



SHARECommunity

Self Help Association for Rehabilitation
and Employment for People with Disabilities

Focus on ability

Learning and Guidance Project

OPPORTUNITY TO GAIN

L.O.C.N. London Open College Network Qualifications in Basic Skills
Basic Food Hygiene Certificate

This course helps trainees to feel more confident, it also helps them to become more independent. On the course, trainees learn daily living skills and how to achieve their goals in life.

Everyone is different, so the tutor meets each trainee to talk about their interests, needs and goals. The tutor also needs to know how the trainee best learns. The tutor then writes a learning plan that meets the trainee's needs.

We support trainees who are ready to leave SHARE by helping them to look and apply for jobs, other courses, or other activities.

We make sure that every trainee has a personal development plan that is tailored to their individual needs. Trainees are encouraged to work at their own pace and to work within the group to help develop knowledge and increase confidence.

What we do

- **Basic Skills including Numeracy, Literacy and Communication**
We study reading, writing, how to express yourself, maths, money and how to use a computer. Trainees can work towards LOCN (London Open College Network) qualifications. Trainees work in small groups or in one-to-one sessions with their tutor. Each trainee has an Individual Learning Plan. This sets out what they want to learn and how they are going to do it and these are reviewed regularly with the tutor.
- **Life Skills and Independent Living**
Trainees learn about looking after themselves, using public transport, preparing simple food and drinks, handling money, and other things that help people to live independently.
- **Workshops**
We do a lot of arts activities. These include arts and crafts workshops - for example, making mosaics; doing pottery; painting; and creative writing. We also go on visits and outings - for example, to the Tate Modern art gallery, or up in the London Eye. Trainees often find new ways of enjoying and expressing themselves through these activities. Trainees also have access to local sports facilities and we run yoga sessions on site.
- **Employment/Work Placements**
SHARE staff help trainees to decide the kind of work or career that they want. Our Employment Guidance Officer finds work placements for trainees and helps trainees to look for jobs, fill in application forms, create CVs, practise interview techniques and use the telephone. We support trainees in liaising with job centres and employers. We have found trainees work experience and volunteer placements at the National Deaf Children's Society; Battersea Arts Centre; Wandsworth Chamber of Commerce; Nightingale Senior Residence; Generate; English National Opera; and Blue Arrow Placement Agency.
- **Other assistance**
When trainees do courses at other colleges, we make sure that they have all the support that they need. For example, if a trainee needs help in taking notes, we make sure that the college has organised this before the

SHARE Community Ltd, , 64 Altenburg Gardens, London SW11 1JL

Tel: 020 7924 2949 Fax: 020 7350 1625 Email: info@sharecommunity.org.uk Website: www.sharecommunity.org.uk