

COFFEE DROP

An opportunity to successfully achieve your dream and learn new life skills, while feeling valued and cared for.

Our drop in session provides a great, comfortable, relaxed venue to support your needs, whilst having fun.

Activities and a chance to talk to housing, youth officers, nurses, work coaches and other professionals.



We will cover fun activities including:



Budgeting Skills

- Making meals for a Fiver - £5
- Planning the weeks food shopping and meals
- Where to buy cheap food



Housekeeping

- Cleaning
- Washing/Drying
- Hanging curtains
- Repairing clothes-sewing a button back on!
- Ironing
- Folding
- Decorating- planning a room on a budget
- Where to buy supplies cheap
- How to furnish your home



Personal Advisor

- Making appointments-Dentist Doctors-Opticians Support
- College visits
- Interview skills
- Work Placements

Cooking Skills

- Making Meals- having your tea on the night
- Planning recipes
- Prepping food
- Cleaning up afterwards
- Learning skills
- Cake baking/bake off and cake decorating



	Date	Time	Venue
R	Weds 15th January	5-7pm	Macys café, Grangeway
R	Weds 19th February	5-7pm	Macys café, Grangeway
R	Weds 18th March	5-7pm	Macys café, Grangeway
R	Weds 15th April	5-7pm	Macys café, Grangeway
R	Weds 20th May	5-7pm	Macys café, Grangeway
R	Weds 17th June	5-7pm	Macys café, Grangeway
R	Weds 15th July	5-7pm	Macys café, Grangeway
R	Weds 19th August	5-7pm	Macys café, Grangeway
R	Weds 16th September	5-7pm	Macys café, Grangeway
R	Weds 21st October	5-7pm	Macys café, Grangeway
R	Weds 18th November	5-7pm	Macys café, Grangeway
R	Weds 16th December	5-7pm	Macys café, Grangeway