

SORDAN M^COURT

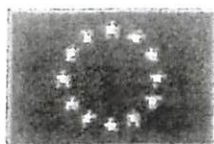
The Umbrella Programme



Looking to the Future

with

Skills for Life !



Leonardo
da Vinci

A Throughcare Preparation Pack

© The Umbrella Programme 2000

SORDAN

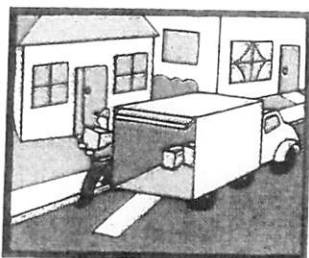
What things do you
need to know as
you grow up?



Are you prepared
for when you
leave home?



What do you want
to do in the future?



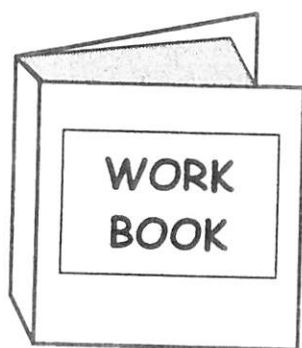
Could you manage
to live on your own?

The Umbrella Programme

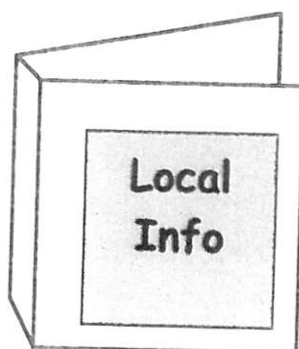
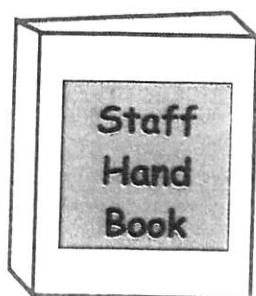
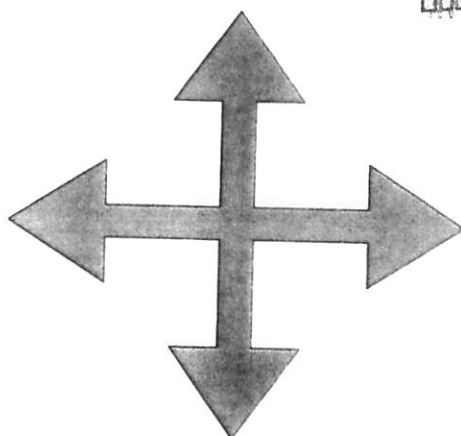
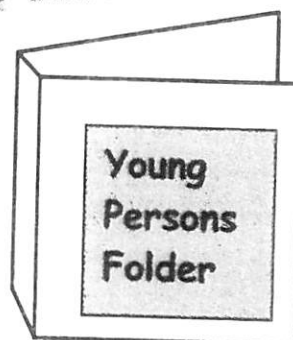


Looking to the Future :

