

## Headway Black Country Willenhall Life Skills Activity Session Programme

Our sessions have been designed to assist clients to adjust to life changes, increase independence, re-learn life skills, improve cognitive skills, benefit from peer support, improve social skills and reintegrate into the community. We are adopting an Occupational Performance approach, strengthening the focus across all our sessions on skills for daily living. Within all sessions there are supervised breaks for the groups to take refreshments and structured opportunities for socialising and peer to peer support.

In our structured sessions, clients are supported and encouraged to achieve goals; progress is regularly assessed and monitored. Each client has an allocated key worker who meets regularly with the client to discuss progress and address issues which may affect wellbeing or inhibit learning.

|            |               |                     |  |  |
|------------|---------------|---------------------|--|--|
| Monday AM  | 9.30 – 12.30  | Daily Living Skills | <ul style="list-style-type: none"> <li>• Planning, preparation, and execution of daily living skills.</li> <li>• Practicing practical day to day tasks relating to shopping, finances, safety and self-care.</li> <li>• Group activities and individualised goals.</li> </ul>  | <ul style="list-style-type: none"> <li>• To improve or maintain domestic, personal and other activities of daily living.</li> <li>• To increase opportunities for planning, self-awareness, self-organisation.</li> <li>• To encourage independence and confidence within tasks.</li> <li>• To enable and enhance existing skill sets.</li> <li>• To encourage collaboration and communication with others.</li> </ul> |
| Monday PM  | 12.30 – 15.00 | Practical Skills    | <ul style="list-style-type: none"> <li>• Planning, preparation, and execution of small projects</li> <li>• Using practical activities to target core areas in cognition and motor control.</li> <li>• Group activities and individualised goals.</li> </ul>  | <ul style="list-style-type: none"> <li>• To improve skills base around practical based skills</li> <li>• To increase opportunities for planning, self-awareness, self-organisation.</li> <li>• To encourage independence and confidence within tasks.</li> <li>• To enable and enhance existing skill sets.</li> <li>• To encourage collaboration and communication with others.</li> </ul>                            |
|            |               |                     |  |  |
| Tuesday AM | 9.30 - 10.15  | Breakfast club      | <ul style="list-style-type: none"> <li>• Clients involved in planning, preparation and serving of breakfast (cereals, toast, tea, coffee etc.)</li> <li>• Eating breakfast in a group and clearing up afterwards</li> <li>• Practical day to day tasks including shopping, cooking, eating out, budgeting, money management</li> </ul> | <ul style="list-style-type: none"> <li>• To improve domestic skills and encourage independence</li> <li>• To facilitate socialising</li> <li>• To develop planning and organising skills</li> <li>• To enable clients to take greater domestic and personal responsibility</li> <li>• To reduce dependency on others</li> </ul>  |

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|--------------|---------------|--------------------------------------|--|--|
| Tuesday AM   | 10.15 - 12.30 | Life skills                          | <ul style="list-style-type: none"> <li>• Personal safety awareness</li> <li>• Supporting clients in their use of compensatory strategies</li> <li>• Social interaction</li> </ul>  | <ul style="list-style-type: none"> <li>• To enhance clients' sense of wellbeing</li> </ul>   |
| Tuesday PM   | 12.30 – 15.00 | Cognitive Skills and Adjustment      | <ul style="list-style-type: none"> <li>• Mentally stimulating activities to improve thinking skills</li> <li>• Supporting clients in the use of compensatory strategies</li> <li>• Education about the skills and management of their brain injury</li> <li>• Supporting clients to manage and cope with their difficulties</li> <li>• Social interaction</li> </ul> | <ul style="list-style-type: none"> <li>• To improve cognitive skills and aid clients in the use of appropriate strategies to aid day to day functioning</li> <li>• To improve clients' understanding of brain injury and address individual difficulties</li> <li>• To assist clients to adjust to life changes</li> <li>• To assist clients to make and maintain progress to reduce reliance on other services</li> <li>• To socialise appropriately</li> </ul> |
| Wednesday AM | 9.30 –10.15   | Breakfast club                       | <ul style="list-style-type: none"> <li>• Clients involved in planning, preparation and serving of breakfast (cereals, toast, tea, coffee etc.)</li> <li>• Eating breakfast in a group and clearing up afterwards</li> <li>• Mentally stimulating activities to improve thinking skills</li> </ul>  | <ul style="list-style-type: none"> <li>• To improve domestic skills and encourage independence</li> <li>• To develop planning and organising skills</li> </ul>   |
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| Wednesday PM | 12.30 – 15.00 | Social Interaction and Communication | <ul style="list-style-type: none"> <li>• Themed project work to improve social skills and communication</li> <li>• Mentally stimulating activities to improve attention and thinking skills</li> <li>• To explore the differing ways we can communicate</li> <li>• Literacy, numeracy, speaking and listening</li> </ul>   | <ul style="list-style-type: none"> <li>• To assist community re-integration</li> <li>• To encourage awareness and consideration for the communication needs of others</li> <li>• To build confidence and self esteem</li> <li>• To assist those with communication difficulties adapt strategies to aid communication</li> <li>• To facilitate socialising</li> </ul>  |
| Thursday AM  | 9.30 –10.15   | Breakfast club                       | <ul style="list-style-type: none"> <li>• Clients involved in planning, preparation and serving of breakfast (cereals, toast, tea, coffee etc.)</li> <li>• Eating breakfast in a group and clearing up afterwards</li> </ul>  | <ul style="list-style-type: none"> <li>• To improve domestic skills and encourage independence</li> <li>• To facilitate socialising</li> <li>• To develop planning and organising skills</li> <li>• To assist community re-integration</li> </ul>  |

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| Thursday PM | 12.30 – 15.00 | Creative Art                       | <ul style="list-style-type: none"> <li>• Drawing, painting and modelling to aid communication and self – expression</li> <li>• Support Creative thinking skills</li> <li>• Holistic approach to rehabilitation</li> <li>• Social interaction</li> </ul>   | <ul style="list-style-type: none"> <li>• To improve communication and thinking skills</li> <li>• To encourage relaxation and the development of patience</li> <li>• To improve fine motor skills</li> <li>• To build, social skills, confidence and self-esteem</li> </ul>  |

Charges are as follows:

For all Willenhall sessions – one session in one day - £30

Two sessions in one day - £50