

If you are homeless or at immediate risk of becoming homeless, you can access our services for free.

## How Crisis Skylight London can help you

We offer one to one support to help you through your experience out of homelessness. All of our services are free.

### Finding a home and settling in well

Our housing coaches can help you find a rented home. We provide Renting Ready training in managing money and bills, finding flatmates or DIY.

### Finding work and applying for jobs

Our job coaches will help you with looking for and applying for work. They can help you with:

- searching for a job and CV writing
- filling in application forms and interview practice
- setting up your own business.

They will work with you to create a personal training programme according to your skills and interests. Many of our courses lead to qualifications.

Our Tackling Multiple Disadvantage (TMD) project helps homeless people with complex or severe needs (including mental health, substance misuse or a history of offending) with free, personalised support into work and training.

We also have traineeships in our cafes and charity shops that provide on-the-shop training in retail and food service.

### Learning and skills

We offer a range of classes, training, workshops and activities.

In our Learning Zone we offer accredited courses which can lead to a qualification:

- IT (Beginners, Excel, Powerpoint, Word and ECDL)
- English as a Second Language (ESOL)
- Catering and Food Safety
- Hairdressing
- Literacy and Functional Maths
- Painting and Decorating.

### We have classes in:

- Art, print making, photography and textiles
- Creative writing, theatre and music
- Tai Chi, Yoga and Kung Fu.

And many more, take a look at our timetable for more information.

The Skylight Library has books and dvds available and is open Monday to Thursdays, 2-5pm.

### Looking after your health and wellbeing

Being homeless can have an impact on your mental and physical health. We can help rebuild your health and wellbeing through classes, social activities and advice on mental health and emotional wellbeing.

### Counselling

Counselling can help you talk through issues that may be holding you back. It can help you to look into patterns of your behaviour and try to work out new ways of solving problems to stop repeating them.

The counselling service at Crisis offers you a confidential space to talk about whatever you want for a set time each week for a set period of time. Our counselling service is available for active members of Crisis Skylight. We have also have wellbeing drop-in sessions with the Mental Health Team. See the timetable for days and times.

### Physical health and wellbeing

To improve physical health and wellbeing we run workshops such as Yoga, Karate, Football, Tai Chi and Pilates. See the timetable for days and times.

### Opticians

If you are having problems with your eyes come to our weekly optician practice with volunteer opticians from Vision Care from 2 - 6 pm on a Monday and Wednesday. Speak to a member of our reception team to make an appointment 0207 426 3804.

### Social activities

There are lots of opportunities to meet people in a friendly and safe place. We have regular activities every week such as ping pong, film club and the Skylight book club. We have a party at Christmas, celebrate our members' successes over the year, hold musical performances and go on visits to museums and galleries.

### How to become a Skylight member

You can become a Skylight member for free and get access to these services. To become a member, please attend an induction. These are run by our friendly reception staff seven days a week at 11am. There's no need to book, just turn up. In the induction you will get a tour of the building and you can sign up for classes.

## Who to contact

Telephone	0300 636 1967
Email	<a href="mailto:london@crisis.org.uk">london@crisis.org.uk</a>
Website	<a href="http://www.crisis.org.uk/pages/crisis-skylight-london.html">www.crisis.org.uk/pages/crisis-skylight-london.html</a> 

## Where to go

Venue address	66 Commercial Street Spitalfields London
Postcode	E1 6LT