

Syllabus for the Training Flat Basic structure

The 'social services training flat' is an opportunity for care leavers to get some experience of independent living and develop independent living skills.

Each care leaver spend three lots of three weeks in the flat where they will receive training provided by KYHP and social workers. This work will augment the work foster carers are doing at home to prepare their young people for independent living.

The stay will be divided up as follows.

| Period 1 | Period 2 | Period 3 |
|--|--|--|
| 3 week stay in training flat from Monday 2pm to Friday 10am | 3 week stay in training flat from Monday 2pm to Friday 10am | 3 week stay in training flat from Monday 2pm to Friday 10am |
| KYHP training sessions:80% Core Skills/20% Wider Skills | KYHP training sessions:40% Core skills/60% Wider Skills | KYHP training sessions:20% Core Skills/80% Wider Skills |
| 1 Session per week self learning | 50% self learning | At but 2 sessions self learning |
| SW 1 session pw | SW 1 session pw | SW 1 session pw |
| Foster carer and social worker to help young person plan for stay, sort transport etc. | Foster carer and social worker to help young person plan for stay, sort transport etc. | Foster carer and social worker to help young person plan for stay, sort transport etc. |
| Foster carer provide out of hours back up | Foster carer provide out of hours back up | Foster carer provide out of hours back up |

Areas covered in the training

Practical Skills (where the learning goal is practical self sufficiency)

- 1) Paying service charges (rent)
- 2) Buying food (cost effectively)
- 3) Budgeting
- 4) Basic safety (what to do in emergency)
- 5) Cooking (traditional cooked healthy meals)
- 6) Cleaning (including fridge and oven)
- 7) Washing (including use of washing line)
- 8) Managing utilities
- 9) Using public transport
- 10) Basic benefits
- 11) Housing (Tenancies & housing options)
- 12) Other

Wider Skills (where the learning goal is self confidence and managing emotional well-being)

- 1) Managing guests
- 2) Dealing with loneliness
- 3) Setting boundaries with mates
- 4) Going out (not too much)
- 5) Physical health
- 6) Getting emotional support
- 7) Knowing what you want (life goals)
- 8) Managing transition (independent living)
- 9) Time planning
- 10) Other