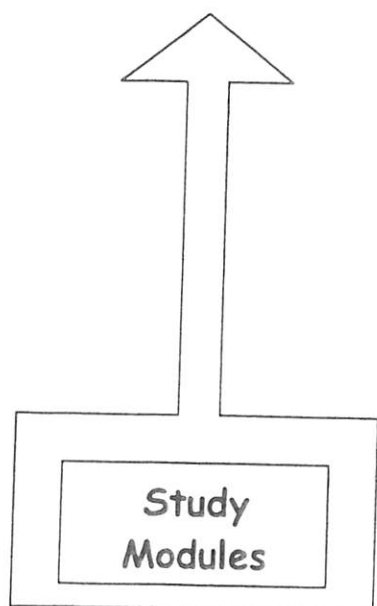
**Skills
for Life**



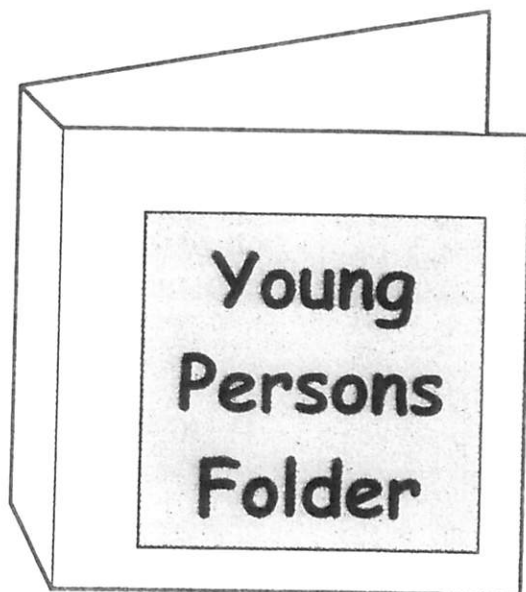
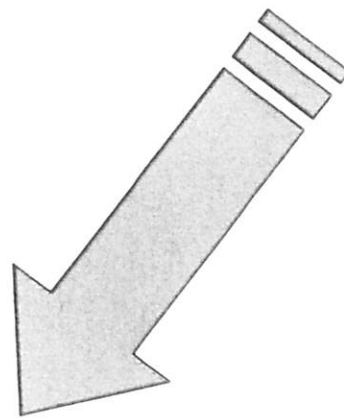
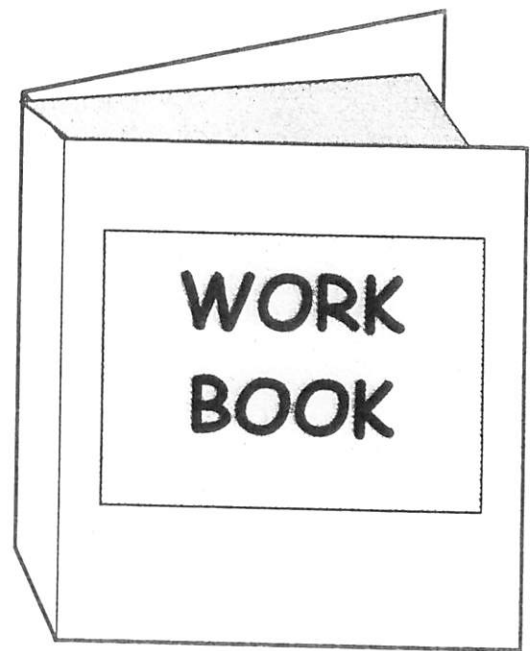
My Achievements



**Information
& Ideas Box**



**Skills
for life**



My Achievements

The Umbrella Programme



Looking to the Future:

With Skills for Life!

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F. LOCAL INFORMATION

Any information that is collected, should be added to the

Information & Ideas Box

under the following sections:

- A: Social Life
- B: School, Training & Work
- C: Money
- D: About Myself
- E: My Home

Section A

SOCIAL LIFE

You will now start to think about what your social network is, and who can be there for you when you may need support.

A **SOCIAL NETWORK** consists of all the people who you are in contact with, either day-to-day or just from time to time.

These people...

- ★ can offer you support when you need it,
- ★ can be a good friend,
- ★ you can enjoy being in their company
- ★ you can go to them for help
- ★ or they can just be good fun!



HAVE A THINK OF THE NAMES OF PEOPLE THAT YOU KNOW LIKE THIS.

Today's date is:

Write the numbers 1 to 7 next to each box, with 1 being the MOST important to you, and 7 being the LEAST

FAMILY
1

TEACHERS
6

FRIENDS
2

SCHOOL FRIENDS
4

PEOPLE WHO LOOK AFTER YOU
3

NEIGHBOURS
5

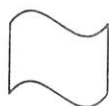
SOCIAL WORKERS
7

Today's date is: Mon 22/08/08

All these different kinds of people can make up your social network.

Now have a go at filling in the names in each box of the people in your SOCIAL NETWORK.
(You may have to write quite small!!!!)

