



THE ROUGH GUIDE

to independence

Rough Guide is a ten week group programme aimed at strengthening independence skills in fun and creative ways. The group is open to YAS members and is a partnership between three agencies: The Young Adult Service (YAS) which is part of Cambridgeshire and Peterborough NHS Foundation Trust and provides a range of psychological services to young people aged 17 to 25, Cambridgeshire Connexions, and Castle Young People's Service (Richmond Fellowship).

The first programme starts in May 2010.

For more details please email youngadultservice@cpft.nhs.uk

Or call Castle Young People's Service on 01223 566737.



MEALS NOT MORSELS

Recipe ideas for stretching a shoestring budget and healthy eating. Where are the various supermarkets and the best buys?

DIY PLUS

From sewing on a button to changing a plug. The group can assemble a flat pack, or make something for their house like a cushion cover or a mosaic framed mirror.

TACKLING TENANCIES

Meet a housing Officer from Cambridge City Council who will bring along tenant handbooks and tips for dealing with repairs, tricky letters, and annoying neighbours!

INTERVIEW IMPROVER

Using drama and role play, explore techniques and skills for presenting well in interviews whether for jobs, courses or housing.

ME, MYSELF AND I

Focus on finding ways to increase well-being through simple and cheap treats and the use of relaxation techniques and holistic therapies.

STAYING PUT

Thinking about the pros and cons of living at home or where you live now? Get the situation working for you. Info about mediation services and other support.

ON THE MOVE

An overview of supported and independant housing in the City. Where they are, who are they for, what do they provide and how to get in? Including help with Home Link.

STEPPING OUT

Get overwhelmed by the idea of leaving your home? Have places where you feel more comfortable? Work together to challenge these feelings and worries in small groups?

YIKES FORMS - WHERE TO START

Tiresome and frustrating forms have to be filled in, this session is packed with tips and samples that will help.

DEBT

Explore how to avoid it and manage debt problems. Look at personal finances and hear from a trained advisor what help is at hand if things get out of hand!

FUNKY FURNITURE

From beds to microwaves and everything else! This might include a trip to Ikea, but will certainly discover the best bargains around by visiting SOFA and Emmaus.

ME AND MY RUBBISH

What a chore washing and sorting all those tins but now see them being re-cycled and ride around the landfill site in a 4x4. The Donarbuns Site Tour is a Rough Guide favourite!

CLEAN HOUSE?

Top tips for keeping the home clean and hygienic! Also looks at how to store and use cleaning products safely and greener alternatives.

READY STEADY COOK

Visit Cambridge Food Bank with a limited budget to spend there, followed by a Ready Steady Cook competition.

FOOD AND CULTURE

Enjoy different foods in different settings; Chinese buffet to fish and chips, or an afternoon buffet from Mill Road stores.

VOLUNTEER JOBS

Visit Cambridge Volunteer Centre, the charity shops in Burliegh Street and the Blue Cross Cats Home, with a well deserved coffee halfway.

PREPARING TO WORK

Employment Advisor looks at moving into paid. It's about developing a good routine, and how to avoid taking on too much too soon. Find out about incentive benefits.

VOLUNTEERING WITH OTHERS

Investigate group based opportunities with Flipp Project, Harambee Centre and Princes Trust.

STUDY PREP

Visit Connexions office, use the resources to explore courses at local colleges, inc. alternative courses for people who are unsure about going back to the 'class room'.

CITIZENSHIP

How do I complain, have my say and get my point heard? What are my rights when I buy something or use a service? What are the laws that protect me?

COMMUNITY

Get involved in a community event or project. Having a stall or creating an art installation could be an opportunity to raise money and awareness.

CREATIVE CHAOS

Use photography to capture images of Cambridge from own perspective. Turn images into postcards for an exhibition, or just for personal use.

SELF PORTRAITS

Use photography, paint, clay or collage to create a self-portrait. It doesn't have to be deeply meaningful but it will be fun?

BODY & MIND HEALTH

Part of the fit for life module is about finding affordable ways to access sport and leisure in the City.

SEXUAL HEALTH

Our sexual health worker can give up to date info and advice on sexual health issues with a chance to chat in the group, or privately.