

Llamau

Imagine a World Without
Homelessness

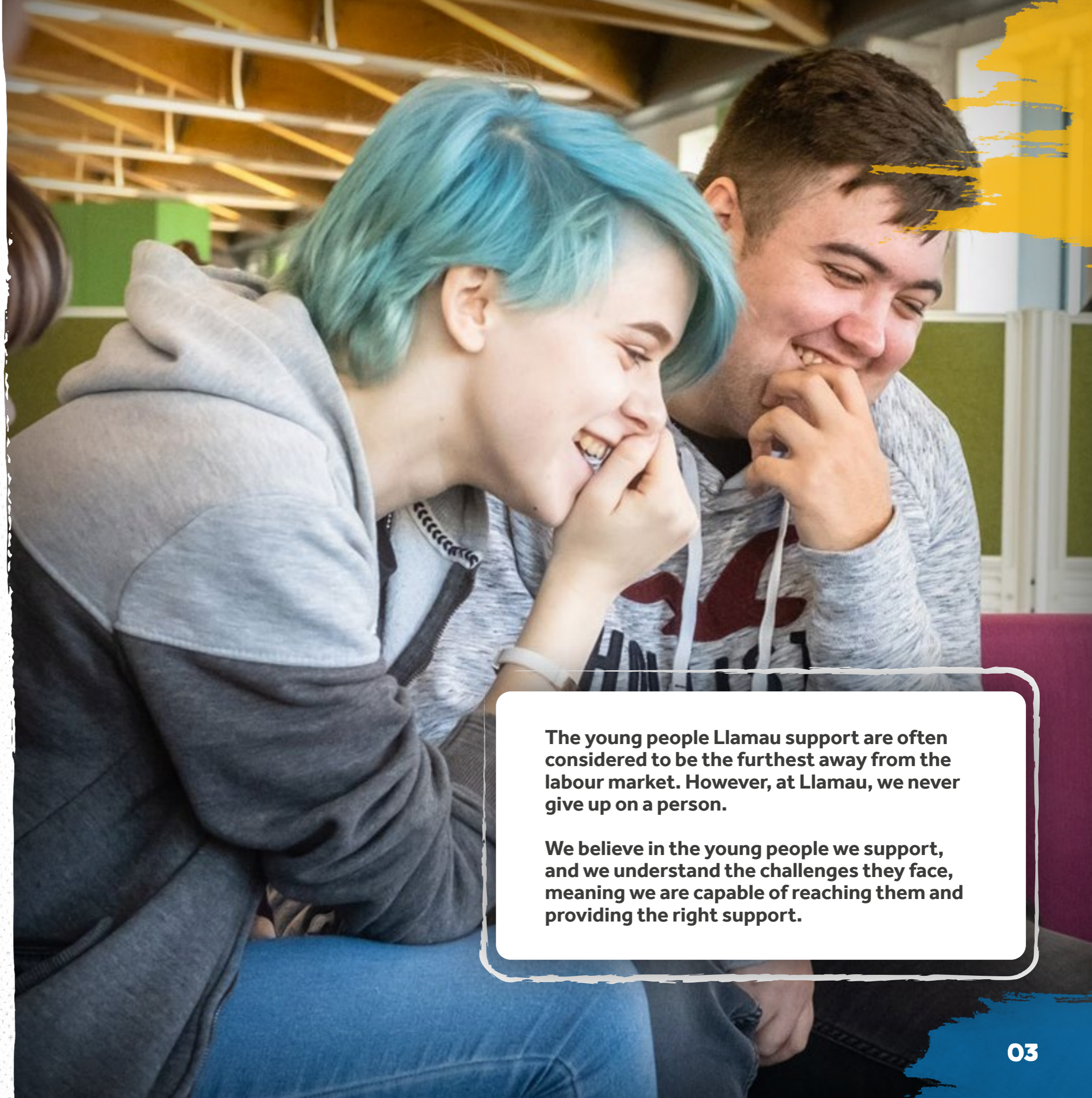
Learning, Training & Employment



Learning 4 Life

Young people today are living and learning in an increasingly challenging world, and post pandemic it is currently unknown what further challenges and complexities lay ahead of them.

Over the last **30** years, Llamau has established a strong reputation for delivering a high quality, flexible and nurturing education programme aimed at young people age **16-24**.



The young people Llamau support are often considered to be the furthest away from the labour market. However, at Llamau, we never give up on a person.

We believe in the young people we support, and we understand the challenges they face, meaning we are capable of reaching them and providing the right support.

Our Programmes

All of our programmes are young person centred. Our curriculum is designed to recognise that no one individual learns in the same way and therefore it's important that our approach is never generic.

Each programme focuses on the core areas of a young person's life. We support them to progress through each step of the learning programme, developing and enhancing their skills and capabilities.

Our tutors are experts in their field and are able to identify the needs, the barriers and the potential young people have. This ensures young people are working through the right programme at the right time, and at their own pace.



Step into:

Education

Education helps young people to grow and develop skills that open up doors of opportunity for them throughout their lifetime.

Step into Education sees the delivery of our Essential Skills Wales programmes, awards in PSE and WRE and interactive workshops. We focus on employability and life skills, running from our nurturing learning centres allowing young people to safely explore their next steps whilst getting the dedicated 1:1 interaction from our qualified teaching colleagues.

