

**"Wonderful staff,
Wonderful place,
Wonderful outcomes!"**

Dr. Len Parkyn



**Rare Breeds Centre,
Ashford, Kent, TN26 3RJ**



**"IT College is good,
and singing Albert
the fifth musketeer
at music and
dance!"**



www.c-o-t.org.uk



Life Skills | Wellbeing | Computer Skills | Enterprise Skills | City & Guilds



"It helps me to understand"

The new MY LIFE Skills Academy is based within the Foley Centre at the Canterbury Oast Trust's Rare Breed Centre.

It is an exciting new purpose built learning environment.



Life Skills

- Numeracy & Literacy
- Independence & Confidence
- Communication & Social Skills
- Personal Presentation
- Making Choices
- Problem Solving
- Shopping
- Budgeting
- Food & Cooking
- Travel & Transport
- Personal Planning
- Recreation
- Friendship & Relationships
- The World Around You
- Social Media & Online Safety
- Health & Safety

Wellbeing

- Expressing yourself
- Self awareness
- Mindfulness
- Positivity
- Friendship & Recreation
- Rights & Responsibilities (Citizenship)
- Decision Making
- Ambitions & Aspirations
- Rights & Responsibilities (Citizenship)
- Recreation
- Personal Presentation
- Music & Dance

Enterprise Skills

- The Big Project
- Social Skills
- Problem Solving
- Decision Making
- Team Work Skills
- Personal Presentation
- Creative Thinking
- Entrepreneurial Skills
- Analysis
- Business Skills
- Design
- Marketing & Social Media
- Money Handling

Computer Skills

- Computer Uses
- Software
- Internet Browsing
- Media
- E-mail
- Social Media & Online Safety
- Computer Housekeeping
- Data Protection
- Mobile Phone Use

City & Guilds

- Literacy - Entry Level 1-3
- Numeracy - Entry Level 1-3
- Information Technology - Entry Level
- Pre-ITQ1

**"I love it, makes me happy!
I love the touch screens and all of the staff!"**

The Academy currently offers a wide range of life-skills sessions for adults with a learning disability aged from 18 years.

Students can choose from our full range of informal and accredited programmes carefully designed to build confidence, develop life and independence skills.

Morning Session 9:30—12 noon
Afternoon Session 1pm—3.30pm

Whether individuals need help telling the time, handling money, improving reading skills or IT skills our courses are designed to help each individual to meet their personal goals.



Future Plans

The Academy will feature a specially designed interactive space, offering immersive learning experiences for students of all abilities.

Through a range of new technology our tutors will enrich the curriculum and bring learning to life.

"I love it here, I have lots of friends"

If you are interested or would like to find out more then please find us at:

My Life Skills Academy,
The Foley Centre,
Canterbury Oast Trust & The Rare Breeds Centre,
Highlands Farm,
Woodchurch,
Kent,
TN26 3RJ

or contact us on

01233 721 478

academy@c-o-t.org.uk



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