Is there ANYONE ELSE who does not fit into one of the boxes?

YES 

NO 



WRITE THEIR NAMES HERE...

mum	Sisters	Key worker
dad	brothers	uncles Aunties

Which boxes have the MOST names in them?

My family

And which boxes have the least names in them?

Social workers.

TALK TO SOMEONE WHY YOU THINK THIS MAY BE.

Today's date is: Mon 22 / 03 / 08



WELL DONE!

You now should have a better idea of who is in your social network and why this is important.

From your network, name 5 PEOPLE who are
IMPORTANT to you and explain WHY...

5 Important People

Why...

mum

because she loves
me and I love
her

dad

((

)

brother Shannon

((

)

Chantell

((

)

david

((

)



Today's date is: Mon 22/08/09

You will now start to
think about your
family



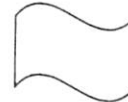
Some people have a big family, but others might
have a very small family...

WOULD YOU SAY YOUR FAMILY IS

BIG



SMALL



There can be lots of different people in a family...
WRITE THE NAMES OF YOUR FAMILY MEMBERS
BELOW THE WORD THAT DESCRIBES THEM...

MOTHER

Mary

BROTHERS

Ryan
David
Kyla

FATHER

Robert

STEP-PARENT

Wane

SISTERS

Shannon
chantell

GRANDPARENTS

Wane

COUSINS

darren

STEP-BROTHERS
& SISTERS

Wane

AUNTS & UNCLES

Andrew John
Ashley Wick

Today's date is: Mon 22/08/09

Who are the most important members of your family?

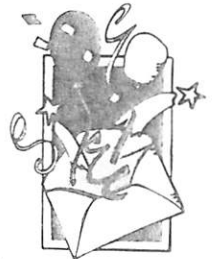
mum

Is there anyone else who is important to you,
who you consider to be like family?



Jim Seymour

One way of keeping in touch with your family, is to
send a BIRTHDAY CARD...



Write down the people who you would like to keep in
touch with, and write down the date of their...

BIRTHDAY

TRY TO REMEMBER TO SEND THEM A BIRTHDAY CARD!

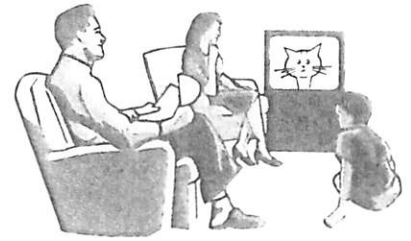
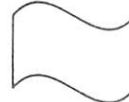
Today's date is: Nov 22/08/08

DO YOU THINK A FAMILY IS IMPORTANT?

YES



NO



Have a go at describing what A FAMILY means to you...

Help

caring

Love

friendship

Support you

What kind of family would you like to have in the future?

Rich family

Caring family

Help one another

YOU CAN TALK ABOUT THIS TO SOMEONE IF YOU WISH

Today's date is: 22/09/08

DO YOU THINK YOUR FAMILY
SITUATION IS OK AT THE MOMENT?



YES



NO



What are the things that you are HAPPY with?

Seeing My Mam
and My brother

Is there anything you can think of that could make it BETTER?

getting My we brother
and Sisters back

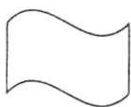
Today's date is: 22/09/08

You will discover what a
family tree is...

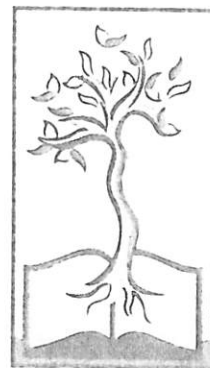
Some people like to go back and discover who is in their family. Sometimes, you can also find out about people that you didn't know were in your family.

DO YOU KNOW WHAT A FAMILY TREE IS?

YES



NO



This diagram can show you WHO is in your family, and HOW they are related to each other.

