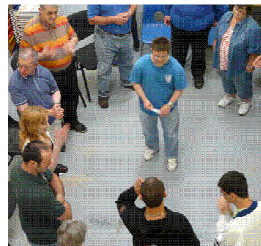


If you would like more information on any or all of the TAM training modules please call our admin department to request a copy of the full TAM prospectus on: 029 20 621194

If you would like to apply for a place or discuss the needs of a learner please contact our student services manager, Ed Synan on: 029 20 621194

Additional copies of this leaflet can also be downloaded from our website:

www.vision-twentyone.com



The Training & Mentoring project is located in: Unit 8, Fieldway, Maesycod, Road, Heath, Cardiff, CF14 4HY.
Tel: 029 20 621194



Vision 21 (Cyfle Cymru)

Training & Mentoring Project

Course Prospectus



The Training and Mentoring project offers individuals with a learning need vocational accredited training and learning opportunities.

Charity number: 1046097



The Vision 21 Training and Mentoring Project offers a rolling programme of 6 modules run over a 3 year period. Each module is delivered one day a week from 9am to 3pm over a six month period and offers progression through different levels of accreditation.

The courses are tailored to individual learning needs and each student is supported to develop their own individual learning plan.

Each module focuses on different areas of life and social skills and students can progress through different levels starting at pre-entry, and then progressing through Entry levels 1, 2 & 3 and progressing to Level 1 if appropriate. All modules also have essential numeracy and literacy skills integrated throughout the courses which are introduced in enjoyable and accessible ways.

- All courses are accredited by Agored Cymru - (formerly OCN Wales).
- All staff are suitably qualified, experienced & committed to the student group
- Courses cater for a range of abilities and are tailored to individuals needs.
- Training takes place in small supportive group settings. Programmes include a mix of classroom based work as well as visits out into the community to reinforce learning in everyday situations.
- Courses are fun, sociable and interactive.
- A variety of subjects are offered including basic life and social skills, interpersonal skills and work skills.
- Students also have the opportunity to undertake additional accredited training in essential skills where appropriate.
- Support is also offered for progression such as placements within Vision 21 projects as well as training or support in preparation for work experience, peer mentoring, volunteering or employment.

The courses are designed for individuals with learning needs and disabilities and students can come from a wide variety of routes as all courses are tailored for individual needs:

- Students can attend for work experience while still attending secondary school or following on from leaving school at either 16 or 18 years of age.
- Students attend as a placement from college or following on from leaving college.
- Students are often referred through social services, from supported living or signposted through Careers Wales.
- Students also find us by word of mouth, are introduced through their families or they can self refer.

Students work at their own pace and are encouraged to undertake Agored Cymru accredited units at a level to suit their ability.

APPLICATIONS:

Applicants should be aged 16 years or over and express an interest in vocational training leading to an understanding of the world of work. 'Taster sessions can be arranged and students aged 14-16 can access Vision 21 through schools 'transition' or work experience routes.

