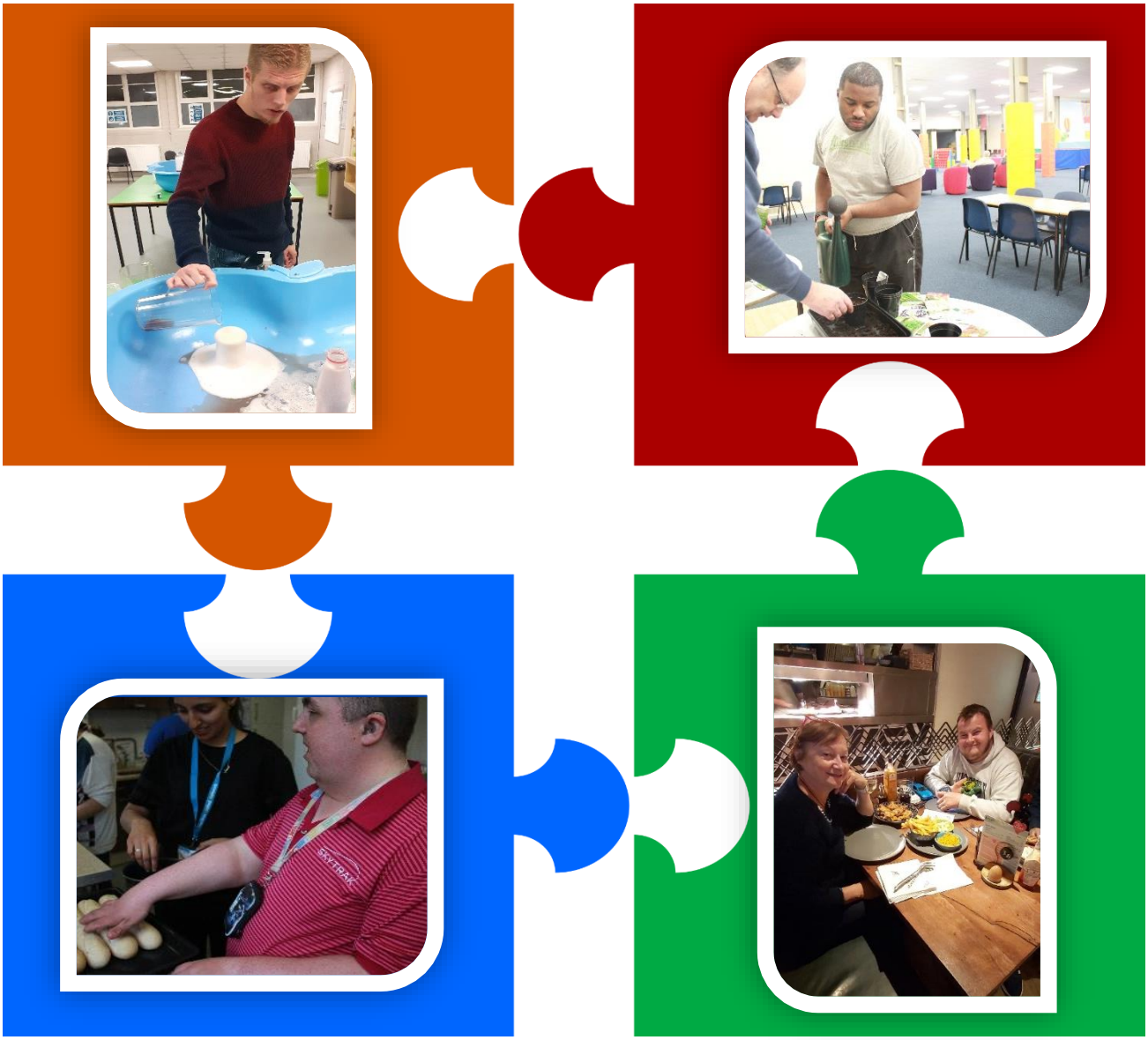
Adult Skills Workshops

For young adults aged 18-30
1:3 support ratio provided

Families United Network



Helping you to develop the skills you need to live a more fulfilling & independent life

Families United Network

At Families United Network we are passionate about what we do and why we do it.

Families United Network (F.U.N.) was established in 2002 as an independent charity by a group of parents needing support and services for their young people with special educational needs and disabilities (SEND).

FUN is a pan-disability charity working within Bedfordshire providing clubs and activities for young people with many different types of physical and/or learning disabilities, and their family carers.

Since 2002 FUN has expanded its provision to include services for younger adults aged 18+, and now provides social groups and activities for this age group.

We aim to provide a relaxed and non-judgmental environment that supports the inclusion of all. Through the different programs that we offer, young people can grow in confidence, expand their aspirations, develop new skills, and move towards greater independence in adult life.

