

# Route to Independent Living

Bright Lives C.I.C offers training and support for people with additional learning with the aim to provide the skills required to live a fuller and independent life. All our courses are supplied with written and photographic evidence to support the progression and outcomes; the student will be presented with a ASDAN certificate to support the progression. Internally and externally Accredited by **ASDAN, centre registration – 35703**

## ASDAN - Meal Preparation and Cookery

- Hygiene
- Health and safety
- Food storage
- Using equipment
- Planning and shopping
- Preparing a cold drink
- Making a hot drink
- Preparing a cold snack
- Making a hot snack
- Convenience food



## Dinner Club

- Healthy home cooked dinner to take home and enjoy
- Independent living skills
- Kitchen awareness and safety.
- Learning to use a wide range of tools and equipment in the kitchen
- Team work and working on own.
- Build up a recipe file to take home.
- Students would ideally need to bring in an apron and suitable containers to transport meals home that can also be used to reheat and freeze.

**12-week course, including Dinner Club**  
**2 hours per week**  
**£30 per week with certification**

**Total cost £360.00**

This group would be ideally suited to people who want to move on with their cookery, people who live in their own home or in supported living looking to develop their cooking skills.

# Route to Independent Living - 2

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## ASDAN - Money Skills

- Recognising money
- Looking after your money
- Buying something regularly
- Using a shop
- Using a cafe
- Optional project



## ASDAN - Travel Training

- Planning your journey
- Preparing for your journey
- Travelling
- Getting off
- Coping if things go wrong
- Optional project
- Completing a journey

**12-week course, including Travel Training  
2 hours per week  
£30 per week with certification**

**Total cost £360.00**

# Route to Independent Living - 3

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## ASDAN- Living Independently

- Earning and Spending Money
- Keeping Track of your Money
- Making Financial Choices
- A Place of your Own
- Health and Wellbeing
- Cooking on a Budget
- Practical Cooking Skills
- Career Management
- Preparing for the World of Work

The ASDAN Living Independently Short Course is focused on making a successful transition from school education to adulthood, whilst being equally at home for people in long term care looking to make a transition towards a independent life. Developed in collaboration with local authorities, the course supports the cross-government strategy to transform support for people leaving care – 'Keep on caring: supporting people from care to independence'.

**60 Hrs**  
**2 hours per week**  
**£30 per week with certification**

**Total cost £960.00**

# Route to Independent Living - 4

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## Sex and Relationships

- Body Knowledge
- Relationships
- Sexual Activity and Behaviour
- Contraception and Sexual Health
- Personal Skills
- Culture and Society

The ASDAN Sex and Relationships Education Short Course accredits up to 60 hours of activity aimed at increasing young people's awareness of, and confidence to deal with, issues surrounding relationships, personal skills and sexual health.

**60 Hrs**  
**2 hours per week**  
**£30 per week with certification**

**Total cost £960.00**

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## Friendship Groups

Friendship groups held in Colchester.

Monday evening at Yates.

Tuesday evening at the Playhouse.

Thursday evening on the Cherry Tree Pub on Mersea Road.

These meetings are designed to enable a regular gathering for people with additional learning needs to learn the skills of communication and socialisation, within a normal environment that will help lead to progression and independence, supported by formal training offered by Bright Lives C.I.C.

**There are no specific charge for these events; other than those of purchasing food and drinks where required.**

# Route to Independent Living

**Bright Lives C.I.C** can deliver the complete set of courses as follows :

Cookery training: Meal Preparation and Cookery and Dinner Club

Living Independently

Sex and Relationships

Money Skills and Travel Training

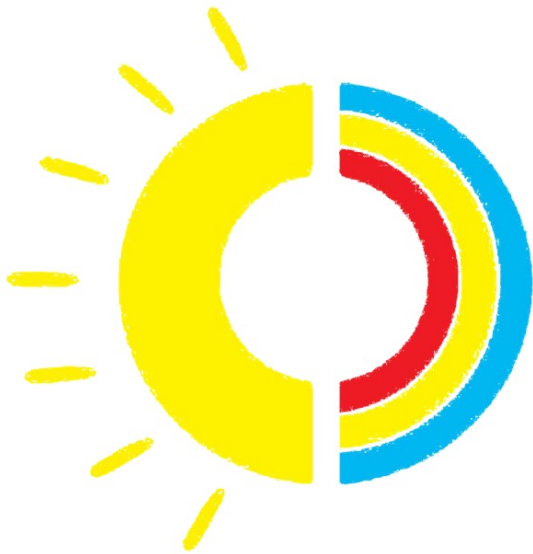
**Delivered, two days a week over 12 Months at a rate of £65.00 per day**

Including registration and accreditation.

for further details:-

please call 01206 615165

or email: [michael@brightlives.org.uk](mailto:michael@brightlives.org.uk)



**[www.brightlives.org.uk](http://www.brightlives.org.uk)**

**Bright Lives** Social Enterprise C.I.C - Empowerment through Achievement