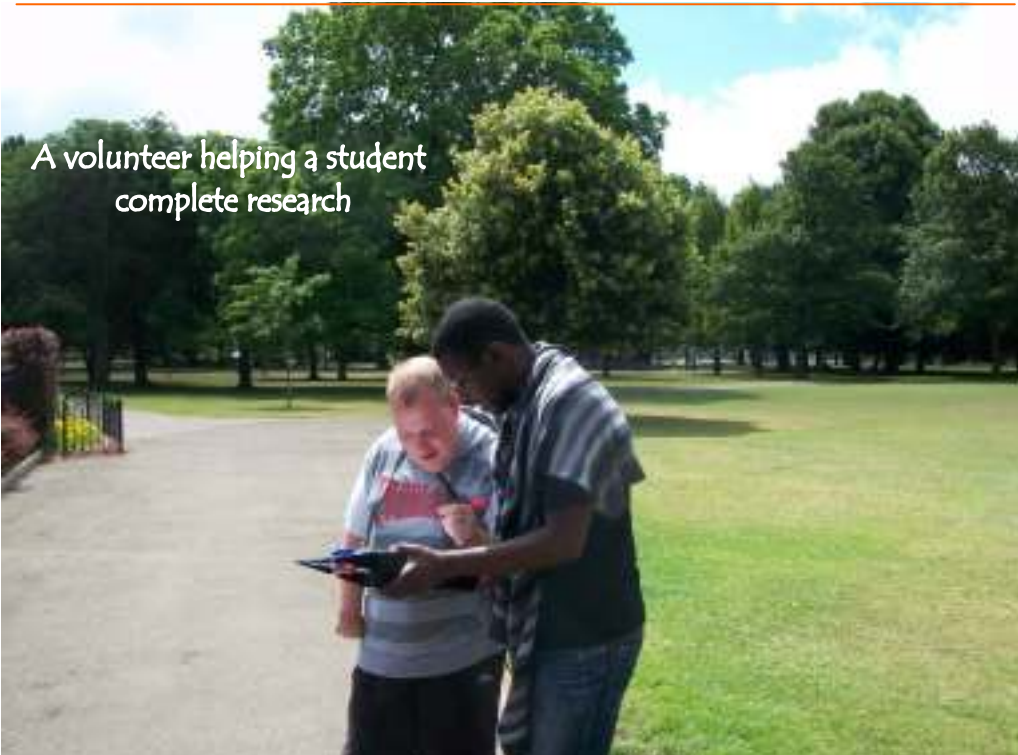
Vision 21's referral form is the first step into accessing Vision 21's services and can be downloaded from our website:
www.vision-twentyone.com

You can download this leaflet or order copies online
You can also order more copies ,contact our admin team
Tel: 029 20 621194
See over for contact details

Volunteering with Vision 21 is a rich and rewarding experience. Volunteers really make a difference to the work we do and helps to improve the service to our students.

If you enjoy working with people, have time to spare, would like to develop your experience, feel you would enjoy supporting someone with a learning disability in a training environment we would love to hear from you. You'll get a fantastic opportunity to meet people and make new friends whilst being a part of an inclusive and supportive organisation.

If you are interested in volunteering with the Training and Mentoring project we would love to hear from you. You can find out more by visiting the volunteer page on our website or by contacting our admin department on 02920 621194.



A volunteer helping a student complete research

Module 1

Me & Others

- Increasing awareness of self.
- Identifying strengths and areas for improvement.
- Awareness of personal feelings & emotions.
- Personal presentation skills.
- Giving opinions.
- Recognising personal achievements.

Module 3

Promoting Healthy Living

- Awareness of promoting personal health.
- Lifestyle improvements.
- Healthy eating awareness and preparation.
- Personal Hygiene
- Identifying causes of stress
- Developing coping strategies

Module 5

Personal Development

- Recognise own strengths & weaknesses.
- Recognise and develop own personal skills & achievements.
- Identify personal relationships.
- Make positive decisions.
- Set personal objectives and action plans for self-improvements.

Module 2

Independent Living

- What are Independent living Skills?
- Personal responsibility.
- Identifying personal strengths & areas for improvement.
- Building confidence to undertake daily living tasks
- Including household Responsibilities.

Module 4

Community Awareness

- Awareness of, & access to local facilities & amenities.
- Planning a journey
- Purchasing tickets
- Money handling
- Using public transport
- Appropriate clothing
- Personal safety

Module 6

Working as a Team

- Understand team roles and working together.
- Communication skills
- Appropriate body language
- Work as a team
- Use appropriate behaviour.
- Fundraising events & completing team activities.
- Confidence & self esteem.



The courses are delivered in a rolling programme of 6 modules focusing on different aspects of personal development and social skills.

Students attend each module for one day a week over 24 weeks (6 months) and will have the opportunity to explore a range of issues about themselves and how they relate to other people.

