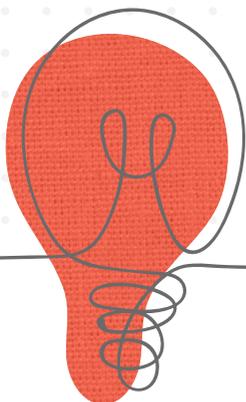


Introducing **Moving On**

Essential knowledge
and skills for young
people preparing to
live independently





Moving On

Moving On has been developed to meet the needs of young people preparing to live independently for the first time, particularly those who are transitioning from care.

Benefits

- ✓ Supports young people as they make the transition from child to young adult
- ✓ Provides opportunities to develop knowledge and practical skills
- ✓ Offers the flexibility to choose relevant modules based on individual needs
- ✓ Encourages reflective practice, relating learning to personal situations and planning next steps
- ✓ Enables young people to build their own support network of people and organisations
- ✓ Rewards small steps of achievement and records progress

“ Moving On has given our young people the tools to get to where they want to be. It builds their life skills and confidence to take control of their future. It's so straightforward, you can just pick it up on day one and start delivering. ”

Jamie Diwell, Education Manager, A Wilderness Way, Cumbria





Building a home

Whether leaving care, moving out from a family home or starting university, this module provides essential skills and knowledge about living independently in rented accommodation.

It includes practical information on topics such as tenancy, home maintenance, laundry, cleaning and home safety.

“ Young people who move from care into their own accommodation can struggle to keep up with rent or know how to take care of those properties. Moving On will be beneficial in enhancing the life chances of this cohort. ”

Moving On focus group member



Look inside

Important information

Dealing with emergencies

If there is an emergency at your property, you may need to turn off the mains supply for gas, electricity or water.

- If you smell gas and think you have a gas leak, you'll need to turn off your gas supply.
- If you have an electrical fault, you'll need to turn off your electricity supply – or if an electrical switch trips, you'll need to turn your electricity back on.
- If you have a water leak in the property, you'll need to turn off the water supply and the electricity supply.

On the next few pages, decide what steps are do or don'ts when turning off utility supplies. Check your answers with a trusted adult.

Practical activity

Work with a trusted adult to locate the gas, electricity and water supplies and learn how to turn them on and off safely.

Energy bill example

John Doe
1 Oak Road,
London
E1 6AB

Customer number:
88 00 88 00 23 23

Your energy bill
Bill period: 11 Jan 2024 – 10 Feb 2024

Previous balance on 11 Jan 2024 £125.67

1. We have charged you
Based on your meter readings, VAT included at 5%
Electricity £52.40
Gas £93.13

2. You have paid
Debit card payment 1 Feb 2024 £125.67

Balance to be paid by 10 Mar 2024 £144.53

Your charges in detail:
Electricity: 122.6kWh @27.0p/kWh
Standing charge: 33 days @53.9p/day
Gas: 1096.8kWh @7.26p/kWh
Standing charge: 33 days @26.16p/day

How to pay
© copyright.co.uk/makeapayment
Or call our 24 hour automated line 0800 880 0023



Real-life examples



Being healthy

This module focuses on giving young people the skills and knowledge needed to maintain a healthy lifestyle once they are living independently.

It covers areas including physical health, emotional wellbeing, healthy eating and healthy living habits.

- ✓ Consider personal needs for a healthy lifestyle
- ✓ Explore exercise and its benefits
- ✓ Develop strategies to manage mental health and emotional wellbeing
- ✓ Assess nutritional needs and the importance of healthy eating
- ✓ Understand how to mitigate risks to personal safety



Look inside

True or false quizzes

✓ Say if the following statements are true or false. Check your answers with a trusted adult.

True or false?	Statement
	You can only register with the GP surgery that's the closest to your home address.
	You can only register with a GP surgery by visiting the practice in person.
	You need a passport to register with a GP surgery.
	A GP surgery can refuse to register you.
	You should tell your GP surgery if you move address.
	If you're homeless you can register with a GP surgery using a temporary address.
	You can contact any GP surgery if you need treatment.

Food swaps

One step towards achieving a balanced diet is to swap foods and drinks that are high in sugar, salt and fat for healthier alternatives. You can still enjoy less healthy foods in moderation. However a couple of everyday swaps can make a real difference to your overall diet. Fast foods and takeaways are often high in calories, fat, salt and sugar. Swapping takeaways for home-cooked versions can be a good way to eat meals that taste like a takeaway, but are more nutritious.

✓ On the next page, identify your favourite takeaway dishes and find a healthier recipe that you can make yourself. Compare the time taken to prepare, cost and taste.

Practical activity

Cook some of your takeaway recipes. Share the foods you have made or photos of your meals with your friends or a trusted adult and ask them for feedback.

Useful website: healthfood.bea.co.uk



Practical activities



Starting your career

On their journey to living independently, young people will need to make informed and ambitious choices about education, training and work.

This module covers subjects including further and higher education, training, exploring job opportunities, applying for jobs and being an employee.

“ It’s easy to tailor it to whoever you are working with, regardless of age, ability or anything like that. It’s really nice to be able to have the flexibility to change it as and when you need. ”

Moving On focus group member

Look inside

Reflection templates

Share your career plan with a trusted adult. What information do you need to find out to plan your next steps? Think about the advice and action steps that can help you to achieve your goals in your chosen career route. Record your reflection here.

