

Link Academy – Independent Living Skills and Self-Care September – December 2021

Link Academy is delighted to be able to run a rolling three-week interactive face-to-face programme for 15-22 year olds in Fife. We are situated at West Bridge Mill close to local bus links.

The team will be running a series of two-hour workshops aimed at providing those with tools to better understand their own mental health along with skills to support young people to live independently. Our aim is to teach young people through group discussion, teambuilding games and practical activities.

Our **mental health workshops** provide people with the skills to recognise and understand the challenges they face. We support participants to develop positive behaviours and teach them self-help techniques to cope with managing day to day life.

Through our **Independent Living Skills workshops**, participants can better understand how to look after their home, plan for the future and to recognise where to go for support.

Our workshops are a great way to increase your confidence and meet new people! We encourage people to attend as many or as few sessions as they wish. Lunch and travel vouchers will be provided.

Please find below a list of the workshops we are offering and our timetable.

Mental Health Workshops	Independent Living Skills
<ul style="list-style-type: none"> • Mental Health Awareness 	<ul style="list-style-type: none"> • Finances & Budgeting
<ul style="list-style-type: none"> • Conflict Resolution 	<ul style="list-style-type: none"> • Rights & Responsibilities
<ul style="list-style-type: none"> • Stress Management 	<ul style="list-style-type: none"> • Home Safety
<ul style="list-style-type: none"> • Emotions 	<ul style="list-style-type: none"> • Anti-Social Behaviour
<ul style="list-style-type: none"> • Mindset & Perception 	<ul style="list-style-type: none"> • Looking After Your Home
<ul style="list-style-type: none"> • Distraction & Relaxation Techniques 	<ul style="list-style-type: none"> • Planning for the Future

To book a place or to find out more please contact Link Academy on 01324 466 860 or lareception@linkgroup.org.uk

Bee Parkinson - Cameron on 07783658647 or bee.parkinsoncameron@linkliving.org.uk

Group 1: 27th September – 12th October

Workshop	Date	Time
Mental Health Awareness	Monday 27 th September	10am – 12pm
Finance & Budgeting	Monday 27 th September	1pm – 3pm
Conflict Resolution	Tuesday 28 th September	10am – 12pm
Rights & Responsibilities	Tuesday 28 th September	1pm – 3pm
Stress Management	Monday 4 th October	10am – 12pm
Home Safety	Monday 4 th October	1pm – 3pm
Emotions	Tuesday 5 th October	10am – 12pm
Anti-Social Behaviour	Tuesday 5 th October	1pm – 3pm
Mindset & Perception	Monday 11 th October	10am – 12pm
Looking after your home	Monday 11 th October	1pm – 3pm
Relaxation & Distraction Techniques	Tuesday 12 th October	10am – 12pm
Planning for the future	Tuesday 12 th October	1pm – 3pm

Group 2: 25th October- 9th November

Workshop	Date	Time
Mental Health Awareness	Monday 25 th October	10am – 12pm
Finance & Budgeting	Monday 25 th October	1pm – 3pm
Conflict Resolution	Tuesday 26 th October	10am – 12pm
Rights & Responsibilities	Tuesday 26 th October	1pm – 3pm
Stress Management	Monday 1 st November	10am – 12pm
Home Safety	Monday 1 st November	1pm – 3pm
Emotions	Tuesday 2 nd November	10am – 12pm
Anti-Social Behaviour	Tuesday 2 nd November	1pm – 3pm
Mindset & Perception	Monday 8 th November	10am – 12pm
Looking after your home	Monday 8 th November	1pm – 3pm
Relaxation & Distraction Techniques	Tuesday 9 th November	10am – 12pm
Planning for the future	Tuesday 9 th November	1pm – 3pm

Group 3: 22nd November – 7th December

Workshop	Date	Time
Mental Health Awareness	Monday 22 nd November	10am – 12pm
Finance & Budgeting	Monday 22 nd November	1pm – 3pm
Conflict Resolution	Tuesday 23 rd November	10am – 12pm
Rights & Responsibilities	Tuesday 23 rd November	1pm – 3pm
Stress Management	Monday 29 th November	10am – 12pm
Home Safety	Monday 29 th November	1pm – 3pm
Emotions	Tuesday 30 th November	10am – 12pm
Anti-social behaviour	Tuesday 30 th November	1pm – 3pm
Mindset and perception	Monday 6 th December	10am – 12pm
Looking after your home	Monday 6 th December	1pm – 3pm
Relaxation and distraction	Tuesday 7 th December	10am – 12pm
Planning for your future	Tuesday 7 th December	1pm – 3pm

All participants will then have the opportunity to attend our Christmas Programme in December with further details provided closer to the time.

Please contact **Link Academy** on **01324 466 860** or lareception@linkgroup.org.uk for more information or to book a place.

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