

Bright Lives Social Enterprise C.I.C

Transition centre Training and Support

Here at **Bright Lives CIC** we can tailor our sessions to suit many abilities and needs, please get in touch to find out more

01206 615165 - 13 March 2018 Courses marked in **Blue** arranged by demand

Please note all our sessions are subject to our standard terms and conditions of which are available on our website or on request.

<p>Monday</p>	<p>Mixed Craft 10.00-12.00 £22.00</p> <p>Group and Individual, paints sewing, papier Mache and many more- Art allows people to express themselves creatively and, like music, can uplift and liberate us. In a relaxed and informal atmosphere, we help to inspire the imagination and enhance the ability of the people we assist - Tutor led</p>	<p>Music 2.00-4.00 £22.00</p> <p>Sing along to your favourite songs and play one of our instruments. Enjoy making and listening to music in a relaxed and friendly atmosphere. Each music session has a consistent membership so that participants can get to know and feel comfortable with each other. – Tutor led</p>	<p>Route to Employment – ASDAN</p> <p>Volunteering, Volunteering experience with Bright Lives Careers and Experiencing work Sex and Relationships Money Skills and travel training.</p>	<p>Evening Activities: Yates Colchester Friendship groups and Essex Stars in the sky: Check the following website for further details: www.essexstarsinthesky.co.uk</p>
<p>Tuesday</p>	<p>Sensory Fun 10.30-12.00 £17.50</p> <p>Sensory Fun has many learning and developmental benefits, and is also great fun! to develop and improve their gross and fine motor skills, co-ordination and concentration. Also how to work cooperatively and collaboratively, use all their senses to discover and explore their environment, and develop their imagination, creative thinking and ability to problem solve and experiment with solution – Tutor Led</p>		<p>Creative Cookery 1.30-3.30 £22.00</p> <p>Tickle your taste buds and create something edible! We provide all the ingredients. <i>Please provide a tin or tub to take away your creation.</i> We have a range of recipes to share and ensure you can take home your cooking. The classes are large enough to collaboratively work with the tutors and other cookery members, we aim to guarantee a pleasing and scrumptious item to take home. – Tutor led</p>	<p>Evening Activities: Playhouse Colchester Friendship groups and Essex Stars in the sky: Check the following website for further details: www.essexstarsinthesky.co.uk <i>To support the evening friendship groups, we also offer day classes as follows:</i> ASDAN Courses: Sex and Relationships Money Introduction IT Computer Skills</p>
<p>Wednesday</p>	<p>Route to Employment – ASDAN Volunteering, Volunteering experience with Bright Lives Careers and Experiencing work Sex and Relationships Money Skills and travel training.</p>	<p>Pottery 1.30-3.30 £22.00</p> <p>Why not come along and join us with pot, plaque making, and various designs? We are a friendly group and welcome all abilities - Tutor led</p>	<p>Sensory Fun 2.00-3.30 £17.50</p> <p>Sensory Fun has many learning and developmental benefits, and is also great fun! to develop and improve their gross and fine motor skills, co-ordination and concentration.</p>	

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<p>Thursday</p>	<p>Party Fun / Exercise Class: 10-12.00 £22.00</p> <p>Come along and join us in Bright Lives party fun/ exercise class. If you care about a person with learning difficulties/autism it is important to maintain a healthy weight. They may need help and advice on promoting a healthier regular physical activity and become more active in lifestyle skills. Exercise is a great way to stay healthy and socialise/ we have linked this with music party games and general fun through exercise.</p>	<p>Cookery 10-12.00 £22.00</p> <p>Cookery for the more-able, Leading to an ASDAN qualification</p> <p>ASDAN Courses: Meal Preparation and Cooking Foodwise Optional Food Hygiene level 2 Start to develop the skills to cook for your self- use our commercial kitchen to learn how to work in this setting with the opportunity of work skills for future placement opportunities</p>	<p>Amateur Drama 1.30-3.30 £22.00</p> <p>To create self-confidence and self-awareness. Join in shows and group games to empower everyone. A drama group for those with learning difficulties, to help them express themselves through drama. Throughout our workshops, we learn to work together, use our imaginations and explain ourselves as much as possible. We use a variety of fun drama games to help to improve understanding of the world around us.</p>	<p>Route to Independent Living -ASDAN</p> <p>We support you with the skills to develop a social life and build relationships in a safe local environment.</p> <p>Meal Preparation and cookery: Dinner Club Living independently Sex and Relationships Money Skills and Travel Training</p>
<p>Thursday</p>	<p>Route to Employment – ASDAN</p> <p>Route to independent living. Route to Employment.</p> <p>Volunteering, Volunteering experience with Bright Lives Careers and Experiencing work Sex and Relationships Money Skills and travel training.</p> <p>Ask for further details. These are fully accredited courses, run for two days a week. at £65.00 per day, including accreditation certificates and resources.</p>			<p>Evening Activities Friendship groups and Essex Stars in the sky Check the following website for further details: www.essexstarsinthesky.co.uk To support the evening friendship groups, we also offer day classes as follows:</p> <p>ASDAN Courses: Sex and Relationships Money Introduction IT Computer Skills</p>

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Friday	Creative Cookery 10-12.00 £22.00 Tickle your taste buds and create something edible! We provide all the ingredients have a range of recipes to share and ensure you can take home your cooking. The classes are large enough to collaboratively with other cookery members, we aim to guarantee a pleasing and scrumptious item to take home. – Tutor led	Techno Hen Disco 1-3 £4.00 Come along for music, fun and dancing! Enjoy the lights and refreshments at our end of the week disco. Drop in no booking required!	TBA	
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Bright Lives C.I.C is a specialist transition training centre offering training to support the needs of the Care Act 2014 education that delivers a route to independence and employment, please find below the roadmaps that we have developing for training our students. We have developed two bundled packages to help support our services, however these can also be unbundled.

I have attached the routes to training:

Route to Employment

Bundled course over 12 months
2 days a week at £65.00 per day
including all course paperwork

Volunteering, Volunteering experience with Bright Lives

Careers and Experiencing work

Sex and Relationships

Money Skills and travel training.

Route to Independent Living

Bundled course over 12 months
2 days a week at £65.00 per day
including all course paperwork

Meal Preparation and cookery:

Dinner Club

Living independently

Sex and Relationships

Money Skills and Travel Training

I would hope that these will help with your presentation to support the costs. With these important offerings, we meet and support the needs of the Care Act 2014 towards independence as well as education, at a very affordable price point.

We can also offer other courses subject to the academic standard of the individual, namely PSD (Personal Social Development) and Employability. We also can unbundle courses to meet the individual students needs.