Maybe you can find some books with examples of family tree diagrams in them. Ask someone to help you find one.

NOW HAVE A GO AT DRAWING YOUR
FAMILY TREE

ON THE DIAGRAM, AT THE END OF EACH BRANCH,
ADD THE NAMES OF YOUR FAMILY MEMBERS.

Remember to ask someone for some help.

YOU MAY NEED TO SPEAK TO SOME DIFFERENT MEMBERS OF
YOUR FAMILY TO FIND OUT THE NAMES OF CERTAIN PEOPLE.

Today's date is: 22/09/08

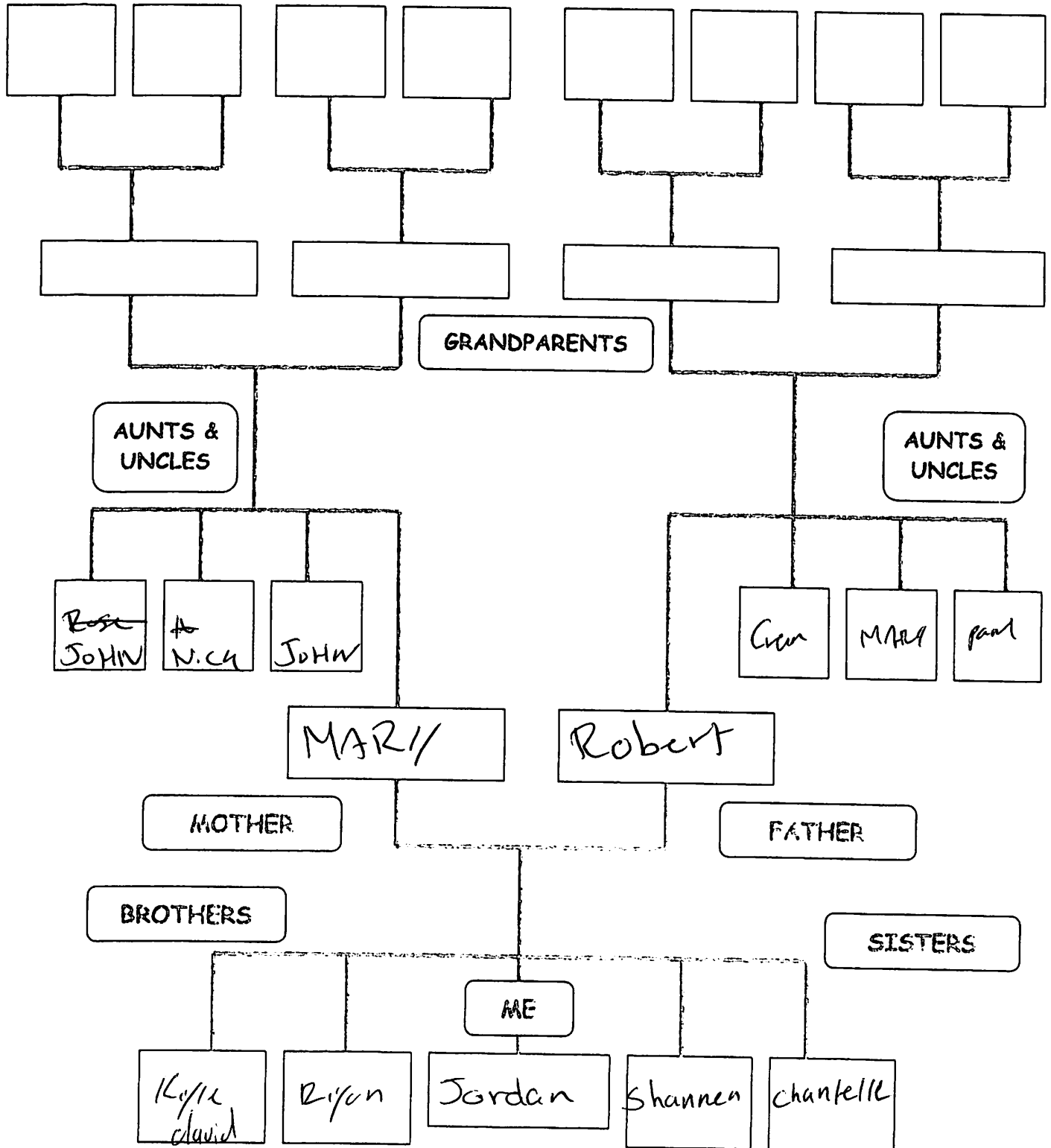
A:
SOCIAL
LIFE

2: FAMILY

No.5b

MY FAMILY TREE

GREAT
GRANDPARENTS



Today's date is: 22/09/08

Let's now think about
who your friends are.

DO YOU THINK YOU HAVE...

(Tick one of the boxes)

★ Lot's of friends ☒

★ A few friends ☐

★ No friends ☐

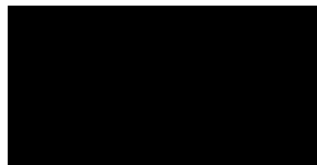


WRITE DOWN THE NAMES OF THE FRIENDS YOU HAVE
MADE THROUGH...

HOBBIES

football
~~school~~

SCHOOL



WHERE YOU LIVE

that's over
£ 1.00

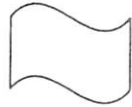
WORK

don't go
to work

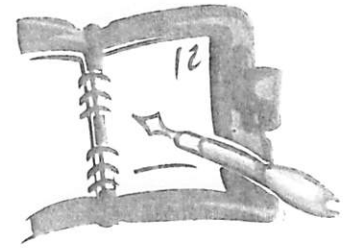
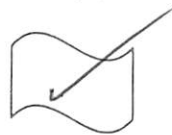
Today's date is: 22/09/08

DO YOU HAVE AN ADDRESS BOOK?

YES



NO



Make sure you have your friend's details in
an address book

This is a good way to keep in touch with friends, because you
can write down their...

- ☆ NAME Jordan McQuart
- ☆ ADDRESS 18 Pinckston Dr
- ☆ TELEPHONE NUMBER
- ☆ BIRTHDAY 16/10/92



HOW DO YOU KEEP IN TOUCH WITH YOUR FRIENDS?

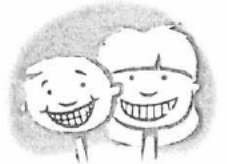
