

Transform through Transitions - Home Skills & Self-Care (August & September 2021)

Link Academy is delighted to be able to run a rolling three-week interactive online programme for people over the age of 16, living in Edinburgh. The team will be running a series of two-hour online workshops aimed at providing those with the tools to better understand their wellbeing and support with sustaining their tenancy.

Our **mental health workshops** provide people with the skills to recognise and understand the challenges they face. We support participants to develop positive behaviours and teach them self-help techniques to cope with managing day to day life.

Through our **Home Skills workshops**, participants can better understand how to maintain their tenancy, learn practical skills to make the most of their home and to recognise where to go for support.

Our online workshops are a great way to increase your confidence and meet new people! Each session will include links for additional resources and follow up 1-2-1 support.

Each workshop will be delivered via Microsoft Teams and support to access a suitable device can be provided. We encourage people to attend as many or as few of the workshops as they wish.

To book a place or to find out more please contact Link Academy on 01324 466 860 or lareception@linkgroup.org.uk

Please find below a list of the workshops we are offering and our timetable.

Mental Health Workshops	Home Skills
<ul style="list-style-type: none"> • Self-Esteem and Confidence 	<ul style="list-style-type: none"> • Homelessness Support
<ul style="list-style-type: none"> • Conflict Resolution 	<ul style="list-style-type: none"> • Budgeting
<ul style="list-style-type: none"> • Stress Management 	<ul style="list-style-type: none"> • Furnishing a Flat
<ul style="list-style-type: none"> • Mindset and Perception 	<ul style="list-style-type: none"> • Rights & Responsibilities of your Tenancy
<ul style="list-style-type: none"> • Distraction and Coping Techniques 	<ul style="list-style-type: none"> • Healthy Cooking on a Budget
<ul style="list-style-type: none"> • Team Building Skills 	<ul style="list-style-type: none"> • Keeping your Home Safe
<ul style="list-style-type: none"> • Mental Health Awareness 	<ul style="list-style-type: none"> • Looking after your home
<ul style="list-style-type: none"> • Sleep Training 	<ul style="list-style-type: none"> • Affordable Home – How to reduce costs?
<ul style="list-style-type: none"> • Emotional Awareness 	<ul style="list-style-type: none"> • Where to access tenancy support
<ul style="list-style-type: none"> • Social Media Awareness 	<ul style="list-style-type: none"> • Combat Social Isolation

Week 1

Activity	Date	Time
Homelessness Support	16 th August 2021	10am-12pm
Team Building Skills	16 th August 2021	1.30-3.30pm
Budgeting	17 th August 2021	10am-12pm
Self-Esteem and Confidence	18 th August 2021	10am-12pm
Furnishing a Flat	18 th August 2021	2-4pm
Mental Health Awareness	19 th August 2021	10am-12pm
Rights and Responsibilities of your tenancy	19 th August 2021	2-4pm
Conflict Resolution	20 th August 2021	2-4pm

Week 2

Activity	Date	Time
Healthy Cooking on a budget	23 rd August 2021	10am-12pm
Sleep Training	23 rd August 2021	1.30-3.30pm
Keeping Your Home Safe	25 th August 2021	10am-12pm
Stress Management	25 th August 2021	2-4pm
Looking After Your Home	26 th August 2021	10am-12pm
Emotional Awareness	26 th August 2021	2-4pm

Week 3

Activity	Date	Time
Affordable Home— How to Reduce Costs	6 th September 2021	10am-12pm
Mindset and Perception	6 th September 2021	1.30-3.30pm
Where to access tenancy support	7 th September 2021	10am-12pm
Social Media Awareness	7 th September 2021	2-4pm
Combating Social Isolation	8 th September 2021	10am-12pm
Distraction and Coping Techniques	8 th September 2021	2-4pm

Please note this is a rolling programme, for any queries contact Link Academy on 01324 466 860 or lareception@linkgroup.org.uk.

LinkLiving Limited is a company limited by guarantee registered in Scotland under the Companies Acts, Company Number: SC220855, Registered Office: Link House, 2c New Mart Road, Edinburgh, EH14 1RL. It is a charity registered in Scottish Charity No: SC032418. Part of the (c) Link group.