

## About us

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

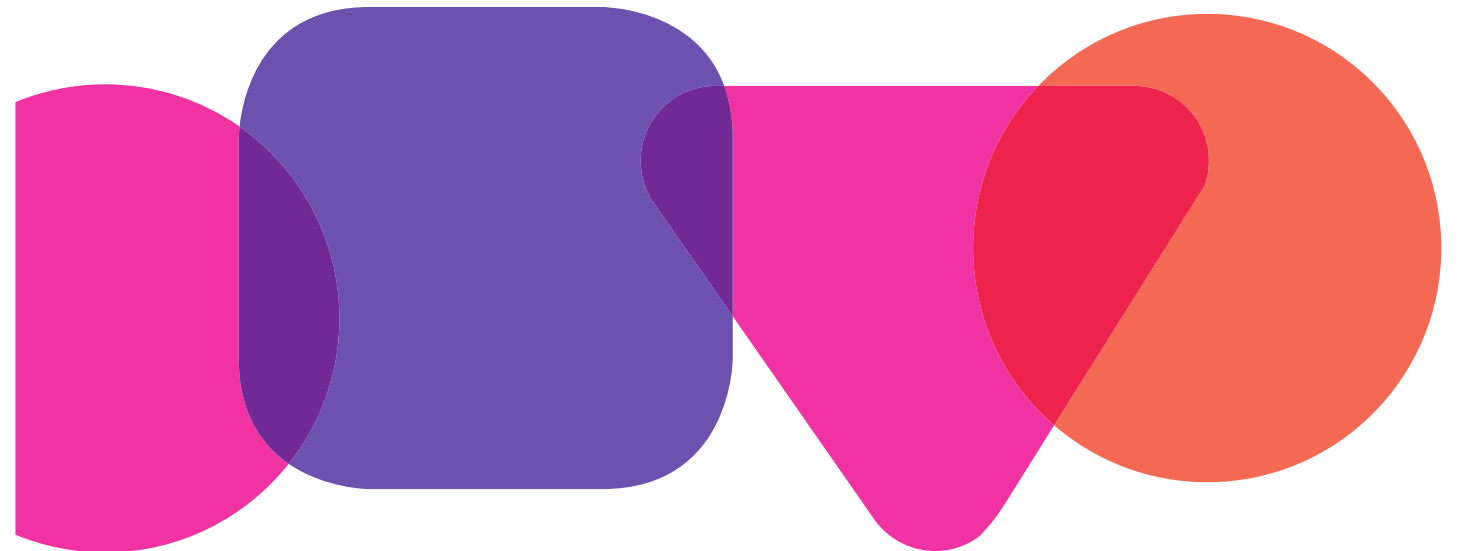


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## Family Action LifeSkills Open

Community based programmes for small groups to develop social, financial and employability skills.



### Family Action Head Office

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Registered as a Charity in England & Wales no. 264713. Registered as a Charity in the Isle of Man no.1206.

Registered Company Limited by Guarantee in England and Wales no: 01068186.

Patron: HRH The Duchess of Cambridge. Chair: Mary Fulton.

Chief Executive: David Holmes CBE. Vice Patrons: Christine Davies CBE.

Dr Andrew McCulloch. Dame Denise Platt DBE. Katie Vanneck-Smith.

Professor Harriet Ward CBE.

## How can we have a positive impact on the resilience of families nationally?

- By funding interested community groups with a small grant to help cover costs of running LifeSkills sessions
- Working together with partners to provide training in the delivery of LifeSkills and by offering 1:1 support to settings who take on the project
- Through giving individuals the opportunity to gain new skills and set goals for moving forward towards their life goals, supporting them every step of the way

## What is LifeSkills Open?

LifeSkills Open uses a coaching-based approach, in which groups are supported to focus on their strengths and needs in regards to financial skills, work-readiness and social confidence. It aims to empower people to face new challenges and move forward in their life goals.

## How does LifeSkills Open work?

LifeSkills sits flexibly within already established community projects or as a stand alone programme, tailored to the needs of a community.

It is run in small groups of no more than 12 in a set of 4 to 12 sessions.

This programme will offer adults the chance to come together to a trusted venue such as children's centre or community setting and set goals towards improving their skills using a strengths-based approach .

## What subject areas are covered in LifeSkills?

The sessions cover over 30 modules including;

- Overcoming setbacks
- Understanding your zones of control
- Managing debts
- Saving money
- CV writing skills and interview techniques

## Which community settings is the project aimed at?

This project can be delivered by a wide range of organisations such as food banks, supported housing, mental health services and groups for families.

As an example the project has been delivered alongside food clubs, covering modules as varied as keeping safe against cybercrime, adopting values and behaviours to succeed at work while also including activities relating to shopping on a budget, and making the most of their food club items.

We recognise that food can connect communities and many of the sessions include a fun food related activity, such as discussing recipes that can be made with a box of items from the food pantry, quizzes or simply enjoying a cup of tea and a chat together after the session.

