

Wellbeing – Hillcrest Post 16 Provision

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| Further Education/Employment/TrainingPotential independent traveller | Further Education/Employment/TrainingNon 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
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