



Independent Living Skills

**A programme for
young people in
care and care
leavers.**

www.ychertfordshire.org

YC

HERTFORDSHIRE



Hertfordshire

Home Cooking Skills

Pearson BTEC Level 1

- Stocking your store cupboard, fridge and freezer
- Knife safety, food safety and hygiene
- Shopping for food and planning ahead
- Preparing ingredients and understanding food labels
- Cooking using recipes

Managing Personal Finance

City & Guilds Level 1

- Understand sources of income and outgoings
- Know how to reduce expenditure
- How to plan a personal budget
- Learn about products provided by financial institutions
- Advantages and disadvantages of borrowing money
- How to obtain help with managing own money

Interpersonal Relationships

City & Guilds Level 1

- How to develop positive relationships
- Interacting with an individual and within groups
- Exploring the qualities that help to build positive relationships
- Understanding and setting boundaries in relationships

Healthy Living

City & Guilds Level 1

- Physical health
- Mental health
- Emotional wellbeing
- Healthy eating and diet
- Maintaining a healthy lifestyle
- Physical fitness



RSPH Emotional Wellbeing

RSPH Level 2

- How emotional wellbeing and resilience affects all aspects of health
- The effect of the environment and individual circumstances on emotional wellbeing
- How to improve attitudes and beliefs to improve emotional wellbeing and resilience
- Healthy relationships
- Help and support for emotional wellbeing



Keeping Safe

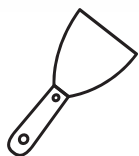
City & Guilds Level 1

- How to identify and minimise risks
- Social Situations
- Alcohol
- Drugs
- Sexual Activity
- Social Media and Internet Safety

Using Materials and Equipment for a Practical Activity

City & Guilds Level 1

- Recycling & Upcycling
- Using hand tools and small power tools safely
- Mending and putting together simple household furniture and fixings
- Bicycle maintenance



Eligibility

You need to currently be in care or a care leaver aged between 13 - 21 yrs old or up to 24 yrs old if you have additional needs.

Please contact your local YC Hertfordshire team for further information;

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