



Redditch Nightstop Lifewise 6 week Programme

Lifewise AQA accredited workshops cover the skills you want and need to live independently. We offer sessions about your choices, aims and wellbeing. These could include budgeting, money skills, cooking skills, your rights, sexual health and relationships and healthy eating.

WEEK 1	Wednesday 12 th September	Thursday 13 th September
10.30 -12.30am	Safety in the home	Healthy Living
12.30-1.30	Lunch	Lunch
WEEK 2	Wednesday 19 th September	Thursday 20 th September
10.30 -12.30am	Living on a Budget	Plan a Budget Meal
12.30-1.30	Lunch	Lunch
WEEK 3	Wednesday 26 th September	Thursday 27 th September
10.30 -12.30am	Cooking	Interview Skills
12.30-1.30	Lunch	Lunch
WEEK 4	Wednesday 3 rd October	Thursday 4 th October
10.30 -12.30am	Well Being Workout	Drugs & Alcohol
12.30-1.30	Lunch	Lunch
WEEK 5	Wednesday 10 th October	Thursday 11 th October
	Emotional Awareness Stress	Sexual Health
10.30 -12.30am	Lunch	Lunch
12.30-1.30		
WEEK 6	Wednesday 17 th October	Thursday 18 th October
10.30 -12.30am	Cooking	Anger Management
12.30-1.30	Lunch	Lunch
	Telephone 01527 66036	Email info@redditchnightstop.co.uk

Workshops are held at our office: Redditch Nightstop, Unit 4 & 5 Britten House, The Old Needle Works, Britten Street, Redditch, Worcs, B97 6HD

Lunch - Food is available for young people to make their lunch. Bus Fare will be refunded.

The course is fully funded.