


	<p>Independent Living</p> <p>This is a national qualification approved by an exam board called AIM. It can include units on <i>Personal hygiene, Travel, and Looking after yourself and your home.</i></p> <p>The course lasts for 20 weeks. The award can lead to a certificate.</p> <p>This year's units have included:</p> <ul style="list-style-type: none"> • <i>Healthy Eating</i> • <i>Cooking a simple meal</i> • <i>Understanding relationships</i> • <i>Making choices</i> <p>After Easter the unit for this group will be <i>Eating a balanced diet.</i></p>
	<p>Transitions</p> <p>This group organised a Christmas event. They have studied units on <i>Eating a balanced diet, Relationships, and Making choices.</i></p> <p>In the summer there will be a 5-week course on <i>Travel safety – bus and rail travel.</i></p> <p>These courses do not have a qualification.</p>
	<p>Rutwel</p> <p>Groups from Rutwel have done <i>Craft courses, Personal Development courses, and Cookery.</i></p>
	<p>Stepping Stones</p> <p>These courses are to build confidence. They get people out and about in the community.</p> <p>They include units such as <i>Bird-watching, Archery and Pottery.</i></p> <p>People join Stepping Stones after speaking to the Mental Health Team, Job Club and Social Services.</p>



There are no qualifications but this course can lead on to another course called 'Stepping Up, Moving on' (SUMO). This is more formal learning. It can include computer work or photography as two options.



Future Courses

We would like to find tutors who can offer more courses in cookery, arts and crafts.

We are always looking for venues and extra support from staff and volunteers so our courses run well.

Diane Morrow
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