



People First



# Best Life Programme

Non traditional day opportunity

# Best Life, it's what it's all about

This education programme, has been developed by People First, to help you think about how to live 'your best life'.



We will help you to look at all the different parts of your life. We have divided this into 4 different elements and each one lasts for 12 weeks.

We will support you to identify areas for personal and skills development. We will help you to connect into your community, where you live.

We will also help you to understand where you can access additional support to activate your ideas.

The course is designed specifically to provide a new and modern way for you to address your individual needs across a range of key life domains:

- **Healthy life: Personal wellbeing**
- **Life with love: Personal relationships**
- **Informed life: Education and information**
- **Wealthy life: Income and money management**
- **Productive life: Occupation**

We include an initial personal assessment with you, which will identify personal skills and attributes as well as identify skills for development.



**The programme helps you to identify areas for personal and skills development and to connect the individual into the wider community in which they live, where they can access additional support to activate their ideas.**

This programme will enable you to meet the individual outcomes of their Support Plan. The programme is divided into four 12-week element periods, each of which focus on a different complementary set of domains.

### **An Expressive and Connected Life**

Guiding people to explore and engage their self-advocacy skills, and develops and explores networks into individual community.

As well as facilitating empowerment and increasing confidence- we also encourage people to better engaged with their community, enabling their participation in society on an equal level, developing personal networks for the future.

This can reduce demand on Health and Care services. It tackles loneliness encourages citizenship, and a sense of belonging.

### **Family, Relationships and Love in Life**

Focussed on generating a better understanding of relationships of all types this programme helps people to become more self aware, and confident in their relationships.

We facilitate discussion and learning around boundaries, life history, friendships, managing and developing intimate relationships and family. It covers family responsibilities, which can reduce the impact of change in family care situations.

### **A Safe, Healthy and Well Life**

This whole programme develops skills and, person-centred circles, which encourage self awareness and can delay/prevent current/future care needs from developing or becoming more serious.

Safeguarding issues are also covered.

It encourages:

- Personal awareness
- Independence Personal wellbeing
- Managing your feelings (mindfulness utilising counselling provision).

### **An Informed, Wealthy and Productive Life**

Empowering people to access employment opportunities, this programme enables people to navigate the benefit and job support system.

We support participants to understand life planning, making a contribution to society and real meaningful activity.

Initiating discussion around how to make good decisions around care and support, and which sources to use for information when making choices.

**Each element ends with a celebration of achievement. The programme is delivered on a rolling basis and participants can join at regular intervals. We review the programme on an ongoing basis with the course participants to ensure best quality outcomes are being met.**



**People First**

## **We Listen, Engage and Empower**

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### **Contact us**

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### **We are a charity**

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The People First Centre for  
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**[wearepeoplefirst.co.uk](http://wearepeoplefirst.co.uk)**