

# THE NEXT STEP

Subject Area

Skills for  
Independence, Life &  
Work

Student Type

Adults

Study Mode

Part Time

## What is the course about?

'The Next Step' is designed to provide adults with special needs the skills and knowledge necessary to successfully transition into independent or supported living or become more independent at home with family. The course combines practical activities and training, personalised support and empowerment techniques to promote autonomy, self-confidence, and a sense of belonging within a community.

## Why should I choose the course?

This course is tailored to meet the needs and abilities of each participant, fostering a friendly, nurturing and supportive environment. If you are looking to move into independent or supported living and need to learn valuable skills so that you can look after yourself and your home then this is the course you need.

## What will I learn?

The course aims to:

- **Develop life skills:** Participants will acquire essential life skills to support their transition into independent or supported living, including personal hygiene, cooking, cleaning, budgeting, time management, and basic home maintenance.
- **Enhance Social Skills:** The course will focus on improving social interaction and communication abilities, fostering positive relationships, understanding non-verbal cues, conflict resolution, and building a supportive network.
- **Promote Emotional Well-being:** Participants will learn strategies to manage stress, cope with emotions, and build resilience. They will develop self-advocacy skills and gain confidence in making decisions related to their living arrangements.
- **Navigating Community Resources:** The course will provide information about available community resources, support services, and legal rights relevant to independent or supported living. Participants will learn to access and utilise these resources effectively.
- **Health and Well-being:** The course will cover topics related to maintaining physical and mental health, including healthy eating habits, regular exercise, medication management, self-care, and accessing medical services.
- **Job Readiness:** For participants interested in pursuing employment, the course will provide vocational training, CV building, interview skills, and workplace etiquette to enhance their employability.

## What will the course lead on to?



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)

The course will provide participants with the relevant skills and knowledge to take the next step towards independence in life and work.

## What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

Click here for learning support: <https://wvr.ac.uk/college-life/learning-support>

Click here for finance support: <https://wvr.ac.uk/college-life/financial-support>

## Why should I choose to study the course at Warrington & Vale Royal College?

A team of dedicated and experienced staff are at the ready to guide you through this great opportunity. There is nothing else like this on offer in your local area. Come and be a part of this exciting new venture and see where it can take you.

## What are the entry requirements?

An informal interview will take place. There are no formal entry requirements.

## What are my funding options?

For information on funding please contact Learner Services on 01925 494400 or email [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk).

## Are there any additional costs associated with the course?


There may be additional costs relating to any trips that may take place but every endeavour will be made to keep cost to a minimum and advance notice given.



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