Mobile Phone

See them our side
their doors

Maybe you could send one of them a birthday card or postcard
some time soon.

Today's date is: 22/09/08

Here you will look at
what makes a GOOD
friend.



How can you tell if someone is a GOOD FRIEND?

they stick up for you and sharing

How can you tell if someone is NOT a good friend?

they don't stick up for you

Who do you consider to be your BEST FRIEND(S)?

[Redacted name]

WHY?

he sticks up for me
and shares



Today's date is: 22/09/08



TRY ANSWERING THE FOLLOWING
QUESTIONS...

What do you do to make friends?

Start and talk to them

What do you do if you are not getting along with a friend?

Walk away and turn

When would a friendship not be good for you?

do things you don't want to do

How do you stand up for yourself, and not accept a not so good
friendship?

make my own decisions

Today's date is: 22/09/08

THINK OF 5 WAYS IN WHICH YOU COULD BE FRIENDLY
TOWARDS SOMEONE...

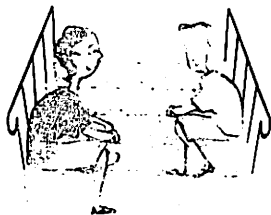
ask if they
want a
game of football

help to
them

helpful

want to
go to
swimming

Sharing
things



Now try one of these, and say how the other person
reacted...

~~Yesterday~~ yesterday they took part
in football

Today's date is: 22/09/08

This is about what
your friends mean
to you.



Having good friendships can be about knowing what to expect from your friends, whether this is a school friend, a best friend, a girlfriend or a boyfriend.

