

# Life Skills

## Would you like to become more independent or find work?

Southampton City Council's Employment Support Team has a new project to support individuals with learning disabilities who want to become more independent. We also provide support to explore paid employment and/or voluntary work in the 'open market of work'. The Employment Support Team are keen to work with any individuals interested in life skills, volunteering and/or employment. Depending on the individual needs of the person we can offer tailored support.

- Increasing confidence & independence
- Initial Information Advice & Guidance (IAG) & getting to know you (GTKY) sessions
- Pre-employment training
- Employability training (tailored to the needs of the group)
- Work clubs
- Supported placements, work experience, job trials, and meaningful activities including volunteering
- Help to access training & education
- Employer engagement to set up placements & employment opportunities
- Support into employment such as job searching, CV creation and interview preparation
- One-to-one support including job coaching and travel training (if required)
- Job Retention support - for the individual & employer
- Keeping safe awareness
- Increasing community access
- Money skills
- Promoting health checks
- Exploring telecare solutions

If have a learning disability or if you are supporting any people with learning disabilities who you believe would be interested in this project please contact the Employment Support Team on 023 80917585 asking for the Life Skills Team or email.

[mandy.burdfield@southampton.gov.uk](mailto:mandy.burdfield@southampton.gov.uk).