

# Prospectus

## 2026-27



## Welcome to Harrogate Skills for Living

Harrogate Skills for Living provides a welcoming, specialist environment where people with Special Educational Needs and Learning Disabilities (SEND) can develop confidence, practical life skills and meaningful opportunities for their future via our Day Centre and Educational and Employment Programmes.

Working closely with families, schools, colleges and social care professionals, we offer supportive and personalised programmes that help individuals progress towards greater independence, wellbeing and participation in their communities.

## What We Offer

Our programmes combine learning, enterprise and personal development in a safe and structured setting.

Activities include:

- Supported enterprise such as café work, baking, craft production and chocolate-making
- Practical life skills including cooking, travel training and money management
- Creative and wellbeing activities that support confidence and self-expression
- Opportunities to develop social skills, volunteering experience and community connections

## Personalised Pathways

We offer flexible programmes for people with Education, Health and Care Plans (EHCPs) as well as those using direct payments or social care packages to seek meaningful daytime activity .

For learners ready to explore work pathways, we provide supported internships and workplace preparation with guidance from experienced staff and job coaches.

## Working Together

We welcome referrals from parents, carers, schools, SENCOs, social workers, supported living providers and transition teams.

To find out more or to discuss a referral email us: [skills@hs4lc.org.uk](mailto:skills@hs4lc.org.uk)



## Skills for Independent Living

These hands-on courses are for people who are either living independently or are preparing to move into independent living.

**Cooking for Independent Living:** Learn about meal planning, cooking on a budget, writing shopping lists, making healthy food choices, choosing fresh fruit and vegetables, kitchen safety and hygiene as well as basic cooking skills. You will choose the meals you want to make then learn how to follow a recipe card, prepare and cook a variety of ingredients and make a meal that you can make again in your own home. *(This group will run on our first floor.)*

**Take Away Cooking:** learn the skills needed to cook simple meals independently in your own home. You will choose the meals, learn how to prepare and cook a variety of ingredients and make a meal that you can take home to eat.



## Healthy Living

**Healthy Soups and Seasonal Lunches** is about discovering a healthy approach to diet, food and nutrition. You will learn how to prepare and cook seasonal vegetables to create healthy soups and lite lunches whilst exploring the link between your mood and the food you eat. *(This group will run on our first floor)*

**Movement and Relaxation:** movement, exercise and dance are great ways to get fit, become more flexible, and boost your mental health and wellbeing. This course will include simple strength training exercises to help improve your fitness, balance and co-ordination. You will learn mindfulness and relaxation techniques to help deal with anxiety and understand signals from your body to improve wellbeing. You will take part in relaxation exercises, hand massage and creative sensory wellbeing activities to help you unwind and relax.



## Discussion Group

**It's All About You!** In this discussion group you will have an opportunity to talk about your news, your views and your favourite things. You'll explore the issues that matter to you as well as opportunities to discuss and develop your favourite interests and activities.

## Creative Crafts!

Our **Arts and Crafts** groups are built around your ideas and the arts and crafts skills you would like to learn / improve.

This could include:

- sewing
- painting
- drawing
- jewellery making
- collages and mosaics
- wool crafts
- sensory crafts

There will also be a themed day of arts and crafts inspired by Disney.

Join us for a year of creativity and the opportunity to work on personal creative ideas and fun group projects.

**Pottery:** get creative and learn how to pinch, coil and shape clay, explore textures and learn glazing techniques in our popular pottery group.



## Reading and Creative Writing

This group is for people who would like to learn, maintain and develop their reading and writing skills.

Whether you like stories or poems, journals or word games, this course will boost your confidence about using words creatively whilst improving the reading and writing skills you use in daily life.

## Out and About

**Out and About:** This course is for people who want to build their confidence and skills to get out and about in the community. You will learn about how to access public transport, using money, eating out, going for a coffee - all done safely in a way to improve your social skills and build your confidence.

**Wednesday Social: Markets, Shops and Cafes:** Brush up your travel training, money handling and social skills and join us for a bit of shopping and a drink in Harrogate, Starbeck and the historic market town of Knaresborough.

## Music

Start the week with a song in our **Singing and Karaoke** group in which you'll learn new songs and sing old favourites.

**Marvellous Music Monday!** sing, play and dance along to everyone's favourite songs, watch musicals and learn songs from the shows. This group is about enjoying music through a range of different music activities.

**Music, Movies and Broadway:** get your jazz-hands ready—we're going to explore music from films and theatre. You'll discuss the characters, storylines and the places where the stories are set and take part in art-based projects based on the films and musicals.

