

NELSON AND COLNE
COLLEGE

Sixth Form

Life Skills Programmes

SKIL and Bridge Guide



Gain the skills you need with our **Vocational and Life Skills** courses consisting of the **SKIL** group, **Bridge 1** and **Bridge 2** groups

These courses are aimed at students who have profound or moderate learning difficulties. Our courses prepare students for employment, training or courses in further education, as well as providing students with an introduction to College life, valuable life skills and a greater independence.



The 'Skills for Integral Living' Course

This course is aimed at people who have profound and complex learning difficulties. It is a full-time course of up to two years, designed to help with the basic skills of everyday living. Students will study for the ASDAN Accredited qualifications Diploma in Personal Progress Award in Personal and Social Development at Entry Level 1.

After completing the course, students may choose to join the Bridge course at Entry Level 1.

What does the course consist of?

The course aims to develop social competence, to assist with cognitive skills and will provide opportunities for personal development. It is also an opportunity to study in a mainstream educational environment.

The core skills will include:

- Communication
- Working with others
- Improving own learning
- Problem solving
- Using numbers
- Using ICT

Working towards independence skills:

- Cookery
- Personal care
- Mobility
- Self advocacy
- Social and life skills
- Home skills

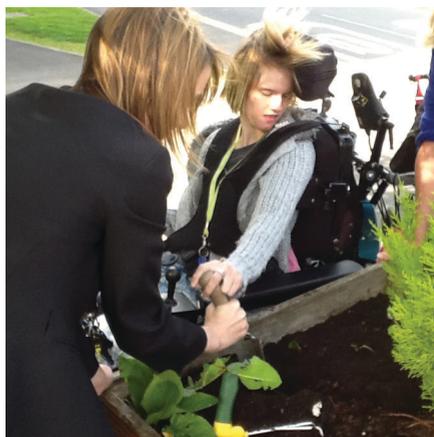
Leisure skills will include:

- Arts and crafts
- Music
- Leisure studies
- Accessing community facilities

Students will study in small groups and will have support to enable them to access whatever course of study is appropriate for them. They will follow an Individual Learning Plan. A wide range of student support will be available throughout the programme.

An initial assessment will be offered at interview, as an individual course is an integral part of the ASDAN accreditation.

Students will have tutorial support with termly reviews, ensuring that they receive the right support for each stage of College life.



The Bridge Course

Bridge 1

This course is aimed at people who have severe to moderate learning difficulties. It is a full-time course that lasts one year and is designed to be flexible to meet individual needs and raise knowledge of basic life skills.

What will students learn on the course?

To assist with cognitive skills and give opportunity for personal development, this course aims to develop life skills within a mainstream educational environment, in the following areas;

- **General health and safety**
- **Respecting others**
- **Environmental awareness**
- **Maintaining a healthy living**
- **Preparation for work**
- **Using technology in everyday life**
- **Working as part of a team**
- **Managing personal finances**

What will students also achieve?

ASDAN Diploma in Life Skills at Entry Level 1 and an Award in Personal and Social Development at Entry Level 1.

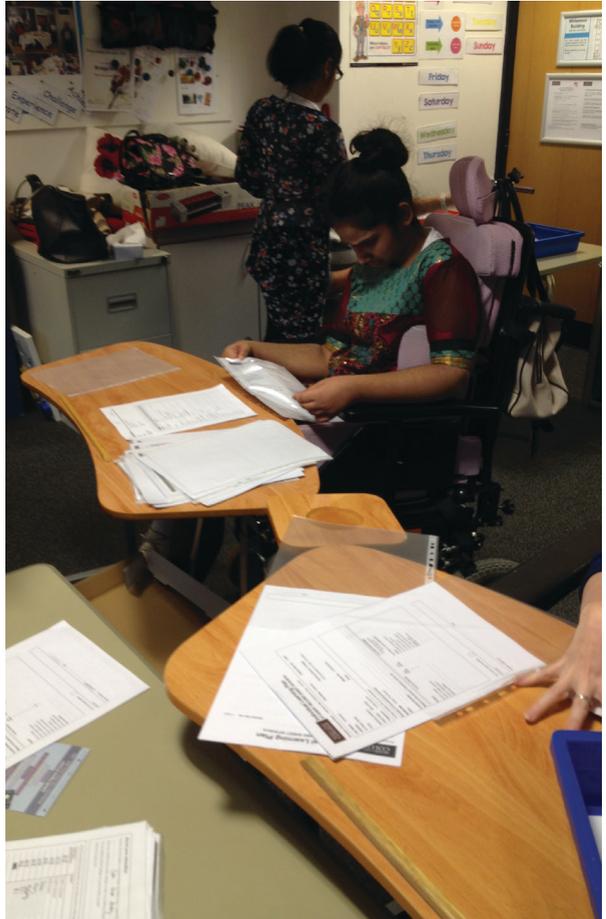


Students will learn...

Basic Literacy and Numeracy, basic Healthy Lifestyles, basic aspects of food hygiene and safety, general health and safety and personal hygiene.

Students will study in small groups and will have plenty of opportunity to access whatever course of study is appropriate for them. They will follow an Individual Learning Plan. A wide range of student support will be available throughout the programme.

An initial assessment will be done in induction and an individual course is an integral part of the ASDAN accreditation.



The Bridge Course

Bridge 2

This course is aimed at people who have severe to moderate learning difficulties. It is a full-time course that lasts one year and is designed to be flexible to meet individual needs and raise knowledge of basic life skills.

What will students learn on the course?

To assist with cognitive skills and give opportunity for personal development, this course aims to develop life skills within a mainstream educational environment, in the following areas;

- **Planning and reviewing learning**
- **Maintaining work standards**
- **Health and safety in the workplace**
- **Tackling numeracy problems**
- **Developing customer care**
- **Travelling to and from work**
- **Communicating with others at work**
- **Embracing leisure time**

What will students also achieve?

ASDAN Certificate in Employability at Entry Level 2, an Award in Personal and Social Development at Entry Level 2, Numeracy at Entry Level 1 and Literacy at Entry Level 1.



Students will learn...

Basic Literacy and Numeracy, basic Healthy Lifestyles, basic aspects of food hygiene and safety, general health and safety and personal hygiene.

Students will study in small groups and will have plenty of opportunity to access whatever course of study is appropriate for them. They will follow an Individual Learning Plan. A wide range of student support will be available throughout the programme.

An initial assessment will be done in induction and an individual course is an integral part of the ASDAN accreditation.



One-to-One Support

You will have tutorial support on both the Bridge 1 and Bridge 2 courses with termly reviews ensuring that you receive the right support for each stage of your college life.

Transport

Transport to and from the College is your responsibility and you can make applications for financial help to the Transport Manager at County Hall, Preston. However, we may be able to help by suggesting transport providers who have wheelchair ramped access to minibuses.



For more information, contact
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