

Who can use this service?

The Life Skills Project is open to anyone living in SecondStep property or using one of our support services who is in receipt of Supporting People funding.

We support people in their recovery journey by focusing on strengths, courage and dreams. Contrary to what many people believe, we know that most of us

who experience mental illness go on to live full and rewarding lives. We believe that recovery is possible for everyone. Hope is central to all the work we do.



How do you contact us?

If you are interested in hearing more about this service or would like a referral form you can either contact us or ask your Support Worker to do so. You can ring or write to:

Life Skills Project,
9 Brunswick Square,
Bristol BS2 8PE.
Tel: **(0117) 914 5492**
Email: lifeskills@second-step.co.uk

For information about SecondStep's other services, contact us on (0117) 909 6630



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Life Skills Project



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SecondStep provides a range of good quality housing projects and support services in Bristol, South Gloucestershire and North Somerset. These services are for people with mental health and other related support needs.

What support will I receive?

There are three Life Skills Workers covering Bristol, B&NES, North Somerset and South Gloucestershire. Our aim is to provide a flexible service that suits your learning needs: one to one, in a small group or being supported to learn in the community.

We work on one of three skills areas at a time, for an average of six weeks. Throughout this time there will be good communication between you, the Life Skills Worker and your Support Worker.



What can we help with

■ **Budgeting and managing money:**

- paying bills;
- managing debts.

■ **Maintaining a safe home:**

- gaining confidence in running your home;
- maintaining a healthy/safe living environment.

■ **Cooking:**

- shopping for and preparing meals;
- learning more about nutritious meals, specific dietary needs.

Support around literacy and numeracy is provided across all these areas or can be addressed specifically if required.

Groups and Courses

We regularly organise a range of groups and courses in Life Skills areas. Ask your Support Worker to let you know when courses are running.

Will I need to pay anything?

No – this service is completely free. We are funded to run this project through Supporting People.

What happens next?

If you apply or are referred to the Life Skills project, you will need to fill in an application form and give us some background information about yourself.

We will then set up a meeting with you to look at your individual needs to see if we are able to help.