**Dan's Rhythm Rebels** Join us for a fun, interactive music jamming session with opportunities for basic music tuition within the group. Create the sound of a range instruments using Dan's electronic tech to bring your favourite songs to life.

In **Pop, Rock, Music and Artists** you will explore musical themes (such as music from different decades and countries, or famous bands and singers), sing songs, use percussion instruments, take part in music quizzes, learn actions to music and listen to your favourite songs in this loud and lively music group.

**Recording and Creating Music:** this is your chance to learn your favourite songs with a view to singing/performing and recording them to a multitrack. You will learn how to edit and export your recording before burning your very own CD or saving in a downloadable format.

We are also providing people with an opportunity to receive 1:1 tuition to **Learn a Musical Instrument**. Call us on 01423 593719 to find out more.

## Food

*These groups will run in our first floor Cookery Room*

Are you tired of eating the same food all the time? Then join us for a food adventure in **Ready Steady Cook Around the World!** In this group you will pick six random ingredients and use them to cook dishes using techniques and recipes from various countries around the world. No passport required, just an enthusiasm to try new ingredients and get involved with all aspects of the preparation and cooking of the food.

**Savour the Flavour:** learn how herbs and spices are used to improve colour, flavour and aroma to create great food. Create delicious dishes and try new meals to eat for lunch on Fridays.



## Horticulture

**Grow Your Own Food:** This course is for anyone who loves being outdoors with an interest in gardening or anyone who just wants to learn about growing fresh, healthy food. You don't have to be 'green fingered' as we'll give you all the help you need to plant, grow and harvest fruit and vegetables in our allotment. It doesn't matter if you are a complete beginner or an experienced gardener, all you need is to be enthusiastic to learn and be happy to be outdoors.

## Computer Skills

*These groups will run in our first floor IT suite*

**Computers – Mixed Media:** Are you a budding music producer interested in beat making and using software instruments to create your own soundscapes? Or do you want to create various kinds of animation using images and live footage to put yourself in any virtual world? Bring your creative ideas to life in this Mixed Media course.

**Computers – Photography and Imagery:** Let your imagination run wild and create art using image manipulation and software tools that act like real painting and drawing tools to design work for cards and printed media.

**Computers – Creative Media:** In this group you will have an opportunity to explore all our creative computer activities (beat making and soundscapes, animation and image manipulation) in addition to learning page layout and design skills to create visually appealing creative writing.

**Computers - Gaming:** if you like playing games on a computer, tablet, mobile phone or console then HS4L's **Computer – Gaming** group is for you. You will learn about online safety and gaming etiquette whilst taking part in 1-player and group games.



**Tabletop Hobby Gaming and Lego Builders:** this group is for people who enjoy or would like to try alternative games such as Pokémon and other trading card games, tabletop wargames (e.g. Warhammer), alternative board games (e.g. Space Hulk, Shogi, Risk) and pen and paper role playing games (e.g. Dungeons and Dragons).

Alternatively, get creative with Lego and build anything you can imagine.

## Friday Fun and Friendship

Watch DVDs with your friends and share your views, rate the movies and enjoy a cinema experience in HS4L's **Film Club**.

End the week with interactive, friendly competitions in our popular **Games Group**. Join in the fun with traditional board games, team games or test your knowledge in our Friday quiz of the week.

## HS4L Newsletter Group

Calling all news hounds and roving reporters! The HS4L Newsletter Group needs you! In this group you will learn how to take photos, type stories, interview people and develop all the skills needed to publish HS4L's term-time newsletter "Believe and Achieve".

*This group will run in our first floor IT suite*



## Walking Groups

### Wednesday Wanderers

**Walking Group:** this group is for people who are serious about improving their fitness and want to take part in a weekly 5K walk. Exploring different local areas over different terrain. A great group for getting out in the fresh air and improving personal fitness by walking.

**Social Walking Group:** this group will have a more relaxed approach for people who want to improve their fitness. There will be a 3K walk with plenty of rests and the option to walk to places in the community e.g. a cafe for well-earned refreshments.

## Gym and Fitness Sessions

Improve your fitness in a personalised **Gym and Fitness** session. Our qualified staff will teach you how to safely use a range of gym equipment to develop your strength and physical fitness, improve your cardio health and boost your energy, mood and mental wellbeing. You will learn how to warm up / cool down so that you train safely, set and review your own fitness goals and take part gym and fitness activities that are tailored to your abilities and fitness levels.