Think of a friend...

girlfriend

WHAT DO YOU EXPECT FROM YOUR FRIEND?

Love

Married

WHAT DOES YOUR FRIEND EXPECT FROM YOU?

The same

Kids

Is this fair?

YES



NO



Today's date is: 23/09/08

Here we will look at
things to remember
when you are inviting
visitors to your place.



Who are the people who you would like to keep in touch with
and to come and visit you? (write down their names)

Jim Seymour

Do you think you may have UNWELCOME VISITORS?

YES



NO



Write down the kind of people who would not be welcome...

And WHY?

Barry ferguson

because he plays in
Rangers

~~Post man~~ ^{Cheer man}

"

"

Police

"that word mean
trouble"

Today's date is: 23/09/08

It is important to let people know when it is not
a good time for them to come and visit you.

Choose one of the people who you have said would be an
UNWELCOME VISITOR...

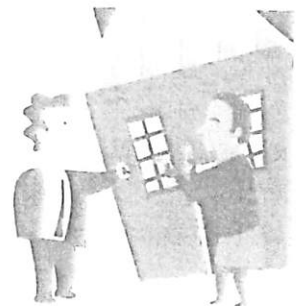
Police

Now, think of a time when you would need to tell them that you
do not want them to visit you in your place...

I was away out

TALK TO SOMEONE ABOUT...

- ★ WHAT YOU WOULD SAY TO THEM?
- ★ HOW YOU WOULD SPEAK TO THEM?
- ★ AND WHAT MAY HAPPEN?



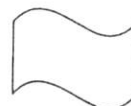
Maybe you would like to try a GAME...
where you play yourself and someone else takes the part
of the unwelcome visitor.

DID YOU FIND THIS OK?

YES



NO



Today's date is: 23/09/08

Now you will plan the
best way to make your
visitors feel welcome.

If you invite someone over to your place, you want him or her
to be comfortable and feel welcome.

THAT WAY, YOU WILL KNOW IF THEY WILL WANT TO
COME BACK AND VISIT YOU!!!!

Think of someone or some people you would like
to invite to your place...

girl friend



What would you need to do to make them feel
welcome?

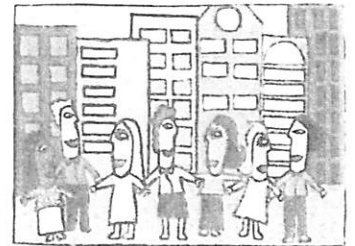
Make Her tea

DON'T FORGET TO TALK TO SOMEONE IF YOU ARE STUCK
FOR IDEAS!

Today's date is: 23/09/08

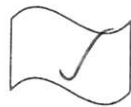
We will look at ways
to get on well with
your neighbours.

Wherever you live, you will usually have
NEIGHBOURS.

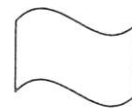


DO YOU KNOW WHO YOUR NEIGHBOURS ARE AT THE
MOMENT?

YES



NO

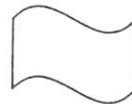


DO YOU THINK IT IS IMPORTANT TO GET ON WELL WITH
YOUR NEIGHBOURS?

YES



NO



Can you name four things that your neighbours could help you
with or that you could help them with?

1

if some one is banging on your door that
come from the police

2

Help me with milk

3

4

Today's date is: 23/09/08

Sometimes, things do not always go well with your neighbours. There can be disagreements or arguments.

DO YOU KNOW OF ANY TIMES THAT THIS HAS HAPPENED?

YES



NO



Name five things that could upset your neighbours...

1

loud music

2

Shouting

3

to be loud

4

Noisy parks

5

Not helpful

REMEMBER-

When you are in your own place, it is important not to make your neighbours angry!

If a lot of complaints are made against you, the worst thing that could happen is that you could get evicted from your home.

Today's date is: 23/09/08

Let's start to learn
about what it means
to be a parent

Would you like to be a parent?

