

# Timetable February 2016

Next Steps Project

Unit 12 East, Manhattan Works

Dundonald Street

Dundee

DD3 7PY

We also run a breakfast club free of charge Tuesday to Thursday

from 9.15 am to 9.45 am

Lunch is provided 12 pm to 12.30 pm on Tuesday, Wednesday and Thursday.

Telephone: 01382 450785

Email: [DEAPNS@deap.co.uk](mailto:DEAPNS@deap.co.uk)

Project Coordinator: Susan McNeill



Supported by

**The National Lottery®**

through the Big Lottery Fund



Monday 1 <sup>st</sup> February	Tuesday 2 <sup>nd</sup> February	Wednesday 3 <sup>rd</sup> February	Thursday 4 <sup>th</sup> February	Friday 5 <sup>th</sup> February
	<b>10-12</b> <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skill	<b>10-12</b> <b>Football/ Bouncercize</b>  Participating in Sports	<b>10-12</b> <b>Art Project</b> <b>One World XL Award</b>  Community Project	
	<b>Football</b> Participating in sports <b>XL Award</b>	<b>XL Award</b>	<b>Youth Achievement Award</b>	
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
	<b>1-3</b> <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skill  <b>1-3</b> <b>Gym sessions</b>  Healthy Initiative Planning for an Active and Healthy Lifestyle	<b>1-3</b> <b>SQA</b> <b>SQA Employability Award</b>	<b>1-3</b> <b>Budgeting</b>  Managing Money  <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skill	
<b>CSCS</b>	<b>1-4</b> <b>Job shops</b>  Career Planning  <b>CSCS</b>	<b>1-4</b> <b>Job shops</b>  Career Planning	<b>1-4</b> <b>Job shops</b>  Career Planning	<b>CSCS</b>

Monday 8 <sup>th</sup> February	Tuesday 9 <sup>th</sup> February	Wednesday 10 <sup>th</sup> February	Thursday 11 <sup>th</sup> February	Friday 12 <sup>th</sup> February
	<b>10-12</b> <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skills  <b>10-12</b> <b>Football</b> Participating in Sports	<b>10-12</b> <b>Football/ Bouncercize</b>  Participating in Sports	<b>10-12</b> <b>Art Project</b> <b>One World XL Award</b>  Community Project	
	<b>XL Award</b>	<b>Independent Living skills</b> <b>Youth Award</b>	<b>Youth award</b>  <b>XL Award</b>	
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
	<b>1-3</b> <b>Gym</b> Participating in Sports <b>1-3</b> <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skills  <b>Youth Achievements</b> <b>XL Award</b>	<b>1-3</b>  <b>SQA</b> <b>SQA Employability Award</b>  Planning for personal development	<b>1-3</b> <b>Connect-Managing Money</b> <b>Budgeting</b> <b>Bank accounts</b> <u><b>Money Advice</b></u>  <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skills	
<b>CSCS</b>	<b>1-4</b> <b>Job shop</b> <i>Career Planning</i>  <b>CSCS</b>	<b>1-4</b> <b>Job shop</b>  <i>Career Planning</i>	<b>1-4</b> <b>Job Shop</b>  <i>Career Planning</i>	<b>CSCS</b>

Monday 15 <sup>th</sup> February	Tuesday 16 <sup>th</sup> February	Wednesday 17 <sup>th</sup> February	Thursday 18 <sup>th</sup> February	Friday 19 <sup>th</sup> February
	<b>10-12</b> <b>Craigowl cooking group</b> <b>REHIS Certificate</b>  Interpersonal and self Management Skills	<b>10-12</b> <b>Football/ Bouncercize</b>  Participating in Sports	<b>10-12</b> <b>Art Project</b> <b>One World XL Award</b>  Community Project	
	<b>Football</b> Participating in Sports  <b>XL Award</b> <b>Youth achievement</b>	<b>Independent Living Skills</b>	<b>SQA</b> <b>Youth Achievement</b>	
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
	<b>1-3</b> <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skill  <b>1-3</b> <b>Gym sessions</b>  Planning for an Active and Healthy Lifestyle	<b>1-3</b> <b>Training opportunities,</b> <b>ILA/ driving theory</b>  <b>SQA</b> <b>SQA Employability</b> <b>Award</b>  Planning for Personal Development	<b>1-3</b> <b>Sports &amp; Activities</b>  <b>Dynamic Youth</b>  <b>Craigowl cooking</b> <b>group</b> <b>REHIS Certificate</b>	
<b>CSCS</b>	<b>1-4</b> <b>Job shop</b>  <i>Career Planning</i> <b>CSCS</b>	<b>1-4</b> <b>Job shop</b>  <i>Career Planning</i>	<b>1-4</b> <b>Job Shop</b>  <i>Career Planning</i>	<b>CSCS</b>

<b>Monday 22<sup>nd</sup> February</b>	<b>Tuesday 23<sup>rd</sup> February</b>	<b>Wednesday 24<sup>th</sup> February</b>	<b>Thursday 25<sup>th</sup> February</b>	<b>Friday 26<sup>th</sup> February</b>
	<b>10-12</b> <b>Craigowl cooking group</b> <b>REHIS Certificate</b>  Interpersonal and self Management Skill	<b>10-12</b> <b>Football / Bouncercize</b>  Participating in Sports	<b>10-12</b> <b>Art Project</b> <b>One World XL Award</b>  Community Art Project	
	<b>Football</b> Participating in Sports  <b>XL Award</b> <b>Youth achievement</b>	<b>Independent Living Skills</b>	<b>Youth Award</b>	
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
	<b>1-3</b> <b>Craigowl Cooking group</b> <b>REHIS Certificate</b> Interpersonal and self Management Skill  <b>1-3</b> <b>Gym sessions</b>  Planning for an Active and Healthy Lifestyle	<b>1-3</b> <b>SQA</b> <b>SQA Employability</b> <b>Award</b>  Planning for personal development	<b>1-3</b> <b>Craigowl cooking</b> <b>group</b> <b>REHIS Certificate</b>  (Interpersonal and self Management Skill) <b>SQA Employability</b> <b>Award</b>	
<b>CSCS</b>	<b>1-4</b> <b>Job shop</b>  <i>Career Planning</i> <b>CSCS</b>	<b>1-4</b> <b>Job shop</b>  <i>Career Planning</i>	<b>1-4</b> <b>Job Shop</b>  <i>Career Planning</i>	<b>CSCS</b>