## Performing Arts

If you like acting and dancing then join our all-day **Performing Arts** group.

You will have the opportunity to practice and improve your performance skills whilst working with others on a group project.

## Volunteering

Join our **Volunteering Group** and gain real-life experience of helping others while developing confidence, independence and practical skills. This group gives you the opportunity to take part in meaningful activities in the local community, following simple routines and working as part of a supportive team.

You will learn how to:

**Follow Volunteer Schedules and Instructions:** practise reading task lists, following step-by-step instructions and completing activities from start to finish with growing independence.

**Develop Workplace Behaviours:** arrive on time, work safely, communicate politely with others and take responsibility for your role—just as you would in a real volunteering placement.

**Take Part in Community Activities:** get involved in tasks such as sorting donations, helping at community gardens, assisting at local events, or supporting charitable projects depending on the needs of our partners.

**Work as Part of a Team:** learn how to share tasks, support others, take turns and contribute to a positive team environment.

**Build Confidence and Purpose:** experience the pride that comes from helping your community, meeting new people and developing valuable skills for future volunteering or employment.

This friendly and rewarding group is ideal for anyone who wants to give something back, feel more connected to their community and explore what volunteering roles might suit them in the future.

## Business Enterprises

Our café, craft, baking, and chocolate-making enterprises offer hands-on experience in a real business setting, helping individuals develop practical skills for volunteering and future employment.

Join our **Baking Enterprise** group and learn how to make a delicious range of baked products in our registered kitchen, ready to sell in our café. This hands-on course mirrors real workplace routines and gives you the chance to develop practical baking skills, teamwork and confidence while contributing to our enterprise.

You will learn how to:

**Follow Recipes and Instructions:** read and follow step-by-step recipe cards, measure ingredients accurately and work safely in a busy kitchen environment.

**Bake a Range of Products:** make items such as cakes, biscuits, muffins, tray and seasonal bakes that are prepared fresh for customers visiting our café.

**Use Kitchen Equipment Safely:** develop your skills using ovens, mixers and kitchen tools while following food hygiene and safety guidelines.

**Quality Check and Package Products:** learn how to check that baked goods meet quality standards, portion and package them neatly and label them ready for sale.

**Support Café Sales:** help supply the café with freshly baked goods and gain an understanding of stock levels, popular products and how your baking contributes to our enterprise.

This friendly and practical group is perfect for anyone who loves baking and would like to experience what it's like to produce food for real customers, build workplace skills and take pride in creating high-quality products for our café.

Join our **Craft Enterprise** group a creative, structured environment where you can explore ideas, develop practical skills, and contribute to real product lines.

You will trial new items, test materials, and help decide which products are ready for sale, gaining insight into how small enterprises innovate. You will follow step-by-step instructions, practise safe use of tools and equipment, and take responsibility for quality control to ensure every item meets our standards. You will also develop skills in presentation and packaging, from preparing labels and assembling gift sets to creating displays that are attractive and customer-ready.

This enterprise group provides a genuine sense of real work, helping build confidence, attention to detail, and pride in producing high-quality handmade goods for our community.





## Chocolate Factory

Join our **Chocolate Factory** group and develop the practical skills needed to make high-quality chocolate products as part of our enterprise. Working in a structured, food-safe environment, you will use specialist equipment and create beautifully finished chocolates ready to package and sell.



You will learn how to:

**Follow Recipes and Production Instructions:** read and follow clear instructions to complete each stage of the chocolate-making process, helping you build confidence, independence and consistency.

**Use Chocolate-Making Techniques:** learn skills such as melting and tempering chocolate, moulding shapes, adding fillings, decorating products and creating themed or seasonal chocolates.

**Work Safely in a Food Environment:** follow food hygiene routines, use equipment safely and keep your workstation clean—just like in a professional chocolate production setting.

**Quality Control and Presentation:** check that each chocolate meets simple quality standards, remove any air bubbles, achieve a neat finish and package products attractively.

**Support Sales and Enterprise:** help prepare stock for events and café sales, understand what products are most popular and take pride in contributing to our enterprise through the chocolates you create.

This fun and creative group is perfect for anyone who enjoys hands-on activities, wants to learn new skills and would like to experience what it feels like to work in a small-scale chocolate-making operation.

## Chocolate Sales & Marketing

Join our **Chocolate Sales and Marketing** group and learn how to promote, present and sell the delicious handmade chocolates created in our Chocolate Factory. This practical course mirrors real workplace routines and gives you hands-on experience in retail, merchandising and customer engagement.

