

Getting you ready for Nescot

Welcome to Foundation Learning and the Supported Living Pathway.

On the supported Living Pathway, you will work on a variety of activities which will help you to gain some experience to help more at home and/or eventually live in a supported living environment.

- You will learn to take part in household cleaning, using domestic appliances and looking after clothes.
- In the kitchen, you will learn health, safety and hygiene, and to cook simple meals and snacks.
- Working in the garden is included as well as exercise.
- There will also be the opportunity to visit the local area and shops to practise managing money, shopping and road safety.

Of course you will also continue with maths and English lessons, at an appropriate level.

To prepare for the course you could:

- Help with cleaning at home
- Look after your clothes
 - loading the washing machine
 - hanging them out to dry
 - putting clothes away in drawers and wardrobes
- Make simple drinks and look at recipes you may want to make
- Take gentle exercise



Take some pictures of yourself practising these tasks; you can share them with your class mates when you arrive in September.

List the areas you would like to practice the most.

We look forward to meeting you, getting to know you and supporting you to become more independent.



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 **Nescot**