

See the timetable below, which shows details of the sixth course. It will run on Tuesday evenings for seven weeks in total.

Some sessions will take place at different venues but transport will be provided.

The meeting place and time for every session will always be the same:

**THE YMCA DROP-IN AT  
ST. JUDE'S COURT AT 5.30PM**

Date	What?	Who with?
Tues 23rd Sept	<b>Managing a Tenancy (Part 1)</b>	Mary-Jane Baird (CAN) Rachel Wilson (Accommodation Concern)
Tues 30th Sept	<b>Home Maintenance</b>	Neal Gibson (KBC)
Tues 7th Oct	<b>Home Maintenance</b>	Neal Gibson (KBC)
Tues 14th Oct	<b>Fire Safety</b>	Jo Gouldson (Northants Fire)
	<b>Managing a Tenancy (Part 2)</b>	Ann-Marie Julian (KBC)
Tues 21st Oct	<b>Cooking &amp; Healthy Eating</b>	Louise Willis (Healthy Aspects)
Tues 28th Oct	<b>First Aid</b>	British Red Cross
Tues 4th Nov	<b>Money</b>	Rachel Wilson and Louise Hodgkinson (Accommodation Concern)

Transport will be provided from the YMCA drop-in for the Home Maintenance Practical Session (Barnes Close) and the Cooking Session (Montagu School).

### How can I become involved?

Future courses may work slightly differently, but for this sixth course, representatives from the following agencies can refer you:

#### **Kettering Borough Council**

Tel: 01536 410333

#### **Connexions**

Tel: 01536 513862

#### **Northamptonshire YMCA**

Tel: 01536 415589

#### **Accommodation Concern**

Tel: 01536 416560

#### **MIND**

Tel: 01536 523216

\* All our trainers are selected to give the best possible advice at each session and specialise in the topics in which they are involved

\* All trainers are CRB checked

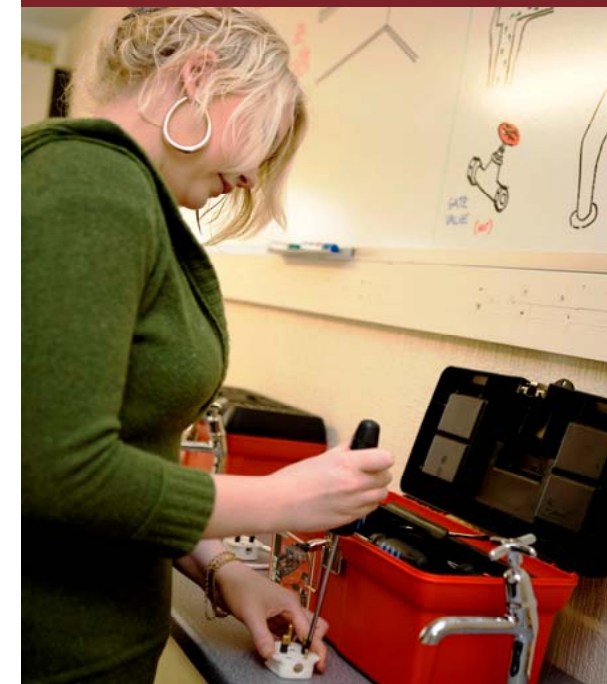
\* Please speak to a member of staff at one of the above organisations if you have any transportation needs because we may be able to help.

#### For more information contact:

**Charlotte Smith**  
Kettering Borough Council  
**01536 410333**

**Leone Reed**  
YMCA  
**07968 882250**

# Move On, Move In...



## Pre-tenancy Training for Young People

In conjunction with:



**Kettering**  
Borough Council

## What is the course about?

*Move On, Move In* is a course which helps give young people the skills and knowledge in a variety of areas that will be essential when they are offered their own tenancy.

Maybe you have recently moved into your own place or maybe you will be getting your own place in the near future. Either way, this course is designed to give you the best possible chance of successfully living independently in your own home.

The course will run on a Tuesday evening for seven weeks and begins on Tuesday 23rd September 2008. A different topic will be covered each week. A brief description of

## What can we offer you?

- ◆ A free meal at every session
- ◆ A £25 "Love to Shop" voucher when you complete the course which can be spent at a variety of high street shops including Woolworths, TJ Hughes, New Look and HMV
- ◆ A tool box complete with hacksaw, tape measure, claw hammer, 7 piece screwdriver set, mains tester screwdriver, spirit level, comb pliers, adjustable wrench and side cutter. (\*)
- ◆ The chance to meet other young people like yourself within a relaxed group session
- ◆ Access to some great advice from specialised trainers
- ◆ The chance to put theory into practice and learn in a fun way
- ◆ A Kettering leisure pass

(\*) Please note that items in tool kit may vary.

## First Response Training

Would you know what to do if you found your friend or a family member unconscious? How would you react if your mate is seriously hurt on a night out? In this session you will receive basic first aid training on how to respond to a variety of different medical emergencies. The session is delivered by the British Red Cross.



## Home Maintenance

This topic is split over two weeks during which time you will learn the theory behind general home maintenance and also have the chance to put it into practice! You will learn which repair responsibilities are yours as a tenant and which are your landlords along with how to report repairs if you are a council tenant. You will learn how to change a plug and put up a curtain pole amongst other things.



## Money

During this session you will be given an idea of what your outgoings are likely to be once you rent your own place and advice on how you may manage your finances. We will go through the costs of living independently and you will learn how to budget for bills, how much they are likely to be and where to pay them. Other issues will also be covered including a



## Managing a Tenancy

You will learn about a variety of issues that will help you towards maintaining a successful tenancy. We will talk about the rights and responsibilities of both landlords and yourselves as tenants. Other things that will be covered are what to do if your personal circumstances change, how to avoid and deal with neighbour disputes and how to get involved in decisions that affect you.



## Cooking

You will learn about healthy eating, shopping on a budget and some basic cooking skills! After going through some health and hygiene rules, you will cook a meal on your own or in small groups. By the end of the session you will hopefully have gained some ideas for quick, cheap and healthy meals and learnt the importance of healthy eating.



## Promoting a Healthier Lifestyle

We will discuss the importance of being healthy and how it can affect your ability to sustain a tenancy. Health professionals will talk to you about a variety of issues including alcohol and drug abuse. You will also be given a fire safety talk and receive a Kettering leisure pass.

