



sam
Swindon Advocacy Movement



Project Boost

We enable adults with a learning disability to set goals to **boost** confidence, **boost** skills and **boost** independence!



This is how it works:



- You can ask for help or be referred by someone else



- Book an appointment and visit the SAM house and see what we do



- Create a Personal Development Plan (PDP)



- Start to achieve your personal goals

Here are some courses and sessions you can do to learn new skills and achieve your goals



Cookery

- Learn to cook independently
- Create healthy recipes
- Gain confidence using the oven



Money and Budgeting

- Gain confidence with managing your money
- Plan your own budget
- Understand costs and prices of living independently



Shopping Skills

- Visiting shops and comparing prices
- How to find your way around the supermarket
- Shop with confidence and independence



Independent Living Skills

- Household skills to live independently
- Learn to iron
- Learn to use a washing machine



Building Confidence

- Work on your personal qualities
- Make new friends & social skills
- Build a personal development project



Digital Skills

- Set up a Laptop and surf the net
- Send and receive emails
- Use Microsoft Packages



Accessing activities and Projects in the Community

- Find new hobbies
- Access a gym or the Library
- Meet new people in your community

And many more!



We can work with you one to one



Or in a small group

Meet the Team



Karl—Activities Coordinator



Mark Court—Enabler



Caroline—Team Leader



**And our wonderful team of
volunteers**



**If you would like more
information
or arrange a visit to the SAM house**

**Please call Karl on 07500 663254 or email
karlnorth@swindonadvocacy.org.uk
or
Caroline on 07500 665893 or email
carolineblunsden@swindonadvocacy.org.uk**