

10 HOW TO ADULT



AM I READY TO LEAVE HOME?

We will provide you with a checklist of tools and support you need on your journey into independence



MANAGING FINANCES

Education on how to budget, understanding interests and ISAs, how to fill out cheques and important documents and exploitation through corporation advice



COOKING

The tools needed to meal prep and eating on a budget, how to eat a balanced diet, understanding basic food hygiene and food safety



DEVELOPING A ROUTINE

Practical workshops on the importance of creating, developing, and maintaining a healthy daily routine



PERSONAL CARE

Taking part in activities to stay physically fit, knowing when to seek medical care, understanding how much things cost and when it should be replaced



WHEN YOU GET CONFUSED

Information and signposting, what to expect, support and guidance, who to go to for what