



# Ochil Tower School

## Life Skills Centre: Prospectus





## **Welcome**

The Life Skills Project runs for 38 weeks per year 5 days a week with an option to join a 5 week holiday program. These additional weeks will run as 1 week in October holidays, 1 week at the turn of the New Year, 1 week at Easter and 2 weeks in the summer. The summer holiday will be divided into 2 week slots, so young people will be home for 2 weeks, back to school for 2 weeks and then home again for a further 2 weeks. Day placements will be from 9.00 am to 5.00 pm 5 days a week. Residential placements on our 43 week programme have an option to have all weekends between holiday breaks, included.

Currently young people who are resident are placed in one of two houses. The focus in the houses is on the development of a range of life skills, whilst still providing a nurturing, homely and safe environment. Young people on day placements are attached to a house for lunches and any other essential breaks, during the 5 weeks holiday program they join the house they are attached to during term time.

## **Aims for the Life Skills Project**

- Skills and resilience for learning, life and work in a variety of settings within an adult world
- Maximising quality of life and opportunities through meaningful activities and educational
- Improved Health and Wellbeing
- Feeling positive and secure about links to the community and engagement
- Positive impact of confidence and moral



## **Facilities & Resources:** **Life Skills Project Curriculum**

Art

Cookery /Baking

Laundry

Craft (Weaving, Feling, Basketry, Woodwork)

Estates Work

Horticulture

ICT

Independent Living Skills

Sexual Health

Communication

Literacy

Music

Numeracy

Preparation for the World of Work

Retail Skills (possible FRUVER - fruit, vegetable, meat and household goods ordering, sorting and delivery)

Refilling station (household cleaning products)

Bike maintenance

Small Animal Care

Work Experience

Candle Workshop

Eco/Fairtrade Activities

Recycling



## Daily Timetable

**9 9.30am:** Sharing and planning session

**9.30 10.40am:** Within Ochil Tower School young people will work on specific practical projects, ie gardening , estate work and maintenance. Where appropriate this can lead into work experiences within the local community where links to a number of local employers will be explored. The young people will be supported by Ochil Tower staff during any external placements. Where appropriate young people will be supported to make links in their own community

**10.40 11.15am:** Tea break

**11.15-12.40pm:** This session will comprise a variety of activities ranging from Course work, evidence and report writing, food delivery project, learning to budget, shopping, food preparation and baking. Speech and language therapy for both individual and group sessions will be available to all and a range of other therapies can be accessed where appropriate. Relationship and sexual health sessions will be a regular feature during this programme

**1pm 2.30pm:** Lunch Break

**2.30pm - 3.30 (Wednesday 5pm):** Afternoon sessions will focus on attaining practical skills in a range of crafts skills. Workshops can include pottery, weaving, woodwork, felting, painting, candle making

**3.30pm – 4.00pm:** Tea Break in the house

**4.00pm – 5.00pm:** Laundry, cleaning, shopping, baking, meal preparation, looking after the environment

The above outline is the basic programme, which will be adjusted according to individual needs. The structure of the day is subject to change as some of the activities will need a double session or take place in a block period. The above shows an example of a timetable and a list of activities the young adults could be involved with. This list is not exhaustive.



## **Qualifications**

All relevant activities are linked to qualifications which will enable young people to add to their portfolio of qualifications over the 3 year period.

SQA National 1-3

ASDAN Focus

ASDAN Workright

ASDAN Lifeskills Challenge

Youth Scotland Youth Achievement Awards

RCHS Caley Award

Where appropriate young people will be supported to attend Perth College courses.

## **Supporting Individual Progress**

The Young Adults previous Care and Education Plan, Communication Passport together with discussions with both the young adult and their parents/carers will inform the Young Adult Personal Plan.

Young people will have 6 monthly progress reviews to which parents and all relevant professionals will be invited.

## **Work experience / Work Placements**

We are looking to set up a number of community links which can be accessed for work experience and work placements during the last year of the program where appropriate and are in the process of building up a partnership with P&K Employability Network.

Blairdrummond – Variety of workshops

The Bield – gardening, estate work

Auchterarder in Bloom

Christmas tree sales

Coop – stacking & ordering shelves

Health food shop - stacking & ordering shelves

Cafe Kisa – kitchen work and dishwashing



Gleneagles Golf Course  
Auchterarder Golf Course  
Recycling Centre  
TCSOA – Cleaning  
Horses Field Loan – Mucking out

**Residential Facilities:**  
**Holiday Program**

During the 5 week period during the Ochil Tower Holiday period, the young people have opportunities such as:

Outdoor pursuits – canoeing, hill walking  
Cycling  
Hobbies  
Swimming, ice-skating  
Residential week at the White House  
Leisure and Community Skills  
Social skills, travel, shopping, culture, visiting places of interest  
Maintenance/gardening – looking after immediate environment  
Food processing and preparation

Miriam Puccianti (December 2018)  
Head of Education