Aims

Families United Network

Our Adult Skills Workshops support you to:

- Learn new skills in a safe, accepting & friendly environment.
- Improve your skills in a range of important areas:

Outcomes

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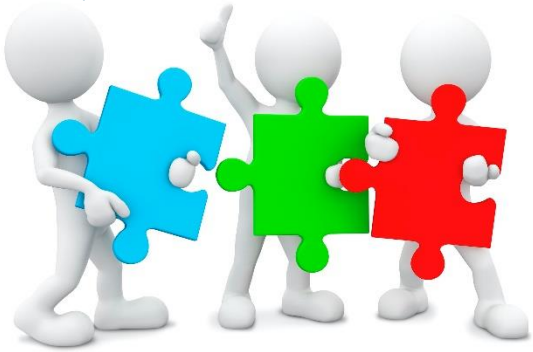
What are the expected outcomes?

By the end of your 6-8-week topic block you will be able to:

- ✓ Increase your skills and demonstrate a greater understanding and ability within each topic area
- ✓ Use what you have learned in real-life situations - at FUN, at home, and out in the community
- ✓ Have the confidence to be able to do things more independently
- ✓ Approach day-to-day activities with the knowledge of what to do and how to do it
- ✓ Make friends to support you with your learning

At our Adult Skills Workshops you will be focusing on skills that matter to YOU, to help you live a more independent life.

FUN staff will be with you all along the way to support you during practical tasks, 'classroom' style activities, and getting out there into your community to use your new skills in the real world.



Families United Network

Our workshops will be grouped into blocks of 6 to 8 sessions, running term-time on one day each week. Each block will focus on a different topic and associated set of skills.

Each week you will focus on skills related to the main topic block, with the learning structure being based on resources from the ASDAN framework. However, all learning and skills taught will be planned and designed so that they are right for you as an individual. Our welcome and steering group time will allow you to have a say about what happens during each block; and you can share how you felt at the end of each session.

Session overview:

10am – Welcome briefing, steering group & plan for the day
10:30am – Learning session 1
12:15pm – Lunch break.
12:45pm – Learning session 2
2:15pm – 'Chill out' & social time.
2:45pm – Session evaluation and awards/accomplishments
3:00pm – Session end

You will join in with tasks and activities together with the help of your peers and an experienced staff support team, who will guide you all along the way and talk to you about your goals.

Helping you to develop and build on your skills will be at the forefront of what we do together. By the end of each session, we want you to feel more confident in using the skills that you have learned in your everyday life.

Key Staff

Families United Network

Harry Spillane is our Adult Skills Workshop lead. Harry has worked at Families United Network since January 2014.

Having originally started as a volunteer support worker, Harry is now the Lead Coordinator for all of our Adult Services at F.U.N.

Harry has extensive experience working with both children and young adults with additional needs and disabilities, which includes work in a special school and at a specialist residential provision.

Contact Harry Spillane:

Tel: 01582 420800

Mobile: 07880 404330

Email: harry@familiesunitednetwork.org.uk

FUN Activity Centre, Unit 5 Britannia Estate,
Leagrave Road, Luton, LU3 1RJ

Key Dates

Date: **May 2021 – Inductions**
We will contact you to find out more about you and what you would like to achieve at the workshops. Wherever possible we will invite you to come in and see us and have a chat, take a look around our activity centre; and ask any questions that you have.

Venue: F.U.N. Activity Centre, Unit 5 Britannia Estates, Leagrave Road, Luton LU3 1RJ

Time: Organised with you

Date: **Thursday 10th June 2021 – Workshops begin**

Venue: F.U.N. Activity Centre, Unit 5 Britannia Estates, Leagrave Road, Luton LU3 1RJ

Time: 10am – 3pm

Course/Block dates 2021/22

Thursdays 10am-3pm weekly:

COMMUNICATION, CITIZENSHIP AND RELATIONSHIPS
10th June 2021 – 15th July 2021 - 6 Week Block £60

MONEY
9th September 2021 – 14th October 2021 – 6 Week Block £60

TRANSPORT
4th November 2021 – 9th December 2021 – 6 Week Block £ 60

FOOD HYGIENE AND MEAL PREPARATION
6th January 2022 – 10th February 2022 – 6 Week Block £60

INDEPENDENT LIVING
24th February 2022 – 31st March 2022 – 6 Week Block £60

EMPLOYABILITY/ IT SKILLS
28th April 2022 – 9th June 2022 – 6 Week Block £60

SESSIONS CAN ONLY BE BOOKED AND PAID FOR AS A BLOCK.

How to find us

By Car:
The entrance to Britannia Estate is located on the B579 Leagrave Road, between the junctions with Tudor Road and Cavendish Road. Drive into Britannia Estate and straight past the security office, following the road as it bears sharply left. Drive all the way through the estate until you see an exit barrier. FUN is located on the left just before this barrier, with parking spaces opposite on the right.
For Sat Nav, please use : LU3 1RD

By Train:
Families United Network is located 1.5 miles from Central Luton (LUT) train station. Luton can be accessed directly by train from Bedford, Harlington, Flitwick, Harpenden, St Albans, Wellingborough, Kettering, Corby and London.

By Bus:
Arriva bus numbers 27 and 28 stop outside the street entrance to Families United Network on Leagrave Road, opposite the junction with Saxon Road. For further details please see their website: www.arrivabus.co.uk/south-east or call 0344 800 44 11

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