



Life Skills Project

In Partnership with Hollinswood & Randlay Parish Council.

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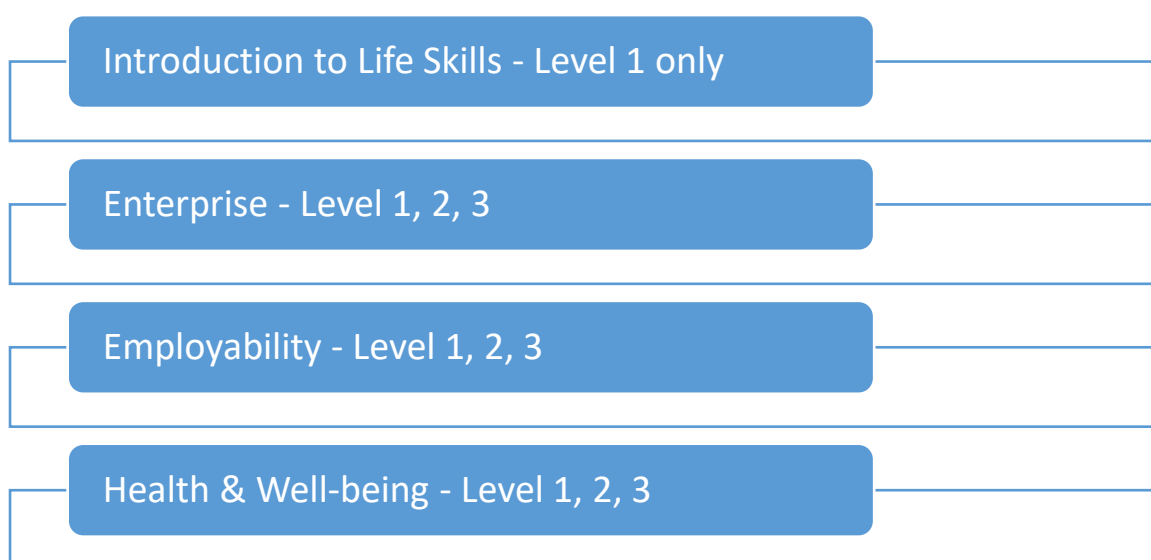
Life Skills Project Overview

Aims:

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

Overview:

The Life Skills Project offers Service Users a choice of pathways which are listed below;



The Life Skills Project runs across three 14-week terms per year, with each pathway level running for a full 14-week term.

The Project Manager will create an Individual Support Plan (ISP) based on person-centred outcomes for each service user. The ISP will be reviewed on an ongoing basis with staff working in collaboration with the service users and their families to observe, assess and record individual areas of preference, aspirations and individual needs.

The suggested route for Service Users is to complete the Introduction to Life Skills Pathway which gives a broad overview of all available areas. By week 9 feedback from both the service user and parent/carers is gathered and a full review of the person-centred outcomes takes place in-line with a discussion and decision on the chosen pathway for term 2.

To meet individual needs there is an option for the service user to start a chosen 3 level pathway rather than completing an introduction term if this is deemed unsuitable.

Each pathway will also include:

- Daily Life Skills – planning and preparing lunch/meal, shopping for meal items using personalised shopping lists, money management and domestic skills.
- Community integration, keeping safe in the community and safe travel using public transport.

Introduction to Life Skills

- Daily shopping, money management and food preparation
- Domestic skills linked to Independent Living skills
- Community integration
- Social activities- focusing on social and communication skills
- Route planning, using public transport and keeping safe in the community
- Sport & Leisure activities, nutrition, self-care techniques linked to Health & Well-Being pathway
- Creative Arts, Gardening & Horticulture linked to Enterprise pathway
- Work experience or volunteering opportunities linked to Employability pathway
- Embedded Functional Skills – English & Maths
- Community Coffee Morning (first Monday each month) – community links, crafts and hobbies, social & communication opportunities

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Enterprise

- **Arts and Crafts**
- **Gardening and Horticulture**
- **Themed projects**
- **Shopping in the community for equipment, resources and stock**
- **Community linked activities**
- **Visits to small businesses**
- **In-house small business linked to chosen theme e.g. Christmas craft sale, Easter craft sale, Summer fair**
- **Job roles within a small business (in-house business)**

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Employability

- Preparation for work
- CV writing (personal skills & qualities)
- Application forms
- Interview preparation (role play, communication and social skills tasks)
- Personal presentation tasks
- Job search (internet, job centre, job fairs etc.)
- Guest speakers
- Work experience, voluntary opportunities or placements

Health & Well-Being

- Community leisure activities and adapted sports
- Relaxation, self-calming, feelings and emotions activities
- Healthy lives – personal presentation, self-care and daily hygiene regimes
- Nutrition, including healthy meal choices
- 'How the body works' activities
- How to book an appointment or check-up with a medical professional
- Basic first aid training
- Sports Leader Award (progression to voluntary opportunities or placements)

Example of pathway progression:

Service User 1

Chosen award pathway: Health & Well-Being



Once a Service User has completed all three levels they will graduate from their chosen pathway.

Life Skills Project Costs

Number of weeks	Costs per session	Total cost
14-week term	£62	£868.00
42-week year	£62	£2604.00

- The costs are based on supervision support without transport
- 1:1 or 2:1 support and transport can be provided at additional cost

2018/19 Calendar

Term 1	Term 2	Term 3	Term 1 (2019/20)
Monday 17 September	Monday 7 January	Monday 29 April	Monday 16 September
Monday 24 September	Monday 14 January	Monday 13 May	Monday 23 September
Monday 1 October	Monday 21 January	Monday 20 May	Monday 30 September
Monday 8 October	Monday 28 January	Monday 3 June	Monday 7 October
Monday 15 October	Monday 4 February	Monday 10 June	Monday 14 October
Monday 22 October	Monday 11 February	Monday 17 June	Monday 21 October
Monday 29 October	Monday 18 February	Monday 24 June	Monday 28 October
Monday 5 November	Monday 25 February	Monday 1 July	Monday 4 November
Monday 12 November	Monday 4 March	Monday 8 July	Monday 11 November
Monday 19 November	Monday 11 March	Monday 15 July	Monday 18 November
Monday 26 November	Monday 18 March	Monday 22 July	Monday 25 November
Monday 3 December	Monday 25 March	Monday 29 July	Monday 2 December
Monday 10 December	Monday 1 April	Monday 5 August	Monday 9 December
Monday 17 December	Monday 8 April	Monday 12 August	Monday 16 December

Life Skills Project Daily Timetable Example:

9:00	Registration and social time
9:30	Activity 1
10:30	Break (make own drink/snack or purchase when out in the community)
10:45	Life Skills (food preparation & domestic skills)
12:15	Lunch and social time
13:00	Activity 2
14:30	Reflection (complete individual work book) and social time
15:00	End of day

- Timings may vary dependent on activity 1 & 2
- 1st Monday of each month Community Coffee Morning at the centre
- Staff briefing before and after each session focusing on a person-centred approach

Useful Information

The Life Skills Project Location:

Hollinswood Community Centre
7, Downmead,
Telford,
Shropshire.
TF3 2EW

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