

Wellbeing – Hillcrest Post 16 Provision

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| Further Education/Employment/  Training  Potential independent traveller | Further Education/Employment/  Training  Non independent traveller | Holistic Social Day care provision | Social/Healthcare provision |
| * SCERTS * OCR Life & Living Skills * Sex & relationship education * Managing own health needs * Visiting the G.P. without support * Fully understanding what the G.P can help you with * Understanding how to look after own mental health * Articulating health problems * Maintaining a healthy diet and making healthy meals independently * Exercise programme * Visiting community facilities * Booking community facilities for exercise or relaxation classes * Keeping safe – drugs & alcohol * Road safety * Keeping safe around members of the public * Duke of Edinburgh Award | * SCERTS * ASDAN Personal Development * OCR Life & Living Skills * Sex and relationship education * Learning about puberty * Managing own health needs * Being able to say how own body is feeling * Looking after mental health and understanding who is there to help * Diet – choosing healthy options to maintain a healthy lifestyle * Taking care of dental hygiene with minimal support * Using community leisure facilities with minimal support * Keeping safe – drugs & alcohol * Keeping safe when using public transport * Road safety with minimal support * Accessing local facilities that help to promote fitness and relaxation with minimal support * Duke of Edinburgh Award | * SCERTS * ASDAN Entry Level 1 * Core functional vocabulary * Modified sex education programme * Learning about puberty * Support for managing own health needs * Understanding who can help and how * Understanding what the G.P. can help you with * Describing pains * Accessing the dentist with support * Learning to be safe online * Communicating health needs * Diet – making choices * Using leisure facilities with staff support * Learning how to be more independent around self-care and hygiene * Making choices around relaxation programmes * Duke of Edinburgh Award | * SCERTS * Core functional vocabulary * ASDAN Personal Progress * Self help * Awareness of safeguarding * Support to make diet choices * Support to use leisure facilities for fitness and wellbeing * Body awareness * Relaxation programme * Support for dental hygiene * Support for appointments with medical services * Recognising pain * Support for mental health and wellbeing workshops * Personal care lessons * Personal hygiene * Public/Private places |