

# COFFEE DROP

An opportunity to successfully achieve your dream and learn new life skills, while feeling valued and cared for.

Our drop in session provides a great, comfortable, relaxed venue to support your needs, whilst having fun.

Activities and a chance to talk to housing, youth officers, nurses, work coaches and other professionals.



## We will cover fun activities including:



### Budgeting Skills

- Making meals for a Fiver - £5
- Planning the weeks food shopping and meals
- Where to buy cheap food



### Personal Advisor

- Making appointments-Dentist  
Doctors-Opticians Support
- College visits
- Interview skills
- Work Placements

### Housekeeping

- Cleaning
- Washing/Drying
- Hanging curtains
- Repairing clothes-sewing a button back on!
- Ironing
- Folding
- Decorating- planning a room on a budget
- Where to buy supplies cheap
- How to furnish your home



### Cooking Skills

- Making Meals- having your tea on the night
- Planning recipes
- Prepping food
- Cleaning up afterwards
- Learning skills
- Cake baking/bake off and cake decorating



	Date	Time	Venue	Agency/ Professional	Activity
R	Weds 19th June	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills
W	Tues 2nd July	5-7pm	The Studio	PA's and other agencies	limited cookery skills/ advice and guidance
R	Weds 17th July	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills
W	Tues 6th August	5-7pm	The Studio	PA's and other agencies	limited cookery skills/ advice and guidance
R	Weds 21st August	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills
W	Tues 3rd September	5-7pm	The Studio	PA's and other agencies	limited cookery skills/ advice and guidance
R	Weds 18th September	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills
W	Tues 8th October	5-7pm	The Studio	PA's and other agencies	limited cookery skills/ advice and guidance
R	Weds 16th October	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills
W	Tues 5th November	5-7pm	The Studio	PA's and other agencies	limited cookery skills/ advice and guidance
R	Weds 20th November	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills
W	Tues 3rd December	5-7pm	The Studio	PA's and other agencies	limited cookery skills/ advice and guidance
R	Weds 18th December	5-7pm	Grangeway	Macey's café	cookery/ budgeting/ housekeeping skills