



LIFE SKILLS CLUB APRIL 2014

Life Skills is a club that we have had running since September through Barnados. I have found there to be a large amount of useful content in the course and believe it has been a beneficial experience for the young people who attended.

The course has focused on possible life dangers such as smoking, drugs and drink and how young people interact with each other such as how to deal with conflict, be respectful, etc. We have had 5 young people attend the course from start to finish and I believe they have gained a lot from this club both in broadening their horizons by learning about the dangers they may face in their teenage years and learning how to interact with other young people.

I feel all members of the group have made progress in terms of how they interact with each other and the youth workers. Once the course was completed on the last week we had a party focused on the movie 'Despicable Me'. The young people dressed up like characters in the film, we had a McDonalds and ate Despicable Me themed cakes and watched the movie. It was a lovely occasion and great to be part of and a fitting reward for the young people

completing the course.

At times the content of this club has been quite grown up and not immensely fun to discuss, but the young people were extremely mature about the things they were discussing.

The 5 young people regularly attending have all completed this stage of the course and are ready to start the next. This has been arranged to start in September and I'm sure all the young people will be eager to take part after the summer.

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