

LIFE SKILLS

Information and advice to help prepare young people for adult life who are leaving local authority care.

WORKBOOK



Introduction

This workbook has been put together to give young people who are leaving Wandsworth local authority care information and advice to help prepare them for adult life.

It is hoped that this workbook will help you to identify skills and types of support you may have already, plus goals you may need to think about, as you move towards independence and adulthood. The questions have been set as a guide to aid, and promote discussion and to help you think about issues that all young people need to be aware of, regardless of whether they are in care. If you have difficulty answering some of the questions, or have not had experience of some of the tasks, don't worry; it takes everyone a long time to become independent. Talk to someone about this, and begin to think about tasks you can work on and which ones are important to you.

AQA Unit Award Scheme

By participating in the course and completing this workbook, you have the opportunity to gain AQA accreditation in all of the areas covered.

It is mandatory that you complete all sections in the workbook as it will show your knowledge and understanding of living independently. This will also support with your future housing application.

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Name	
Date completed	
AQA Unique Number	
AQA Coordinator	

SECTION 1

WELLBEING



We all need good mental health and wellbeing – it's essential to living happy and healthy lives. Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

What is good mental health?

List three ways to improve mental health and wellbeing

1	
2	
3	

What is the importance of maintaining good personal hygiene?

SECTION 1

WELLBEING



Stress and depression

One cause of stress	One treatment for stress

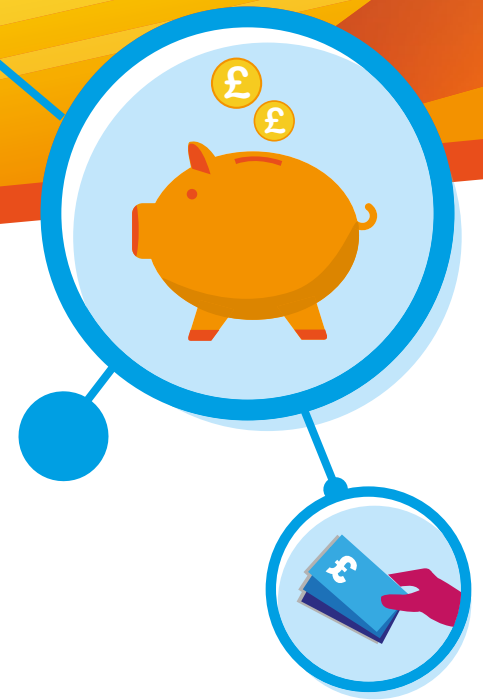
One cause of depression	One treatment for depression

Which agencies or people may be able to help you with the following:

If you're feeling low	
If you need debt and financial advice	
If you need support with drugs or alcohol issues	
If you feel unwell	
If you feel frightened of your boyfriend or girlfriend	

SECTION 2

MONEY MANAGEMENT



Positive financial habits are essential to living independently. For young people in the most vulnerable circumstances this can be as simple as knowing how to budget for a weekly shop and as crucial as paying the rent to avoid eviction.

Complete your monthly income and expenditure in the table:

OUTGOINGS: Your living costs	Monthly cost (£)
Rent	
Service Charge	
Utility Bills (water, gas, electricity)	
Council Tax	
Mobile Phone Bills	
Internet and Wi-Fi	
TV Packages (Netflix, Amazon Prime etc)	
Public Transport Cost	
Food	
Toiletries and Cleaning Products	
Meals at College / University	
Meals at Work	
Medicines and Prescriptions	
Dentist and Opticians	
Hairdressing / Barbers	
Hobbies and Entertainment	
Sports and Gym	
Childcare Fees	
Other	
Total cost amount (£)	

SECTION 2

MONEY MANAGEMENT



INCOME: Money you receive	Monthly payment (£)
Your Wage	
Universal Credit	
Employment and Support Allowance (ESA)	
Personal Independence Payment (PIP)	
Children Benefit	
Childcare Grant	
College Bursaries	
University Maintenance Loan	
University Bursaries	
Parent Learning Allowance	
Other	
Total payment amount (£)	

How much money do you have left after all your income and outgoings? £

List three ways to cut down on your expenses

1	
2	
3	

What is one disadvantage of having debt?

What is the importance of saving money?

SECTION 3

HOUSING TENANCY PREPARATION



A safe and secure home is the foundation on which you can build your life after care. Having this base means that you can fulfil ambitions, gain qualifications or enter work, and establish yourself within a community.

What expectations might your landlord have of you, to ensure you are 'a good tenant'?

What expectations would you have of your landlord to make sure you were happy and safe where you live?

How would you ensure you were considerate of your neighbours?

SECTION 3

HOUSING TENANCY PREPARATION



Who would you contact if you're having problems with your tenancy?

What are the consequences of not paying your rent and service charge?

Setting up home allowances

You can get a setting up home allowance (also known as a leaving care grant) to help you buy essential things when moving into your own home. To help you prepare for purchasing household items, complete the table below. Look for items online and estimate how much they will cost. You have £2,100 to spend.

