

ON-ROUTE

Learning for Life Programme

Aims of the L4L programme:

To provide open access for young people aged 16-25 who are not resident at the Foyer to benefit from the range of learning and personal development activities available at On Route.

Our support is person centred, promoting: independence, social inclusion, health and wellbeing, towards the outcomes of :

Be Healthy—Stay Safe—Enjoy and Achieve—Make a Positive Contribution—Achieve Economic Wellbeing.

Referrals via Dudley Youth Hub, Connexions and Dudley 14+ team (Please request a weekly activities timetable)

All enquiries should be made to On Route Foyer
01384 864221 / 455464 email: jill.hartland@chadd.org.uk



IT SESSIONS

- Job search—CV writing—College work
- Project First Steps—preparing for independence—building on your existing skills



“The Foyer to me is like a new beginning, a new chapter in my life. I have more independence and have learned more skills through the activities and training.” (quote from JP one of our young people)

CHADD

Medway House
98-99 Dixons Green Rd
Dudley

Phone: 01384 456465
Fax: 01384 458939



ON-ROUTE



Housing



Leisure



Independence



Garden



Money Management



Relax



Foyer Health



Community



Training



home

ON-ROUTE

Cooking and Nutrition sessions

- The programme has been developed in partnership with Dudley Public Health
- Qualified cooking and nutrition facilitator
- Cooking on a budget and healthier eating
- No Cost involved—all ingredients provided on the Foyer including vegetables from the Foyer gardening project and eggs from our own chickens!
- Foyer café area to relax and enjoy eating what you have cooked
- Choose how many sessions you attend but completing all 10 sessions in the Public Health Programme gains a certificate
- Foyer staff can then support access to further skills training towards a career in catering.



FOYER TRAINING

Stepping Stones to success

GROUPWORK

- Citizenship skills
- Confidence building
- Anti-bullying
- Equality and diversity
- Drug and alcohol awareness
- Abuse awareness



HEALTH AND WELLBEING

- Fitness and dance
- Holistic therapies, yoga, relaxation etc
- Sexual health drop in, C card registration, Chlamydia & pregnancy testing, condom collection



GARDEN PROJECT

Gain a basic knowledge of gardening and growing your own vegetables and herbs.

Find out if you have 'Green Fingers' and at the same time develop your personal and employability skills whilst enjoying the practical gardening activities and benefiting from the fresh air.



All young people need a home, support and springboard into independent living, learning and work, some don't get it. Foyer services fill the gap.