

Hoping for a happy future: newly arrived young people share their aspirations

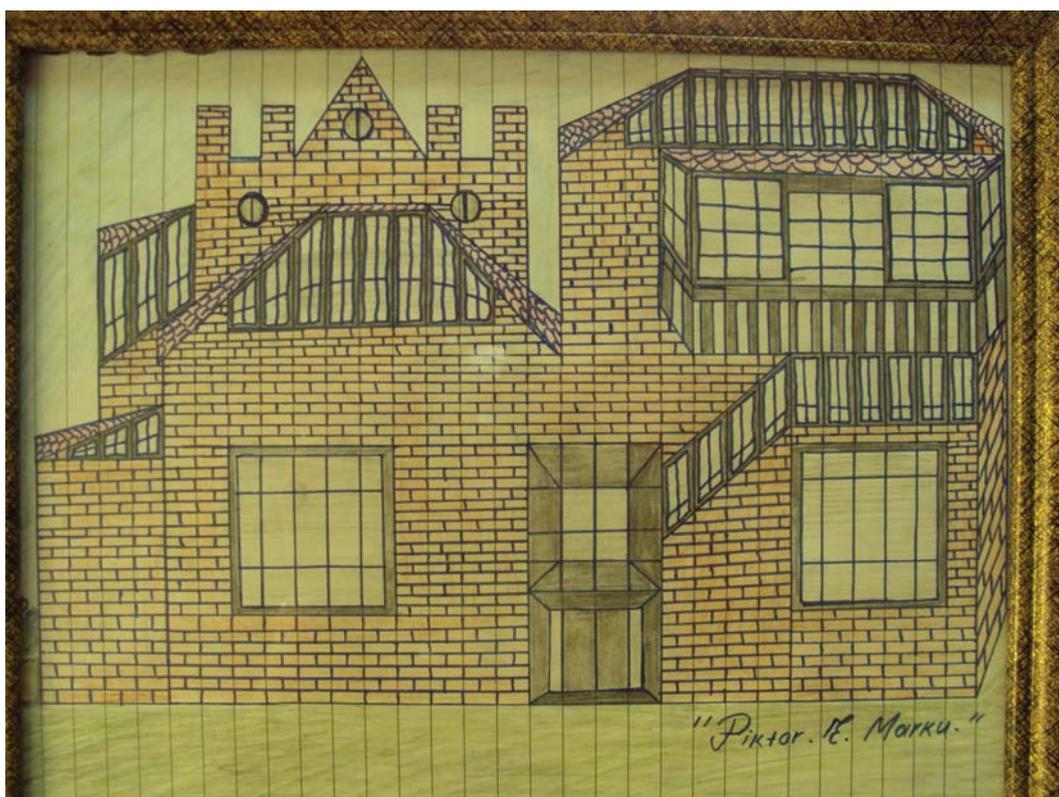
This month, we welcomed four newly arrived unaccompanied young people from four different nationalities; Albanian, Eritrean, Afghani and Moroccan.

Other young people who have been here for over a year in accommodation have shown great hospitality in welcoming them all. "It's been a great opportunity for young people to show them the skills they have learnt doing Independent Living Program in making a meal and eating together and showing them the local area," explains Davina, Sussex Team Leader.

"Staff have enjoyed getting to know them and have been inspired by their aspirations."

All four have very different aspirations - one wants to be a Solicitor, another an Artist (see picture drawn by young person below), one wants to be a professional footballer and another simply wants to be able to speak English fluently.

"It's inspiring to know that despite seeking refuge from their home countries they have fled, that these young people are holding on to their hopes and dreams. We have seen a very keen eagerness to learn and be educated so that they can better their lives and opportunities to be successful," concludes Davina.



Independent Living Skills – the facts

The Independent Living Skills Programme is designed to stimulate personal growth and development for any young person going through transition, whilst providing meaningful individual learning opportunities that allow the individual to maximise their potential.

The content of the programme is tailored specifically for each young person, to ensure maximum benefit. Young people could include young mums, care

leavers, asylum seekers etc. The programme is designed to promote self-confidence and promote greater independence for any young person.

The programme involves structured and unstructured elements and all progress is recorded. Learners gain the confidence to make their own decisions, take personal responsibility for their own actions and gain knowledge of their rights as individuals.

Lifestyle sessions provide a holistic approach to learner wellbeing, ensuring that they have the opportunity to develop the skills necessary to integrate effectively into the local community. Subjects include:

- Personal appearance and hygiene
- Housekeeping
- Laundry
- Money Management
- Using domestic equipment
- Food Management
- Transportation
- Health
- Sexual Health, family planning & contraception
- Legal Skills
- Emergency and Safety Skills
- Moving on to Semi Independence

Upon completion of Independent Living Skills sessions learners are awarded a certificate of achievement, to evidence their time on the programme.

For more information on our Independent Living Skills programme, please contact Davina on 01903 522966.