You will learn how to:

**Understand the Product Range:** explore the chocolates made in our enterprise, learn what makes each item special and build confidence talking about flavours, ingredients and seasonal collections.

**Prepare Products for Sale:** package chocolates neatly, label them correctly and help create attractive presentation that encourages customers to buy.

**Create Displays and Merchandising:** design simple displays for the café and for community events, learning how layout, colour and product grouping can make an impact.

**Develop Marketing Materials:** help create posters, tags, price cards and simple promotional content to showcase chocolate products in a clear and friendly way.

**Build Customer Service Skills:** practise greeting customers, talking about products, answering simple questions and offering samples (where appropriate).

**Take Products Out Into the Community:** help set up and run sales stands at local fairs, markets, school events and pop-up stalls, gaining real experience of engaging with the public and talking confidently about the products.

**Support Sales and Handle Simple Transactions:** learn how to restock items, record sales, help with basic money handling and understand which products are most popular.

This creative, confidence-building group is ideal for anyone interested in retail, marketing or customer-facing roles. You'll gain valuable experience promoting our products both in-house and out in the community, all while playing an important part in our growing enterprise.

## Café

Our café enterprise provides a vibrant, real-world environment where you can develop confidence, independence, and employability skills through hands-on experience.

You will take part in a wide range of duties, including preparing hot and cold food, barista skills, customer service, handling cash and card payments, maintaining stock levels, and keeping the café clean, safe, and welcoming. Alongside practical hospitality skills, you will work as part of a team and gain practical knowledge of communication, problem-solving, and customer-service experience, all within a supportive setting that encourages you to take on responsibility at your own pace.

This enterprise gives you a genuine taste of working life and helps you to progress towards further training, volunteering, or paid employment.



## Is there something missing from our prospectus?

The Day Centre is always looking for new ideas for courses so that our activities meet your needs and interests. If there is something that you would like us to run that isn't in our current prospectus, we would love to hear your ideas.

Please ring the office 01423 593719 or email [judith@hs4lc.org.uk](mailto:judith@hs4lc.org.uk)



## Supported Internships and Personal Learning College

If you have an Education, Health and Care Plan (EHCP), you may wish to continue your education with us through our **Personal Learning College (PLC)** or by joining one of our **Supported Internships**. Both options allow you to build a personalised programme that reflects your EHCP outcomes and helps you take your next steps into adulthood.

### Personal Learning College (PLC)

Our PLC offer allows you to create a tailored package of learning based on your individual goals, interests and support needs. You can combine academic learning, independence skills, work preparation and enterprise activities to build a programme that is completely personalised to you. This is ideal if you want to continue developing your skills at a pace that suits you while working towards the outcomes in your EHCP.

### Supported Internships

If you feel ready to enter the world of work but need support to make that transition, a Supported Internship could be the right pathway for you. You will:

- Work with specialist job coaches who help you learn skills directly in the workplace.
- Be matched with local employers, businesses and organisations that suit your interests and abilities.
- Develop confidence, independence and real work experience in a supported environment.
- Focus on the employment outcomes set out in your EHCP, with guidance every step of the way.

Supported Internships are ideal for young people who want to move into paid employment but need a structured, supportive programme to help them succeed.



Stay connected with Harrogate Skills for Living by following us on social media and visiting our blog.





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## How to enrol - Day Centre

Day Centre places are allocated on a 'first come, first served' basis and popular groups can be oversubscribed. Please ring 01423 593719 to see if there is space in your chosen group.

We advise that you have a look around our organisation and speak our staff before enrolling to ensure we can meet your needs. We can also offer you a 'taster session' of your chosen course to help you decide if it is right for you.

To enrol, please complete and return the Day Centre's Booking, Registration, Media Consent and Client Support Needs Questionnaire forms. Once these have been received and we have confirmation about how your course fees will be paid, you will be given a start date.

We look forward to welcoming you to HS4L's Day Centre.

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## How to enrol – Skills Bridge

If you are interested in applying to our Skills Bridge for employment training/education pathways (including Harrogate Chocolate Factory and Café), please contact [ruth@hs4lc.org.uk](mailto:ruth@hs4lc.org.uk) or [katie@hs4lc.org.uk](mailto:katie@hs4lc.org.uk) in the first instance.

We will invite you to visit and meet the team to see if we are the right place for you. We can then advise which of our programmes might best meet your needs and help you to apply.



**We look forward to welcoming you to Harrogate Skills for Living**