



Post 16 'Life Experience' programme

The Post-16 'Life Experience' programme at 'Flourish at The Farm', caters for students with various diagnosis, from social, emotional and neurological challenges to Autism and ADHD.

The key aim within our Post-16 programme is that our students become more independent in their personal life, whilst developing new skill sets that will support their further development into adulthood. We actively encourage our students to becoming as independent as possible whilst providing the safety net they need in order to build confidence and resilience. We keep in mind their specific needs and difficulties and we provide a safe bridge between school/college and adult life.

The programme builds upon their previous learning within school and home life, whilst supporting self-help skills so that each individual becomes more prepared for the transition to adulthood. All our programmes are designed around the ambitions and hopes of the student, whilst opening their eyes to new environments and experiences they previously may not have had the opportunity to acknowledge. In many cases we will also work towards their goals outlined in their **Education Health Care plan** or their **Transition towards Adulthood plan**.

Our highly skilled staff ensure all programmes take on a personalised approach to learning. Our curriculum is flexible to meet individual's skills and abilities, supported by continued therapeutic input where required. We offer different pathways which are flexible to each student's need. Pathways can be mixed and matched according to what each young person wants, therefore offering flexibility.

We specialise in the key areas below. Each student will have the opportunity to learn new skills in all below and will be encouraged to take any area they wish and study it at greater depth. Whilst attending they will add to their own person portfolio and record of achievements.

- **First Aid** (we offer an official registered 'First aider' Qualification)
- **Health and wellness** (understanding positive mental and physical health changes)
- **Outdoor practical skills** (including bushcraft survival, gardening, and DIY maintenance)
- **Introduction to the world of work** (time spent in small business environments onsite, such as our chocolate maker and can gain 'workplace hygiene qualifications')
- **Cooking** (alongside nutrition support/advice)
- **Understanding animal welfare and support**
- **Teamwork, leadership and social skills**

The above programme is flexible in timescales but is based around 1-2 sessions per week on a minimum of a one academic term basis.

Please do contact us for more information

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