

# Independence Workshops 2017

Commencing Saturday 25<sup>th</sup> November 2017

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## Workshop Details

All of the workshops will be designed to assist with young people's development of independence skills and will be planned around the following topics:

- Use of public transport
- Road safety
- Money skills
- Self care skills
- Healthy eating and the importance of exercise

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These workshops are to be delivered to young people aged 12-17 (up to 18th Birthday).

The workshops will be held at Belle Vue Youth Club, Rocke Street, Belle Vue, Shrewsbury and will be open to young people who are registered with "All in" and live anywhere in the Shropshire area.

The focus is to be on independent living skills. It is aimed at young people who want to further develop their skills, and have new experiences.

The workshops could work well with young people who are currently accessing travel workshops, or life skills in school or college, or need support and encouragement to develop their independence skills. We can work together and expand on their skills in a new setting.

It is envisaged that workshops will take place over 3 consecutive weeks and will last for 3hrs and will run alongside the Saturday afternoon club. There will be a maximum of 6 young people per workshop.

There will be an initial assessment, if one hasn't been completed previously, to determine suitability for the proposed activities and ensure needs are safely met.

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**Specific outcomes which we will be addressed and promoted with the young people during the workshops are:**

- **Social skills**
- **Use of public transport**
- **Communication and interpersonal skills**
- **Exercising choice**
- **Personal safety in the community**
- **Increasing confidence**
- **Keeping healthy**

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**If you are interested in booking any of the workshops**

**Please contact:**

**[deborah.king@actionforchildren.org.uk](mailto:deborah.king@actionforchildren.org.uk) or contact**

**the project on 01743 285765**

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