



Training & Mentoring Project

Starts Wednesday 7th
October 2009 for 48 wks
(one Wed a week)

Independent Living & life skills Programme

Are you keen to participate in
an Independent Living
project identifying your skills
that need developing to
live a fulfilled happy life.



This 48 week Programme will be a great fun way to
meet new people with similar aims & aspirations to you.

COURSE CONTENT

- > Gain an understanding of Independent Living skills
- > Identify personal strengths
- > Set goals to make improvements
- > Chose a project and learn more about:

locating resources/facilities in local community, Map reading,
Routines and Responsibilities, Travel training, Using money in
everyday situations, Communication in everyday situations
Filling in forms, Healthy living -Preparing a snack/meal,
Cleaning and shopping

- > Reflect on Achievements



Participants will work towards gaining
recognised qualifications with Open College
Network- Entry & level one (in total 9 credits)

Based at Fieldway, heath, Cardiff 9am-3pm



CONTACT

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