YES



NO



When do you think will be the right time for you to become a parent?

~~25~~ ~ 17

What are the RESPONSIBILITIES that go
with being a parent?



work

Money

food

clothes covering
and caring

REMEMBER TO ASK SOMEONE IF YOU NEED HELP WITH
THIS. 6/6

Today's date is: 23/09/08

Do you think being a parent would change your life?

YES



NO



Do you know anyone near to your age who is a parent?

YES



NO



FIND SOMEONE TO SPEAK TO WHO HAS A CHILD, AND FIND OUT...

What things changed the most after the child was born?

was sleep

What things were the most difficult to deal with?

on clean

26/7

24/7

DO YOU THINK YOU COULD MANAGE THESE THINGS?

YES



NO



Today's date is: 24/09/08

We will now try and find
some useful information

GO TO YOUR LOCAL DOCTOR, HEALTH
CENTRE, CHEMIST OR ANYWHERE ELSE YOU
CAN THINK OF, AND TRY TO COLLECT SOME
INFORMATION ABOUT BEING A PARENT.



Write down the type of INFORMATION that you found...

A large, empty rectangular box with wavy top and bottom edges, intended for writing down information.

DO YOU THINK YOU HAVE LEARNT ANYTHING NEW?

YES

A small, empty rectangular box with wavy top and bottom edges, intended for a response to the question.

NO

A small, empty rectangular box with wavy top and bottom edges, intended for a response to the question.



Today's date is: 24/09/08

Let's look at what
you enjoy doing in
your spare time.



When you are not studying or working, it is good to enjoy yourself in your spare time. There are lots of different things that you can do.

WHAT ACTIVITIES OR HOBBIES DO YOU ENJOY DOING
IN YOUR SPARE TIME?

football

NAME ANY **NEW** THINGS YOU WOULD
LIKE TO TRY IN YOUR SPARE TIME...



golf

darts

Today's date is: 24/09/08

Name **THREE** of your **HOBBIES** and **WHEN**



you do them...

1

Goofy

School
out sid
from home

2

(())

(())

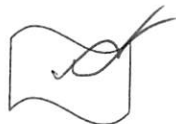
3

(())

(())

Are these activities **EXPENSIVE**?

YES



NO



How much money do you spend per week on your hobbies and interests?

Nothing



Today's date is: 24/09/08

HAVE A THINK ABOUT WHY IT IS
TO DO THINGS IN YOUR SPARE TIME?

GOOD



Try and name FIVE things...

to get fit

exercise

meet pals

See girlfriend

keep you from
getting bored.

Is there anything that you don't like about leisure activities?

GETTING INJURED

Today's date is: 24/09/08

Now let's have a go at
planning some things to do
in your spare time.

DECIDE WHEN YOU ARE PLANNING FOR...
(e.g. the weekend, a few evenings or the school holidays)



How many days or evenings do you have to plan for?

Name all the different activities that you are interested in
and how much do they cost to do?
(e.g. per session or for the materials or equipment)

ACTIVITY / HOBBY	COST

Today's date is:

NOW DRAW UP YOUR LEISURE PLAN...

How much money
do you have to spend?



Date and Time	Leisure Activity or Hobby	Where you will do it	The Cost
TOTAL =			

REMEMBER TO KEEP WITHIN YOUR BUDGET!

Today's date is:

Let's start to discover
what places are of
interest or importance
in your local area.

What is the name of your local area?



Do you know where to
FIND your local...

And have you ever
VISITED them...

write the name
of the street

tick the box if
the answer is 'yes'

Library

Bank

Supermarket

Police Station

Train Station

Bus Station

Leisure Centre

Chemist

Cinema

Hairdresser

	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐
	☐

If you don't know where they are - **ASK SOMEONE.**

Today's date is:

CHOOSE FOUR PLACES IN YOUR LOCAL AREA THAT YOU HAVE NOT VISITED BEFORE...

