



Skills Development Workshops

Overview

The Youth Development Project provides skills development workshops for young people in schools and colleges within LBHF. The programme is available for classes with young people aged between 13-25 years who have a learning disability and/or autism.

Workshops can be provided as a 'one off' or as part of a programme and are tailor-made to suit the needs of your students. All of our workshops are fully inclusive and centre around topics which support transition and engage students in life skills which promote independence.

Currently, there are six fun and interactive subjects to choose from which will encourage students to develop confidence, engage in self-advocacy and build lasting peer relationships.

If you are interested in booking any of the workshops for your school/college, please contact **Kirstin Jamieson** on **0208 748 5158** or **kirstin.jamieson@hfmencap.org**

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Workshops

Boundaries

Within this workshop we will explore:

Behaviours in the home, at school and in the community –what is appropriate/inappropriate and how to be self-assertive.

Text messaging and social media - it's pro's and con's and how to stay safe online.

Healthy relationships - how to be a good friend and how to make and maintain friendships.

Self-Care

Within this workshop we will explore:

How to stay healthy and hygienic by learning hand washing techniques, teeth brushing techniques by and learning self grooming skills such as shaving, nail care and personal hygiene.

The importance of exercise and healthy eating.

Mindfulness and relaxation technique and how to deal with feelings and emotions.

Budgeting

Within this workshop we will explore:

What a budget is and why it is useful.

Coin identification and numeracy skills

The difference between wants and needs and how to prioritise.

How to apply a budget in real life and avoid scenarios which may trip us up!

Workshops

Healthy Eating

Within this workshop we will explore:

The eat well plate, food groups and nutrition.

The importance of staying hydrated and monitoring what we drink.

How to make healthy meals - some of which we will do in class!

Employment Interviews

Within this workshop we will explore:

First impressions and how to look presentable.

Preparing for the interview and typical interview questions.

How to make a good CV and how to use job application websites.

Equality

Within this workshop we will explore:

Different types of discrimination

Current issues in popular culture

Overcoming barriers and working toward a fairer society

Please note that descriptions of workshops are inclusive but not exhaustive of subject areas and can be altered depending on the needs and wants of students