

Life



LOVING LIFE, OFFERING HOPE

Life Skills Programme



Registered national charity no. 1128355 in England and Wales and no. SC041329 in Scotland.

The Life Skills Programme

It has been designed for use in LIFE houses and with Community Service Users in their own homes. It provides enjoyable ways of learning and practicing skills needed for independent living in a relaxed setting.

Activities are supported with resources worksheets and quizzes from a number of on-line sources such as: - Netmums, Gingerbread, and the BBC.

The content should be considered in conjunction with our “Working with Fathers” Programme, which brings additional ideas.

There are no strict rules on how these sessions should be run, they may be customised for one to one individual learning, or run for groups to work/learn together. The following pages contain just a few of the ideas/examples for the sessions

The weekly budget for the Life-Skills sessions is £5 per tenant, per week.

In addition, we have made a further £5 available per tenant each month for a “Tenant’s Choice” session.

Other Life Skills sessions (individual or group) are managed from within the standard Life House budget





Kitchen Skills

Designed around “cooking on a budget”

- Preparing good nutritious food for adults and children from fresh ingredients.
- Guidance on weaning babies onto fresh foods using NHS guidelines
- Preparing food for different occasions such as; celebrations, days out and so on
- Food and kitchen hygiene.

Practical Skills

Essential, basic home maintenance

- Maintaining equipment around the home (plugs, appliances, alarms)
- Craft activities.
- Gardening
- Decorating



Health & Safety

Health and Safety sessions are carried out weekly and are mandatory for all.

Support Workers may carry out additional Health and Safety sessions if requested by Tenants.



- Awareness sessions.
- Assessing risks
- Domestic abuse.
- Keeping a home safe and secure
- Fire safety, carbon monoxide leaks
- Assessing risks from others/managing relationships.





Money and Budgeting

- Living to a budget
- Securing best rates for home bills etc.
- Minimising unnecessary charges.
- Making sure that rent is paid promptly
- Benefit claims completed
- Opening a bank account
- Understanding wage slips/managing a wage.

Health

- External health professionals sometimes run these sessions eg. Anti-natal, breastfeeding, baby clinics
- Support workers may run additional sessions, always referring to available professional literature.
- Drugs/Alcohol awareness sessions
- How to stop smoking
- Depression and anxiety
- Sexual health, STDs, chlamydia - LIFE Education materials available

Parenting

- Play
- Child development
- Young Parenthood Programme





Work and Career

- Accessing grants and bursaries
- Accessing education
- looking for employment
- Volunteering
- accessing Child care
- Writing CV's

Personal wellbeing

Building self esteem by :-

- activities such as manicures, pedicures,
- watching a DVD
- Working out to a fitness video,
- Photography and creating displays
- Discussing Hobbies



Information Technology

- Accessing social media sites
- Keeping yourself safe when using social sites
- Managing/coping with technology
- Getting value for money when using IT
- Understanding contracts IT/ Phones



Tenant's "Choice" Sessions

Group Sessions

The additional funding of £5 per tenant, per month is expressly for tenant driven activity.

This funding is available for our tenants to, collectively, generate the ideas and determine how and when it should be spent, and the tenants themselves have responsibility for the planning and implementation of the activity.

The budget may be used each month, or accumulated over a period of up to three months to enable more expensive activities.

Examples include:-

Group Trips (to the Zoo, seaside, Theme Park etc)

Buying Children's play equipment (e.g. Garden toys, sit on cars etc.)

Buying "non standard" equipment for their LIFE house (e.g. Doughnut maker, George Foreman Grill etc.)

"Wellbeing" sessions—Off site (e.g. Hairdressing, nail technicians etc.)

All expenditure has to be agreed by all existing tenants in a house and LIFE staff must approve all activities.





To see a copy of this on-line please visit
www.lifecharity.org.uk/lifeskills-booklet

(ask your support worker for the password)

Why not subscribe to LIFE eNews by emailing:
enews@lifecharity.org.uk

In addition to talking with your support worker
you can email hands@lifecharity.org.uk for any
queries about health and safety.



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www.lifecharity.org.uk

www.pregnancyhelp.org.uk



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