

If you wish to apply for one of these courses you will need to speak to your Housing Worker or your Support Worker who can help you with making an application.

Once an application form has been completed they should be sent to the Tameside MBC Housing Strategy team 2 weeks prior to the commencement of the course.

To be eligible to attend the course you will need to have been referred by a Housing or Support Worker and have made a commitment to attend each day of the course.

What do you get at the end of the course?

The course is registered with AQA, an independent educational awards body. This means that all participants who complete the course will receive a certificate that recognises what they have learnt.

Local landlords have agreed to view these as positive evidence that you have done some work on understanding the responsibilities of being a tenant and gained some lifeskills that would help you.

If you have any more queries on the course please contact the Tameside Housing Strategy team on 0161 342 2639 and ask to speak to either Kay Mistry or Colm O'Brien.



Design Print Services, Tameside

Life Skills Course



Would you like to improve chances of getting your own home quickly?

Are you already struggling to maintain your tenancy?

Would you like some help in understanding how to manage your money?



Week 1

What does healthy mean?

The balance of good health, exercise, eating well on a budget and men and women's health issues.

Assertiveness – dealing with conflict, being confident and speaking up for yourself.

Week 2

Cooking on a budget
Cheap and easy meals for one or more

**What messes with your head? What is stress and anxiety?
How can I cope with them?**

Learn ways of chilling out using relaxation techniques.

Week 3

How do I get and keep my own home?

Meet a housing worker. How does a tenancy work for me.
How to fill in forms and what you need for your home.

What support can I get?

How do you budget?



What people have said after completing this course:

"I believe many people in my situation will benefit greatly from the course"

"The most useful bits of the course was the cooking, budgeting and meeting a few nice people"

Independent Living Skills Courses

Delivery Timetable

Dates(w/c)	Dates	Venue	No of Sessions
Course One	28 & 29 April and 5, 6, 12 & 13 May 2009	Ashton	6
Course Two	23, 24 & 30 June and 1, 7 & 8 July 2009	Hyde	6
Course Three	6, 7, 13, 14, 20 & 21 October 2009	Stalybridge	6

Dates and Venues may be subject to change.

All the courses will consist of 6 days training starting at 9.30am and finishing at 3.30pm.

Travel expenses and lunch are provided on each day of attendance.

Childcare places can also be arranged to help people access the course.

PLEASE SEE OVERLEAF ON HOW TO APPLY