We will work closely with our partners in Careers Wales to ensure impartial advice and guidance is provided to young people making them aware of what is available and enabling them to make informed decisions about their next steps.

We pride ourselves on making our Education programme as varied and as interactive as possible. Alongside centre based provision we provide a range of opportunities outside of the classroom which brings learning to life. This includes engagement with a range of employers, health and fitness providers and sites of cultural interest.





Step into:

Wellbeing

Young people often struggle with significant barriers that can be detrimental to their wellbeing. Experiencing mental health problems or leading a chaotic lifestyle can upset a young person's quality of life, resulting in unhealthy behaviours, isolation and a lack of self-confidence.

A core aim of this accredited programme is for young people to develop self-belief, feel proud of what they have achieved and confident that they can continue to overcome their identified barriers to education, employment and training.

This programme enables us to ensure young people are in the right place for learning.

Through guided workshops, group discussions and community-based activities, we work together with young people to identify the barriers holding them back and create an individual plan to improve their quality of life. The plan we devise branches out into many areas of wellbeing that encourage positive changes such as adopting healthy routines, investment in self-care, confidence building and trying out new experiences.

Step into: **Independent Living**

Finding your feet living in a new place, be it a house, a room or a community can feel daunting and isolating. It can be difficult to feel secure enough to consider any new space a home until foundations begin to take shape.

Step into Independent Living aims to equip young people with the knowledge, confidence and skills they need to be able to cope with living alone, in many cases for the first time. This accredited learning programme focuses on a variety of areas from managing a tenancy and getting to grips with paying utility bills to developing basics cooking and money management skills. The programme also uses creative learning experiences such as art, design and photography to help alleviate feelings of isolation and

loneliness. By encouraging a young person to engage in an activity such as photographing or painting scenes from their local community, a simple walk in nature becomes an experience that improves self-care and connection.

This programme is suitable for young people who may already be living alone but may be struggling to adjust to independence or integrating into their community, or young people about to embark on living alone for the first time.





Step into: **Employment**

The world of work can be a perplexing place to navigate through the eyes of a young person. The prospect of trying to complete an application form that stands out from the crowd whilst tailoring it to an employer's requirements can be challenging and in some cases off putting.

Step into Employment offers an intensive accredited Future Employability Programme for those that are almost ready and able to enter the labour market. This programme provides employers with the confidence that young people have covered specific aspects of training prior to commencing a job or placement with them which they can reference during an interview.

Our accredited Future Employability programme, working alongside local employers to source tailored paid work placements provides

young people with real experience of the world of work. Our dedicated employment liaison officers are there to support young people and the employer through every step of the journey.

Step into Employment can also provide direct support into work. Our extensive knowledge of local opportunities will ensure that young people have the support to confidently apply for opportunities of interest to them.

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I like that all my tutors let me know that it's ok not to be perfect and that they don't put pressure on me. They build up your confidence and find ways for us to try new things. There is another lady that comes into our centre once a week and we do poetry together. Doing this has helped with my creativity and it let's me put my feelings down on paper.

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Involvement & Engagement

At Llamau we want to ensure that every individual we support has a diverse range of activities and opportunities available to them, helping develop skills and knowledge to become actively engaged in Llamau services and within their own community.

Involvement & Engagement offers the people we support opportunities to shape the services we offer internally as well as amplifying their voices on a local, regional and national level.



The I&E team develop the knowledge and expertise of colleagues, volunteers and placement students regarding involvement and engagement, offering training opportunities where necessary.



Step into:

Involvement

We recognise at Llamau that the young people and women we support have very powerful and important opinions and experiences to share but they often lack the confidence to use their voice to communicate them.

Step into Involvement centres around helping the people we support to amplify their voices, with a view to influencing areas such as policy change, their immediate environment and their own lives.

Through setting up focus groups, consultation events and house meetings across the services Llamau run, we involve young people and women in important decisions about

the support services available to them. The Your Voice forum provides a platform for people to be listened to and be taken seriously.

The people we support are the real experts by experience, so ensuring they feel their voices and opinions are heard is a core objective to Llamau's strategic plan.

Step into:

Engagement

Step into Engagement uses creative and engaging activities to enable the people we support to experience opportunities that allow them to build positive relationships, become part of their community, reduce social isolation and lead a healthy and active lifestyle.

This programme will allow people to come together as individuals, groups and be part larger events, such as Pride and Llamau's Big Event.

Step into Engagement looks to offer opportunities, which develop confidence, improve wellbeing, raise self-efficacy and develops transferable skills.

We support young people and women to share their ideas to ensure that what is available to them is meaningful, diverse and involves them in shaping what these opportunities look like, for themselves and their peers. These activities could include sport and leisure, music and creativity, outdoor activities such as walking or sailing, cookery and cultural events.



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I love cricket and I had a nice time in the park with my friends laughing and joking whilst doing some exercise in the fresh air. It was fun, gave me new ideas, challenging, exciting and I want to do more.

Taking part in this activity has made me feel part of a community, helped me build better relationships with others and be more active. I have improved relationships with my Llamau worker and improved my wellbeing.

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Llamau

Imagine a World Without Homelessness

Learning 4 Life

Our programmes are flexible and accessible at any point. Young people and women can access us and our programmes anywhere between **1** and **35** hours a week based on their presenting needs.

Each stage of our programmes are accredited, so regardless of when a young person or woman joins us, they will be able to achieve an accreditation.



Registered with
**FUNDRAISING
REGULATOR**

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