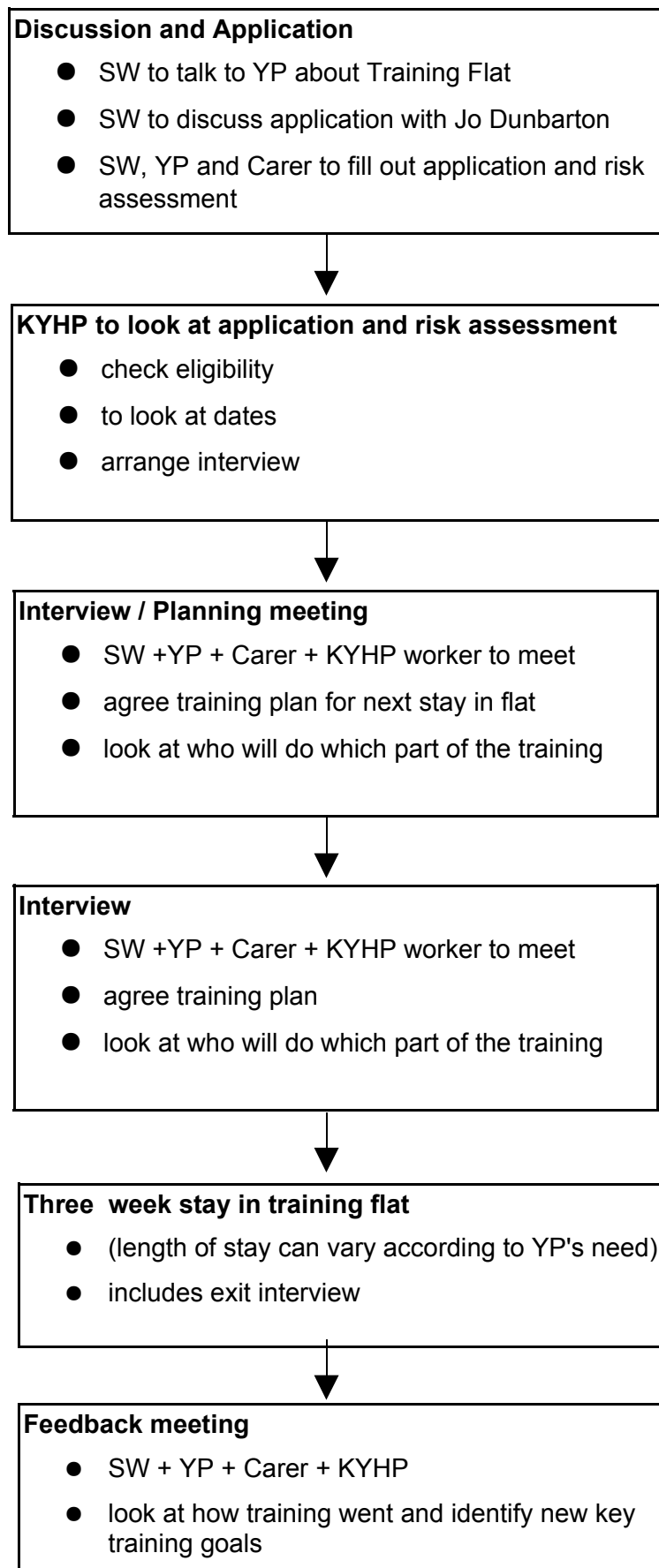
Evaluation

Most of these skills will be taught and assessed by trainer and young person together and recorded on the training record sheet which will be kept on the young persons file.

Where self learning has been done the young person will meet up with the trainer and discuss how the activity went and the trainer will sign the record sheet to say that they are satisfied that the young person has completed the activity.

Some tasks will be assessed (or partly assessed) by an overall level of achievement monitored over the course of stay in the trainer flat e.g. paying rent, managing guests and attending appointments.

Training Flat flow chart



Training session selection and design

There is now a reasonable collection of training materials so many activities can be taken directly from the training pack. However the training may not suit the particular training need of the young person and may have to be adapted or a new one designed, here's how.

Selection

- 1) What kind of activity do you want to do with the young person ?
- 2) How does it relate to their training needs ?
- 3) Where does it fit with every child matters ?
- 4) How does it fit within their pathway plan ?

Planning

- 1) What training are you going to do ?
- 2) If it is a new piece of training have you completed a training planning sheet ?
- 3) What training method are you going to use an activity, checklist, discussion or a research task ?
- 4) How long will it take ?
- 5) What resources will be needed ?
- 6) What input is required from trainer ?

Evaluation

- Did the young person complete the training ?
- How did it go for the young person ?
- Did the training highlight further training needs ?
- Could the training have been designed or done better ?

Recording

- Have you filled out a training record sheet ?
- Has it been put in the young persons file or sent to KYHP ?
- If you designed a new piece of training have you sent a copy of the planning sheet to md@kyhp.co.uk

Timetable for first 3 week stay - example

| Date | Time | Worker | What | Attend Yes/No? |
|-----------------|----------|--------|---|----------------|
| | | | ● Initial interview | |
| Wk 1 | | | | |
| Mon | 2pm | | ● Planning Meeting, Key (deposit) Licence, explain TF rules, basic basic safety | |
| | 3.30pm | | ● Budgeting for food, ● Shop for food for week ● Cooking | |
| Tue | 3pm | | ● Put appointments onto calendar | |
| Wed | 11am | | ● Cooking ● Washing ● Cleaning | |
| Thu | 3pm | SW | ● SW to provide training | |
| Fri | 09:00:00 | | ● Cleaning | |
| Sat | | | ● Check OK | |
| Sun | 12pm | | ● Check OK | |
| Self learning | | | ● Meal planning | |
| Wk2 | | | | |
| Mon | 2pm | | ● Safety | |
| Mon | 3.30pm | | ● Budgeting for food ● Shop for food for week ● Cooking | |
| Tue | 3pm | | ● Time planning 2 | |
| Wed | 11am | | ● Cooking ● Washing ● Cleaning | |
| Thu | 3pm | SW | ● SW to provide training | |
| Fri | 09:00:00 | | ● Cleaning | |
| Sat | | | ● Check OK | |
| Sun | 12pm | | ● Check OK | |
| Self assessment | | | ● Meal planning | |
| Wk3 | | | | |
| | 3.30pm | | ● Budgeting for food, ● Shop for food for week ● Cooking | |
| Tue | 3pm | | ● Managing guests | |
| Wed | 11am | | ● Cooking ● Cleaning | |
| Thu | 3pm | SW | ● Assessment meeting | |
| Fri | 09:00:00 | | ● Flat checked, Key returned | |