

# 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 - 6 June 2017 Courses marked in **Blue** arranged by demand

<p><b>Monday</b></p>	<p><b>Mixed Craft 10.00-12.00</b> £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><b>Music 2.00-4.00</b> £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><b>Route to Employment – ASDAN</b></p> <p>Volunteering, Volunteering experience with Bright Lives Careers and Experiencing work Sex and Relationships Money Skills and travel training.</p>	<p><b>Evening Activities: Yates Colchester</b> <b>Friendship groups and Essex Stars in the sky:</b> <b>Check the following website for further details:</b> <b><a href="http://www.essexstarsinthesky.co.uk">www.essexstarsinthesky.co.uk</a></b></p>
<p><b>Tuesday</b></p>	<p><b>Sensory Fun 10.30-12.00</b> £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><b>Exercise Class 2.00-3.30</b> £17.50</p> <p>Come along and join us in Bright Lives 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</p>	<p><b>Creative Cookery 1.30-3.30</b> £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><b>Evening Activities: Playhouse Colchester</b> <b>Friendship groups and Essex Stars in the sky:</b> <b>Check the following website for further details:</b> <b><a href="http://www.essexstarsinthesky.co.uk">www.essexstarsinthesky.co.uk</a></b> <i>To support the evening friendship groups, we also offer day classes as follows:</i> <b>ASDAN Courses:</b> Sex and Relationships Money Introduction IT Computer Skills</p>
<p><b>Wednesday</b></p>	<p><b>Route to Employment – ASDAN</b></p> <p>Volunteering, Volunteering experience with Bright Lives Careers and Experiencing work Sex and Relationships Money Skills and travel training.</p>	<p><b>Pottery 1.30-3.30</b> £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><b>Sensory Fun 2.00-3.30</b> £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><b>Thursday</b></p>	<p><b>"All Singing and Dancing"</b> 10-12.00 £22.00</p> <p>Health and well-being  Improvement in posture and breathing.  Oxygenates the blood for a stronger immune system.  Can assist in overcoming depression and anxiety.  Communication &amp; Developments  Develops the ability to focus.  To help understand the need for discipline.  To develop the ability to follow instruction.  Develops overall confidence.</p>	<p><b>IT Training: 9 – 12 AM</b> £22.00</p> <p>Learn to be safe on the internet: Classes with our IT partners</p>	<p><b>IT Training: 1 to 4.00 pm</b> £22.00</p> <p>Learn to be safe on the internet: Classes with our IT partners.  Specialist computer lessons Leading to a ASDAN qualification.  Skills taught to meet your needs and ability.</p>	<p><b>Evening Activities</b>  <b>Friendship groups and Essex Stars in the sky</b>  <b>Check the following website for further details:</b>  <a href="http://www.essexstarsinthesky.co.uk">www.essexstarsinthesky.co.uk</a>  To support the evening friendship groups, we also offer day classes as follows:</p> <p><b>ASDAN Courses:</b>  Sex and Relationships  Money Introduction  IT Computer Skills</p>
<p><b>Friday</b></p>	<p><b>Creative Cookery</b> 10-12.00 £22.00</p> <p>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 work with other cookery members, we aim to guarantee a pleasing and scrumptious item to take home. – Tutor led</p>	<p><b>Techno Hen Disco</b> 1-3 £4.00</p> <p>Come along for music, fun and dancing! Enjoy the lights and refreshments at our end of the week disco. Drop in no booking required!</p>	<p><b>TBA</b></p>	

# Bright Lives Social Enterprise C.I.C

## Transition centre Training and Support

**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.