



Framework
For your future

Skills Plus

Skills Plus is a service offered to Framework service users to help them achieve their potential.



Housing Matters

Tenant Rights and Responsibilities – How to get on better with your landlord and what you can and can't do at home.

Dealing with Anti-social Behaviour – Understanding what it is and how you can get help.

Why do People Discriminate? – How to understand others and understand why people are different.

Looking after your Home – Learning how and why you should keep your house clean.

Safety in the Home – How to feel happy and safe in your property.

Keeping Safe – Feel more confident and safe when you are out.

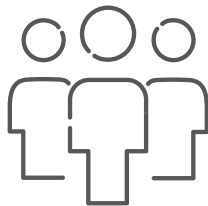
Furnishing your Home – Find out where you can find furniture and other things for your home.

Making your Tenancy a Success – Combining your learning from other topics to explore the positive benefits of managing a home, being a responsible tenant and contributing to the community.



What is Skills Plus?

- Skills Plus is an informal course designed to develop your skills and confidence in a wide range of different life skills.
- It will help to build your self-confidence and communication skills in a group setting.
- It can help you to manage your money and budget for the future.
- Find out ways to build a healthy diet and lifestyle.
- Deal with your housing problems.
- Develop a healthier lifestyle.
- Build connections and friendships through our informal and relaxed group settings.



What our learners say about Skills Plus.

'Through coming to Skills Plus I've made some great friends, learnt loads of new things and really enjoyed it.'

'I really enjoy the sessions, they are relaxed, and we have a laugh, there is lots of good information in the books to remind me of what I've learnt.'

What are the sessions like?

- Each session is 2 hours long on the same day every week.
- Relaxed and informal sessions delivered by one of our friendly trainers.
- A wide range of activities including discussion, Q&A, video clips, interactive quizzes, digital resources. No two sessions are the same.
- No requirement to do tests or write a lot.
- You will get a certificate on completion of 6 sessions and regular opportunities to review your progress.
- There is tea and coffee for you.



You Matter

Emotional Skills for every day challenges – Learn how to positively manage your emotions.

Healthy Living – Have more energy and feel more positive by having a healthier life.

Confidence Building – Get more confident to help you sort out problems.

Communication Skills – Tips to help you talk to others.

Preparing for your Future – Gives you ideas for hobbies or volunteering to help you feel better about yourself.

Sexual Health – Sex is an important part of a healthy relationship. Learn how to be safe.

Healthy Relationships – Learn how to have better relationships and friendships.

Drug and Alcohol Awareness – Learn about drugs and alcohol and how to be safe.

Money Matters

Financial Exploitation Awareness – How to protect yourself and others from being exploited.

Day to Day Budgeting – Take control of your money and feel happier.

Shopping on a Budget – Learn how to make your money last longer.

Dealing with Debt – Learn about debt and how you can deal with it.

The Real Cost of Running a Home – Learn how to buy cheaper electric and gas and save money.

Contact Skills Plus

If you want to come to Skills Plus, speak to your support worker.

Email: skillsplus@frameworkha.org

Website: www.frameworkha.org