The 'Me and Others' course will cover:

- Increasing awareness of self.
- Getting to know me and others.
- Personal appearance and appropriate dress.
- Identifying personal qualities and strengths.
- Exploring areas for improvement.
- Awareness of personal feelings and emotions.
- Recognising achievements in my life.
- My favourite things & places.
- Special events in my life ~ Holidays.
- Celebrating personal events.
- Relationships.
- Significant people in my life.
- Giving opinions & understanding others.
- Story telling ~ dealing with upset.
- Emotions ~ practicing saying no.
- Story boards & memory box



"The Vision 21 Training and Mentoring Project helped me to get the feel of what I will be doing and helps me decide which project I want to pursue. To put it in another way, this induction helps me to "Dip my toes in the water".

Howard



The 'Working as a Team' course will cover:

- What does working in a team mean.
- Social skills & Teamwork activities.
- Exploring events & fundraising ideas.
- Decision making.
- Identifying tasks & responsibilities.
- Planning and preparation ~ target aims.
- Research, promotional ideas & marketing.
- Using a PC ~ collecting resources.
- Greeting new people.
- Appropriate behaviour & body language.
- Who can help us?
- Complete activity logs.
- Work as a team to complete activities for an event.
- Hold an event.
- Building confidence & self esteem.
- Review and evaluation of event ~ Skills chart.





"Since I started with vision 21 my confidence has grown I am starting to feel more comfortable around new people and really come out of my shell this has shown with my work experience where I've been getting on well with the staff, the customer's and also the work".

Leon

The 'Personal Development' course will cover:

- Introduction ~ All about me & getting to know others.
- What's my story.
- Skills useful in life & Strengths and weaknesses.
- Personal qualities and achievements.
- Create a personal calendar.
- Current life situation.
- Activities I enjoy.
- Visit a place of interest.
- Relationships & important people in my life.
- Relationships ~ Friendships.
- Communication skills.
- Confidence & positive thinking.
- What I like about myself.
- My hero.
- Making decisions ~ setting goals.
- Difficult life situations ~ support networks.
- Rights and responsibilities ~ respecting opinions



In our own words

Comments from previous TAM students about what the training has meant to them.

"I look forward to coming to Vision 21 every week. It has had a positive impact on my life".

Viv



The 'Independent Living Skills' course will cover:

- Introduction to independent living skills
- Identifying own skills and strengths
- Looking at routines and responsibilities for life
- Identifying areas for improvement & setting goals
- Planning and organisational skills
- Undertake an independent living project
- Hygiene and presentation
- Using money in everyday situations
- Visiting a local supermarket
- Healthy eating and planning a healthy snack/meal
- Introduction to cleaning
- Timekeeping & making decisions
- Personal safety & form filling
- Using public transport & planning journeys
- Visiting local amenities & community services
- Reflecting on achievements & planning for the future





"When I first started Vision 21 I was shy, quiet, miserable, confused, bad with money, lacking with confidence with buying food, not aware of risks in eating fatty foods. Now I've improved; I'm happy, know where to go, healthier and can use money. I talk to members of the group. I like helping others. I have studied welsh culture, healthy living and gained work experience ". **John**

The 'Promoting Healthy Living' course will cover:

- Introduction to healthy living.
- Areas that need improvement to own lifestyle.
- Introduction to nutrition.
- Preparing healthy meals.
- Introduction to fitness & benefits of exercise.
- Visit to health centre.
- Organise fitness activities.
- Plan a meal out ~ research a healthy eating venue.
- Organise a healthy living party.
- Undertake a healthy living goal.
- Understanding about the effects of tiredness & stress.
- Personal strategies to deal with stress.
- Ways of dealing with sickness.
- Reflect on achievements.



"I am really enjoying the course, I particularly like it when we go out and about, I have now got confidence to travel on my own. I used to be really shy but now I feel more confident to talk to people".

Suzanne



The 'Community Awareness' course will cover:

- Introduction to the local community.
- Locating key resources & getting around the community.
- Preparing to access the community.
- Using a map and locating facilities in the town centre.
- Shopping on a budget.
- Identifying local amenities.
- Fitness facilities in our local community.
- Plan a trip and visit to local services.
- Places of interest & plan a journey.
- Write a postcard to a friend ~ access a post office.
- Visit places of interest.
- Places to eat in my community.
- Use money ~ purchase an item of choice.
- Visit a supermarket ~ price comparison check on food.

