

# Monday

## *Bike Workshop - Ask staff for timings*

St John's Bike Club and Workshop has always proved a popular activity with Service Users residing at the hostel. Transportation to and from appointments within the city is a subject regularly identified as problematic by Service Users. Utilising donations from the general public and local councils, the Bike Workshop offers Service Users the opportunity to strip down, repair and rebuild their own bike and take ownership of it at the end of the programme.



Complying with health and safety regulations, the programme not only provides Service Users with hands on experience of mechanics, but also a sense of achievement having undertaken a task from start to finish for which they are rewarded with a certificate of completion and a nearly new bike. The workshop programme offers:

- A basic understanding of mechanics
- The importance of bike maintenance
- Bike safety
- Safety within a workshop environment
- Responsibility and Teamwork

# Tuesday

## *Independent Living Skills: 9.30 - 11.30am*

### **Budgeting**

The programme offers advice and hands on support on a range of topics aimed at preparations for moving on from the hostel. Service Users participate in both group and individual sessions and have the opportunity to share their own life skills experiences.



### **Financial Awareness**

This programme offers practical assistance and guidance on general money management and includes topics that Service Users will encounter day-to-day when living independently. Topics covered include:

- Opening A Bank Account
- Credit and debit cards
- Methods of payment such as Direct Debit
- Loans and loan sharks
- Dealing with debt



### **Basic Cookery Skills and Food Preparation**

With supervised access to St John's commercial kitchens and kitchen staff, the programme offers practical guidance and advice on a number of subjects. Service Users have the opportunity to prepare and cook a variety of dishes, and are shown how to budget for ingredients and plan weekly menus. The programme includes:

- Shopping on a budget
- Meal planning
- Kitchen Safety
- Personal hygiene and care

### **Mens Health**

This programme comprises of advice and information on Men's health issues and also focuses on Health & Safety at Work and Fire Awareness in preparation for the hostel flats and move on. It is devised to be fun, based around quiz papers and feedback through answers. Amongst

the topics covered are:

- Alcohol and Drug Awareness
- Health & Safety at Work
- Fire Awareness /Extinguisher use
- General Men's Health

# Wednesday

## *Residents Meeting: 9.30 - 10:00am*

Held fortnightly and chaired by the Duty Residential Officer the meeting raises collective information, ideas and issues. Guest speakers will be invited to attend and present information or services that will benefit Service Users.

The meeting will also include:

- Issues arising from the minutes of the previous Residents meeting
- Managers' update & report
- Outline of the purposeful activities programme

## *DWP Work Coach: 9.30 - 11:30am*

St John's is delighted to be working directly with a DWP Work Coach. The sessions, held at the hostel, are predominantly aimed at offering assistance into employment but also offer first hand assistance with general benefit issues and making benefit claims. The coach also supports St Johns' ETE programme running on Friday mornings, with all things work related including training and further education, employment, voluntary work related benefits and training.

## Thursday

*Activity Days: 9.00 - 11.30am*

Whilst many purposeful activities will involve practical and information based groups, we believe Service Users should also have the opportunity to take part in less formal activities.



Bowling, sports, museum visits and hiking are just some of the activities we have run to date and suggestions are always welcomed for future trips. Service Users are accompanied by a member of staff and lunch is provided.

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### *Service User Group: 10.00 - 10.30am*

For those Service Users that have moved into one of our self contained flats, the Service User Groups provide an opportunity to share information within a group environment. The move to independent living can be a daunting prospect and a key function of the group is for Service Users to offer support and guidance and share past experiences amongst themselves.

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### *Compass Drop-in: 12.00 - 2.00pm*

Available to those that are working with the Compass Housing Programme and residing in Compass property, weekly drop-in sessions are an opportunity for Service Users to discuss their progress and any issues they may be having with their tenancy.

Sessions are held at St John's, are a mandatory requirement of tenancy and are additional to any home visits that take place throughout the week.



## Friday

*Employment, Training and Education: 10.00am - 2.00pm*

Many Service Users have a desire to work but feel disadvantaged and alienated from the job market and the benefits system now requires those claiming JSA to provide evidence that they are actively looking for employment

The weekly ETE programme offers assistance with all aspects of paid employment, voluntary work and training. Our links to organisations within West Yorkshire gives Service Users access to opportunities that they may previously have been unaware of.

In addition to the weekly programme, St John's is fortunate to have direct access to the DWP by way of an advisor that visits each week and offers advice on benefit claims and access to work opportunities.

The programme offers practical assistance with:

- CV writing
- Access to voluntary opportunities, college courses, training and apprenticeships
- Assistance with fulfilling Job Centre Plus requirements and job searches online



**St John's**  
Approved Premises

# An Introduction to St John's Purposeful Activities



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