Rooms	Items	Estimated price (£)	Where could I buy this item?
Bedroom			
Kitchen			
Living Room			
Bathroom			

SECTION 4

HEALTH AND SAFETY AT HOME



Home safety refers to the awareness and education of risks and potential dangers in and around your home. You will need to be one step ahead on how accidents can happen and how to minimise the risk of potential bodily harm, injury, or even death.

What is the importance of actively reducing risks within your home?

List three potentially dangerous situations that can occur in your home

1	
2	
3	

List two causes of fire in the home and suggest a preventative measure for each

Cause	How to prevent this from happening

What is a good reason for having a smoke alarm fitted and maintained?

What is a safe way of dealing with callers at your door?

What is a way of dealing with pests (for example, mice, ants) found in your home?

SECTION 4

HEALTH AND SAFETY AT HOME



Hazards

List some of the hazards you can see in this kitchen scene.

SECTION 5

SUBSTANCE MISUSE AWARENESS



Discussing issues around drugs isn't always easy, but young people who talk openly about drugs are able to make more informed choices with regard to their use. Research has shown that young people in care are more likely to come into contact with drugs and unless they are known to use drugs, they may not get the chance to talk about them.

List two reasons why young people may choose to use drugs

1	
2	

List five things the heavy use of alcohol or other drugs can cause or result in:

1	
2	
3	
4	
5	

List three things you could recognise if someone you know is heavily using alcohol or other drugs:

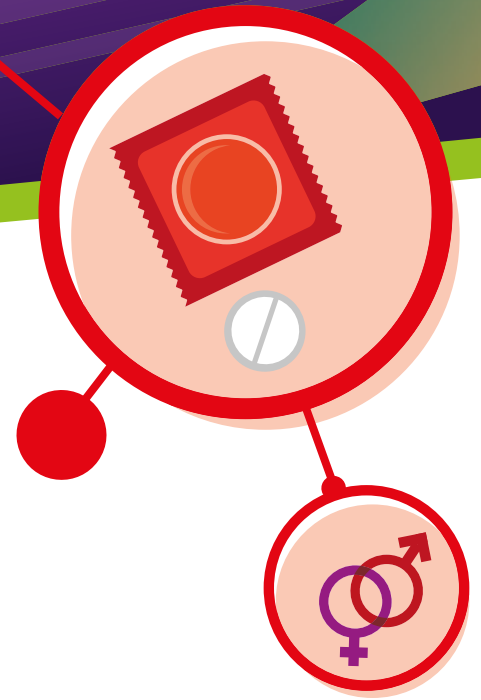
1	
2	
3	

Give an example on how you could help someone with substance misuse problems

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SECTION 6

SEXUAL HEALTH



Sexual health is an important part of your physical and mental health, as well as your emotional and social wellbeing. Both men and women need to look after their sexual health and understand issues surrounding sexual relationships and consent, sexually transmitted infections and contraception.

List three types of Sexually Transmitted Infections/Disease (STIs/STDs)

1	
2	
3	

List three types of contraception methods?

1	
2	
3	

How can you recognise when is someone unable to give consent to sex?

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List two organisations you can contact if you have any questions regarding your sexual health.

1	
2	

SECTION 7

COOKING AND HEALTHY EATING



Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

What are the benefits of healthy eating?

What can I do to improve my diet?

List five safety rules you could have in the kitchen to ensure you are following good food hygiene:

1	
2	
3	
4	
5	

SECTION 7

COOKING AND HEALTHY EATING



Healthy Food Basket

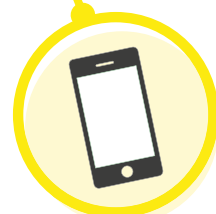
Fill the basket with £20 worth of healthy food that you enjoy eating. List the name of the food items and then write the price next to each item in the table below.

Food item	Estimated price



SECTION 8

EMPLOYABILITY SKILLS



In order to start your job search or considering a career path, you will need to identify your skills and abilities. This exercise is designed to help you to evaluate your abilities in relation to the key skills employers look for.

Tick the appropriate box that describes you.

Skills and Abilities	Never like me	Sometimes like me	Always like me
I am confident about my ability to adapt my writing style to a variety of documents (e.g. essays, reports, letters)			
I am confident in giving presentations to small groups			
I plan ahead and work to a schedule to meet deadlines			
I can do functional maths problems including fractions, decimals and percentages			
I can use the computer with ease.			
I can use email and the Internet			
I have few conflicts with other people at work/college			
I work well in a team			
I am flexible when changes happen at work/college			
I am able to make decisions quickly			
I am usually able to establish a rapport with people from a range of backgrounds			
I can give constructive feedback to others			
I have been responsible for organising activities involving other people.			
I understand statistical data, e.g. as presented in news stories or company reports			
I can interpret numerical data presented in a graphical form (e.g. pie charts, histograms, etc)			
I always check my written documents carefully for grammar and spelling mistakes			
I can work effectively under pressure and find ways to manage stress			
I set myself challenging yet achievable goals and targets			

SECTION 8

EMPLOYABILITY SKILLS



List five ways of improving your skills that can help you get a job

1	
2	
3	
4	
5	

List three helpful tips when completing a job application form

1	
2	
3	

List three helpful tips when going to a job interview

1	
2	
3	

What are the benefits to you of being a good employee?

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For more information and advice please contact:

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