



The Life Skills Project

In Partnership with Hollinswood & Randlay Parish Council

The Life Skills Project Programme

Aims:

- ✓ Small group size focusing on individual needs
- ✓ User-centred bespoke programme
- ✓ Developing independence through Life Long Learning
- ✓ Community Integration
- ✓ Total Communication Environment including Augmentative and Alternative Communication (AAC)

Overview:

The Life Skills Project users will take part in an initial 14-week introduction programme, which will give the users the opportunity to explore all areas of the Project. Throughout the induction programme users will explore a range of Life Skills based activities such as:

- Shopping, money management, food preparation and cooking lunch
- Domestic skills linking to independent living and home skills
- Accessing the community – leisure activities, using public transport, road safety and community links
- Health & Well-being activities
- Creative Arts
- Gardening & Horticulture
- Social activities
- Work experience or volunteering opportunities
- Embedded Functional Skills- English & Maths
- Coffee mornings – baking, taking orders for drinks, community links, social & communication opportunities

Throughout the introduction programme staff will work in collaboration with the users to observe, assess and record individual areas of preference, aspirations and individual needs. This information will then be reviewed by the Project Manager who will create a bespoke user-centred programme for the following 14-week term(s).

A meeting will then be arranged with both the user and parent/carer to outline the user-centred programme and discuss any additional areas of interest, personal targets or changes.

Introduction to Life Skills Timetable:

Monday 17th September 2018 - Monday 17th December 2018 (14 weeks)

9:00-9:30	Registration & Social Time
9:30-10:30	Activity 1 (change on a weekly basis)
10:30-10:45	Tea Break
10:45-12:15	Life skills (making lunch & domestic skills)
12:15-13:00	Lunch & Social Time
13:00-14:30	Activity 2 (change on a weekly basis)
14:30-15:00	Reflection (complete individual work book) & Social time

*Activities 1 & 2 options: Community Activity, Health & Well-being, Creative Arts, Gardening & Horticulture, Work Experience/Volunteering Opportunities.

*1st Monday of each month Community Coffee Morning at the centre

*Staff briefing before and after each session focusing on the user-centred approach.

Programme Pathways

Following on from the Introduction to Life Skills programme, all users will take part in an award area of choice (or areas depending on individual needs) as well as a range of Life Skills activities during each session.

The information collated from the induction programme will create a user-centred programme including a chosen award pathway.

*Criteria for each award pathway e.g. level 1, 2 & 3 to be confirmed during the Introduction to Life Skills programme by the Project Manager.

Example:

User 1

Chosen award area: Health & Well-being



*Once the user has completed all three levels in an award pathway the individual will graduate.