUES & WED 23RD & 24TH MAR

TUTOR: PETER K

Presentations in PowerPoint

Create impressive presentations using graphics, animation, and style galleries. Create and deliver dynamic presentations , useful for job interviews and all forms of lectures. On the second day you will get the chance to make a presentation.

TUES & WED 2ND & 3RD MAR

TUTOR: LOUISE

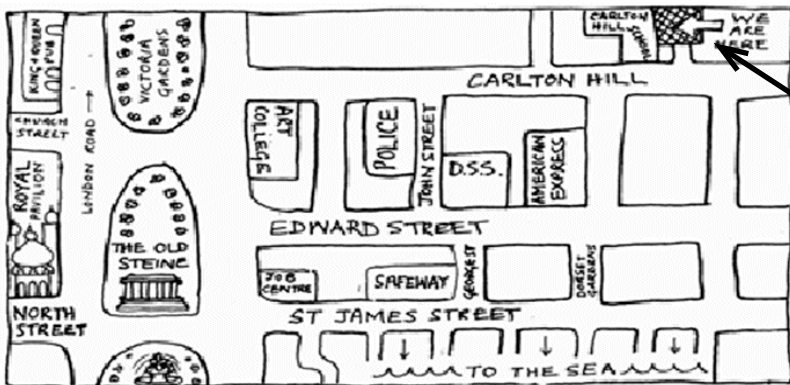
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Web site: <http://www.bucfp.org>

We are open Monday to Friday 10am-4pm
(and evenings and weekends for classes & room bookings)

The Centre provides a safe and welcoming community for vulnerable and deprived people and provides the means and opportunity for people to make changes in their lives.

We aim to relieve poverty, distress and hardship amongst unemployed, unwaged and low-waged people and their families living or staying in the Brighton area regardless of race, sex, age, ability, sexual orientation.



We
are
here!