



Friendship Skills Group

Learning with fun

West Berkshire Mencap's Friendship Skills Group raising awareness of learning disabilities, promoting and developing skills for social inclusion. Building a better & independent future for people with a learning disability



Mission statement

- Adopting a person centred approach, listening to people's needs and treating everyone with dignity and respect.
- Empowering people with a learning disability to live as independently as possible.
- Ensuring our team of staff and volunteers are supported, highly motivated, trained and involved in decision making.
- Being a source of information and support for people with a learning disability and their families and carers.
- Supporting our students to be involved in the local community & build social networks
- Value, appreciate, and Listen to the needs of our students
- Our aim is to making Learning Fun

Syllabus

- Help the students to develop and build friendships within the group.
- Working with the students define group's rules & behaviours.
- Developing learning goals.
- Students achievement files record of their achievements & success.
- Safety in the community and safe havens.
- Healthy eating & life style.
- Working with strangers.
- First Aid for beginners.
- Developing money skills.
- Developing Self Esteem.
- Wellbeing & Personal Care.
- Planning and organising community activities.
- Literacy skills and development.
- Park Bench, communication skills & stranger awareness.
- Fun with Computers.
- Relationships.
- Drama.

The course runs throughout the year



The cost of Friendship skills group will be **£20.03** per session/week (invoiced monthly)

We meet every Wednesday from 12 o'clock to 3pm at the

**Link Up, The Slater Centre
Unit E, Hambridge Road
Industrial Estate,
Bone Lane, Newbury
RG14 5SS**

For more information
contact Cathy Black
(01635) 778120
or by email:
cathy.black@wbmencap.org

Our vision

To deliver a development programme making a positive difference to the lives of people with a learning disability in a fun inclusive environment. To equip people with a learning disability with social and life skills promoting social inclusion, equality and understanding between those with a learning disability and the public.

By delivering a range of purpose built training and awareness programs supported by highly trained staff and guest speakers expert in their field. Our aim is that people with learning disabilities are as independent as possible, connect with their local communities and develop a social network.



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www.wbmencap.org