

THE TRAINING FLAT

WHAT IS THE TRAINING FLAT...?

The **Training Flat** is available to young people in care aged 16 and over who want to try out their independence skills for up to three weeks, while still with the current carer.

The flat is a one-bedroomed property, which is located in Newton Abbot, totally self-contained and is only 5 minutes walk to both the town centre and the railway station. The train to Exeter takes only 18 minutes from here.

When you stay in the flat you will be provided with:

- A train/bus pass to get to work, college or to visit friends
- A weekly allowance (currently £57.90) which is for you to buy food and pay for electricity, water, tv licence and other personal costs
- A food essentials package consisting of Bred, Butter, Milk, Tea, Coffee, Sugar and Squash
- Cleaning products and washing up liquid, toilet rolls, washing powder, dish cloths and scourers
- Bed linen, towels, tea towels



All you need to bring with you is:

- Your clothes
- Your toiletries
- Any other personal things that you feel would make your stay better

GAINING AN INDEPENDENCE QUALIFICATION...

During your stay in the flat, you will be able to complete 5 PHU's which will give you an independence skills qualification to show prospective landlords.

The PHU's you can do are:

- Exploring Resettlement Issues
- Basic Household Cleaning
- Money Matters
- Housing Options
- Healthy Lifestyle



We can also offer you a reference to give to prospective landlords to show that you would be a suitable tenant.

THE SUPPORT YOU WILL GET...

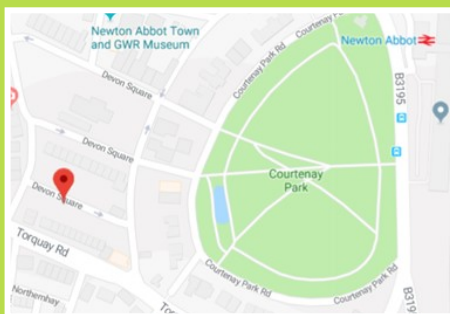
While you are in the training flat, you will be living independently but with support from a support worker who lives a short walk from the flat and who is on hand with anything you might need while you are in the flat.

The support worker will sort out your travel pass, take you shopping once a week, complete your PHU's with you and visit you several times to answer any queries you may have.

We will provide you with a reference and a full report on your stay which is further evidence of you having lived independently and lived within the constraints of a tenancy which further increases your chances of moving up the housing list and getting a property to rent that you want.

COME AND HAVE A LOOK...

We welcome young people to come and have a 'no obligation' look around the flat so that you can see where it is, what is like inside and ask any questions you may have.



If you would like to try independence and gain a qualification at the same time, please either speak to your support worker, social worker or call the Training Flat Co-ordinator to make a referral:

CRAIG DAVIES on 07970 754006

If you would like some further information, please call

Lorraine Witt on 07894 271897