1

2

3

4

Find someone who can go with you to show you where these places are... (write who went with you)



And write the date that you went to visit these places

YOU COULD ALSO GET A COPY OF A LOCAL  MAP AND MARK ON IT THE PLACES OF INTEREST AND IMPORTANCE IN YOUR LOCAL AREA.

You could use this map in the future,
if you ever forget where a place is.

Today's date is:

A:
SOCIAL
LIFE

8: LOCAL AREA

No.3a

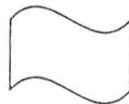
Now let's look at a few
local places of interest...

THE LIBRARY

Do you have a

LIBRARY CARD

YES



NO



If you would like to borrow books from your local library, ask someone to show how to get a LIBRARY CARD from your library. Write the address and phone number of the library...

THE POLICE STATION

If you have had something STOLEN, you may wish to report it missing to the Police.

Write down the ADDRESS and TELEPHONE NUMBER of your local Police Station...



Today's date is:

THE CHEMIST

If you are feeling UNWELL or if you have a PRESCRIPTION from your Doctor, you will need to go to your local CHEMIST.

Write down the address and phone number of your NEAREST Chemist...



Blank space for writing the address and phone number of the nearest chemist.

And also find out what the OPENING TIMES are...

Blank space for writing the opening times of the nearest chemist.

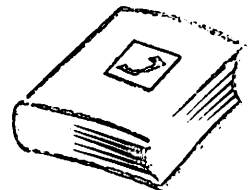
REMEMBER THAT YOU CAN FIND A LOT OF THIS INFORMATION IN THE TELEPHONE DIRECTORY OR THE YELLOW PAGES

Do you know how to use a directory?

YES



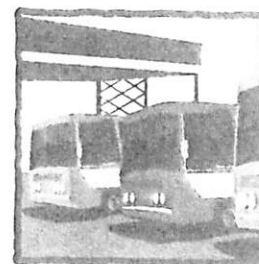
NO



Today's date is:

Let's discover more
about using the
different sorts of
public transport.

If you want to travel about to visit various
places and people, you will need to know how
to use public transport.



Have a go at naming FOUR different kinds of PUBLIC
TRANSPORT...

1		☐
2		☐
3		☐
4		☐

TICK THE BOX TO SHOW WHICH ONES
YOU HAVE USED BEFORE



Today's date is:

NOW, THINK OF A TYPICAL JOURNEY WHEN YOU WOULD NEED TO USE PUBLIC TRANSPORT...

From:

To:

Why you are Travelling:

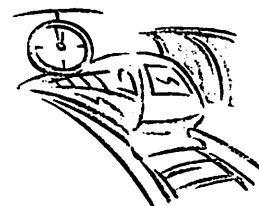
You will also need to decide which is the kind of transport to use for your journey...

BEST

WHICH KIND OF TRANSPORT WOULD YOU USE?

HOW MUCH WOULD YOUR RETURN JOURNEY COST?

AND HOW LONG WOULD IT TAKE?



Is this the **QUICKEST** way?

Is it the **CHEAPEST** way?

YES

NO

☐☐☐☐

YOU MAY NEED TO TRY THE JOURNEY TO FIND OUT

Today's date is:

FIND OUT WHERE IS YOUR NEAREST...
(Write down the address and telephone number)



☐ BUS STATION

Blank wavy line for writing address and telephone number for Bus Station.

☐ TRAIN STATION

Blank wavy line for writing address and telephone number for Train Station.

☐ TAXI RANK

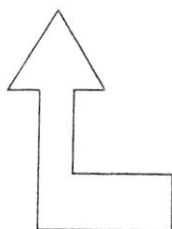
Blank wavy line for writing address and telephone number for Taxi Rank.

☐ AIRPORT

Blank wavy line for writing address and telephone number for Airport.

☐ FERRY TERMINAL

Blank wavy line for writing address and telephone number for Ferry Terminal.



Tick the box if you have ever been there.

Today's date is: