



Through Care
COVENTRY

***MOVING
ON***



GETTING THE MOST FROM
**YOUR STAY IN
THE TRAINING
FLAT**



Coventry City Council

www.coventry.gov.uk/careleavers



EMERGENCY CONTACT NUMBERS

Through Care Office/Duty	024 7678 7808
Emergency Duty Team	024 7683 2222 (Out of Hours)
Crisis Team	024 7696 7900
Support Worker	
Social Worker	



INTRODUCTION

to the flat

The experience of leaving care and starting life as an adult is different for everyone, it can be very exciting, worrying, joyful and a whole range of other emotions. The more you know the better prepared you will be for whatever comes your way.

You have been offered the opportunity for two weeks to stay in a training flat to help you prepare for moving on and eventually living in your own home. During your time in the training flat you will be supported to work through a range of areas. To start with you will consider what you already know and can do and then identify the things you together with your support worker can work on.

This booklet is designed to be an easy to understand practical introduction to living independently.

The format is clearly written and illustrated and includes the use of Outcome Star at the start and end of your time in the training flat to help assess what you need and have achieved.

Behaviour Agreement Completed

Young Person

Support Worker

Out Come Star Completed

Young Person

Support Worker



KEEPING SAFE

Goals...

- Know how and when to call for the Police, Ambulance or Fire and what information is needed
- Know how to get out if there is a fire
- Know how to lock and unlock the windows and doors
- Know how to check the smoke alarm and replace the batteries
- Know what to do if you are sick or injured, who to call
- Know how to stay safe when walking alone
- Have the phone number of someone to call if you need help
- Have a basic understanding of internet safety
- Have a general understanding of what actions are against the law and the consequences



SELF-ASSESSMENT

What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?

IN CASE OF FIRE

If there was a fire at you home which is the quickest way to exit safely?

Complete

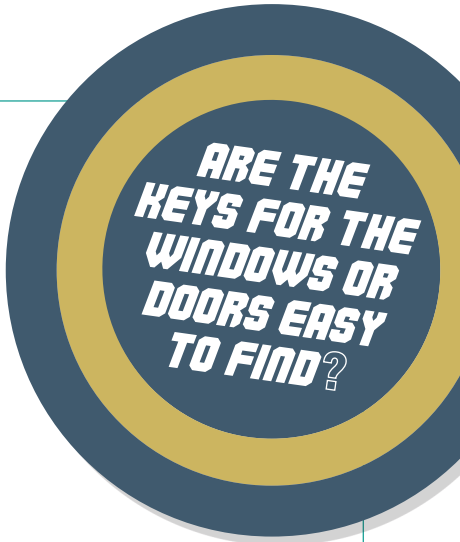
Five things to prevent a fire

- ▶
- ▶
- ▶
- ▶
- ▶

Complete

What are the five main action points I should remember if there was a fire?

- ▶
- ▶
- ▶
- ▶
- ▶



Completed

Young Person

Support Worker

INTERNET SAFETY *Top Safety Tips*

- Don't post any personal information online
 - like your address, email address or mobile number
- Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore
- Keep your privacy settings as high as possible
- Never give out your passwords
- Don't befriend people you don't know
- Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- Remember that not everyone online is who they say they are
- Think carefully about what you say before you post something online
- Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude

GOING OUT | *Top Safety Tips*

- Have your mobile phone charged and with you in case you need to make an emergency call
- Pay attention to your surroundings, including traffic and people around you
- Walk in well-lit public areas at night
- Wear reflective clothes when jogging or biking at night
- Keep headphones at a low volume if you wear them while walking or jogging
- Don't text and walk
- Leave a light on when you know you will be returning home in the dark
- Leave a spare key with someone you trust



PLAN AND COOK HEALTHY MEALS

Goals...

- Be able to understand food hygiene, washing hands before preparing food and eating, cleaning touch points
- Know which foods are important for a healthy diet
- Know which foods need to be kept in a fridge and how to read 'Use by' dates
- Know about basic cooking tools
- Know how to plan meals and complete a shop for each week
- Be able to make a healthy snack
- Know how to use a cooker and a microwave
- Know how to prepare food and drink for a guest... You will host a meal for your support worker and social worker before you leave the flat!

SELF-ASSESSMENT



What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?

WEEKLY MENU PLAN ACTIVITY

Plan each meal for a week and write down the ingredients you will need, then head to the supermarket! Can you use the same ingredients in different meals to save money?

Monday	Breakfast: Lunch: Dinner:	Ingredients
Tuesday	Breakfast: Lunch: Dinner:	
Wednesday	Breakfast: Lunch: Dinner:	
Thursday	Breakfast: Lunch: Dinner:	
Friday	Breakfast: Lunch: Dinner:	
Saturday	Breakfast: Lunch: Dinner:	
Sunday	Breakfast: Lunch: Dinner:	

Completed

Young Person

Support Worker



GOOD EATING ACTIVITY

Complete

Two examples of a healthy breakfast



Complete

Two examples of how you can eat healthily on a low income



Complete

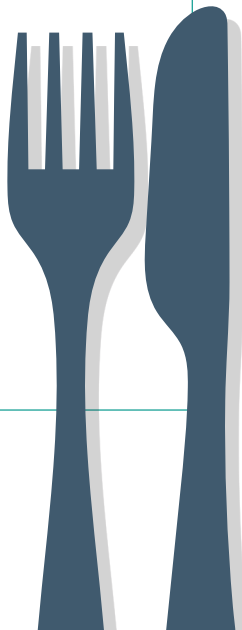
What is the minimum recommended number of fruit and vegetable portions you need to eat each day to stay healthy?



Complete

How many glasses of water should you drink each day?

- ▶ 0-4
- ▶ 5-6
- ▶ 7-10



Complete

What is a good example of a healthy snack?



Complete

What is an example of a healthy spread?



Complete

Can you identify how much sugar (in teaspoons) is in the following?

- ▶ **Ketchup**
- ▶ **Coca-Cola**
- ▶ **Two slices of bread**

Completed

Young Person

Support Worker





HEALTH, HYGIENE AND APPEARANCE

Goals...

- Be able to dress self and put on clean underwear
- Be able to bathe or shower frequently, using soap
- Be able to understand the consequences of not having a bath or shower frequently
- Be able to brush teeth twice daily
- Know how to keep skin, hair and nails clean
- Know how to register with a doctor, dentist and optician and know how to make an appointment
- Know how to get emergency health care
- Understand the impact of drugs, alcohol and tobacco on your health

SELF-ASSESSMENT



What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?



**AFTER
WASHING AND
DRYING YOUR
CLOTHES FOLD THEM
STRAIGHT WAY
THIS WILL REDUCE
CREASES**

**WASH WHITE
CLOTHES
SEPARATELY
UNLESS YOU WANT
THEM A NEW
SHADE!**



MONEY

Goals...

- Know how to budget for a week and pay bills
- Understand why and how to save
- Know the difference between needs and wants
- Know how to save money by looking for the best deals and making good use of special offers



SELF-ASSESSMENT

What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?

MONEY | Saving Tips

- Try to cut down on things you don't really need
- Pay as you go might be a cheaper alternative to a contract for a mobile phone if you don't really use it much
- Put some money aside for emergencies or special occasions
- Wait a few days before buying something, this should test if you really need it
- Avoid borrowing or using credit cards, it can become very expensive once interest is added. You will have to pay back more so it's a debt you should avoid!

FOOD | Shopping Tips

- Buy in bulk if you can e.g. tinned items
- Making your own lunch is cheaper than buying ready-made food
- Super market own brands are usually cheaper
- Visit the super market at the end of the day when fresh food is often reduced





BUDGETING ACTIVITY

Together with your support worker complete the table below:

OUTGOINGS	Weekly (£)	Monthly (£)	Annually (£)
Food			
Travel			
Leisure travel			
Clothes			
Phone calls			
TV Licence			
Water charges			
Electricity			
Gas			
Laundry			
Cleaning products			
General household goods			
Toiletries			
Meals out			
Magazines			
Presents for Christmas/Birthdays			
Leisure activities e.g. cinema, gym, etc.			
Insurance			
Other			
Total (£)			



**DO YOU
HAVE ENOUGH
MONEY FOR
ALL YOUR
OUTGOINGS?**

Complete

Total Income

Total Outgoings

Money Left



Completed

Young Person

Support Worker



ACCOMMODATION

Goals...

- Know how to wash dishes using washing up liquid and hot water
- Know how to get rid of your household rubbish and sort out recyclable items
- Know how to complete basic cleaning and keep your home tidy
- Be able to use drawers and wardrobes to keep your things in
- Understand anti-social behaviour and noise nuisance
- Be able to manage visitors to your home
- Be able to maintain good relationships with your neighbours



SELF-ASSESSMENT

What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?



YOUR NEIGHBOUR ACTIVITY

Complete

What makes a good neighbour?



Complete

Make a list of behaviours that could cause problems between neighbours:



Complete

List what sort of things you need to consider in order to minimise disruption to your neighbours' lives when moving into your property:



Complete

Name a productive way you could try to sort out disagreements with your neighbours?





YOUR NEIGHBOUR ACTIVITY

Complete

What can you do if you are on the receiving end of anti-social behaviour from your neighbour?



Complete

What could happen if you are the cause of anti-social behaviour in your neighbourhood?



Completed

Young Person

Support Worker





CLEANING YOUR HOME ACTIVITY

Together with your support worker complete the activities table below:

TASKS	Have you completed this task before?	Do you need help to know how to complete task?	Date completed (on your own)
Vacuuming			
Dusting			
Washing dishes			
Washing clothes			
Ironing			
Mopping floors			
Cleaning the cooker top			
Cleaning the oven			
Cleaning the fridge			
Cleaning the bath and sink			
Cleaning the toilet			



Completed

Young Person

Support Worker



DIY Goals...

- Know how to safely change a light bulb
- Know how to prevent sinks and toilets blocking
- Know how to prepare and paint a wall
- Know how to get help if there is an emergency with your Gas, Water or Electricity
- Know how to read the meter and work out how many units have been used in a week
- Understand what impacts on the cost of your energy bills

SELF-ASSESSMENT



What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?

DIY ACTIVITY | Painting

You are going to paint one of the walls in the flat!

- You will be given an amount of money to spend on paint and within your budget you will need to buy materials
- You will need to research what preparation you need to do to the wall and the room before starting. Use the internet, talk to friends etc.
- Take your 'before' pictures and then begin...
- Clean up the room after you have finished and take your after picture!





EMOTIONAL RESILIENCE

Goals...

- Be aware of the importance of mental health and emotional wellbeing
- Understand feelings and the effect they have on you
- Understanding stress and how to combat it
- Understanding the importance of good self-esteem



SELF-ASSESSMENT

What do you need to find out or work on?	What will you do? Where will you go to find out?	Who will you ask for help?

FEELINGS ACTIVITY

Complete
How many feelings can you name?



Complete
What effect do these feelings have on you?



Complete
How can you manage your feelings?



Completed
Young Person
Support Worker



SELF-ESTEEM ACTIVITY

It might seem silly or embarrassing to write down or talk about your good qualities, but it is important to be aware of these things. Then you can remember everything that is positive about you at times when you don't feel so good about yourself or if other people say negative things about you.

Complete

Make a list of the things you like about yourself:
(Ask someone if you find this hard)



Complete

Write down the things friends or family say they like about you:



Complete

What things have you achieved in the last 6 to 12 months?
(Remembering things you have achieved is important, it shows you what you can do and is proof you can make changes in life and succeed!)



**SELF-
ESTEEM IS
PART OF YOUR
PERSONALITY THAT
HELPS YOU FEEL
GOOD ABOUT
YOURSELF!**

Completed

Young Person

Support Worker



OUTCOME STAR

Well Done!

Now you have come to the end of your stay
complete the Outcome Star.

FEEDBACK

Complete

How would you rate your overall time in the training flat?



Complete

What was the most beneficial part of your stay?

Complete

What would you want to change?

Complete

Would you agree with the length of your stay?

Need more

Need less

Just Right

Complete

Would you agree with the level of support?

Need more

Need less

Just Right

Complete

How would you rate the type of support you received?



Complete

What did you think of the accommodation?



Complete

What if anything would you change about the accommodation?

Complete

Is there anything else you would want included?