Apprenticeship action steps

If you think that an apprenticeship is the right step for you, create a checklist of the next steps that you need to take. Commit to completing these actions and agree dates to check your progress with a trusted adult. Use this page to keep track of your progress.

Steps towards vocational training checklist	
	<input checked="" type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Agreed dates to check my progress

If you are considering more than one career route, you could complete more than one of these career plans and compare them.

Action plans and checklists





Managing money

Being able to manage their own money is a crucial skill needed by young people.

This module provides tools to help handle their own finances and become financially responsible as a young adult, looking at budgeting, borrowing, saving and spending.

- ✓ Consider personal needs for managing money
- ✓ Explore ways to become financially responsible
- ✓ Develop strategies to save money
- ✓ Assess monthly budgeting
- ✓ Understand borrowing money and the costs and risks

Look inside

Space for useful contacts

Money advice and support

➤ Create a list of useful organisations that offer useful money advice. Make a note of what the service is called, how they can help and how they can be contacted.

Service:	
How they help:	
Phone:	
Website:	
Service:	
How they help:	
Phone:	
Website:	

Weekly shop

➤ Imagine you have just moved into a place of your own and are doing your first weekly shop.

- Write a shopping list for the week.
- Use a supermarket website to find the cost of the items on your list. Record the cost of branded items and the cheapest own-brand option.
- Calculate the total cost for both options. What's the difference?

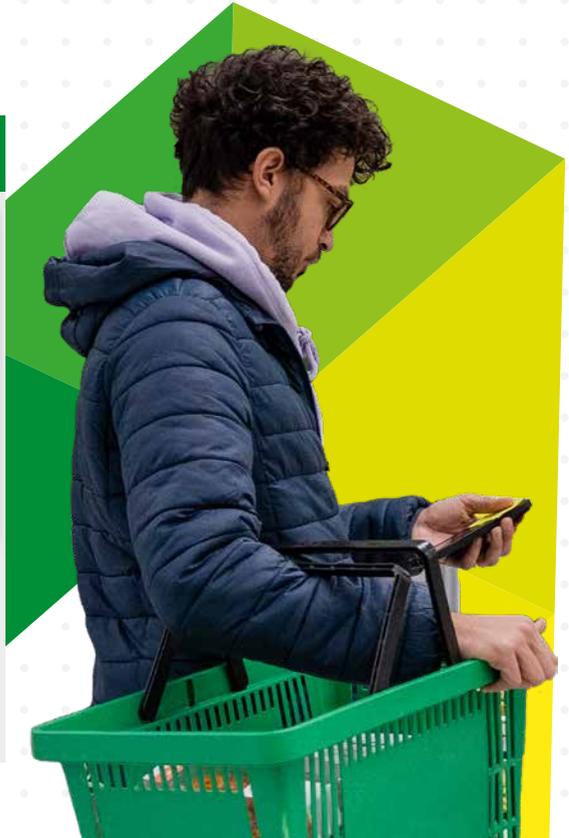
Practical activity

Visit a supermarket and find all of the items on your list. Compare only the cost of your own-brand items?

Reminder

Where you live will affect the shops you have access to. Which could affect the cost of your weekly shop.

Useful links, tips and reminders





Relating to people

Young people need to develop meaningful and constructive relationships while becoming independent.

This module provides tools to help foster positive networks, covering areas including identity, healthy relationships, boundaries, support and being part of a community.

- ✓ Consider personal needs and types of relationships
- ✓ Explore different aspects of identity
- ✓ Develop practical strategies to understand and connect with community
- ✓ Assess challenges in relating to other people, empathy and boundaries
- ✓ Understand what is important in dating and partnerships

Look inside

Person-centred approaches

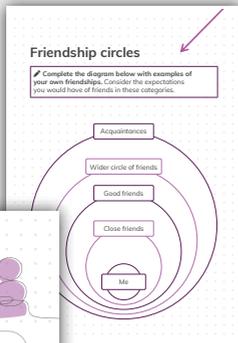


Challenges in relating to people

In all types of relationships there can be challenges that make these relationships feel difficult at times. Understanding how empathy, boundaries and fear work can help to make relationships more comfortable and fulfilling for everyone. These topics may be difficult or activating, particularly for people that have experienced trauma. Empathy is an important part of relating to people successfully. Being able to maintain boundaries is part of building respectful relationships. Understanding how fear can lead to prejudice is an important step in creating more equal relationships.

Support
Young Minds can provide expert advice and support. www.youngminds.org.uk

41



Links to sources of support



ASDAN is a charity with a vision to see the talents and abilities of young people aged **11 to 25** in **greatest need** held in high esteem.

Our goal is to engage them to achieve meaningful learning outcomes that elevate them to go on to further education, training and work, and empower them to take control of their lives.

Find out more

Visit asdan.org.uk/moving-on or scan the QR code to download free sample copies of resources and to read more about the programme.



Contact us

✉ info@asdan.org.uk

🖱 asdan.org.uk



Find us on:    

ASDAN, Wainbrook House,
Hudds Vale Road, St George,
Bristol BS5 7HY

© ASDAN March 2024
Registered Charity: 1066927