
Sherwood Park Hall

THE HALL WITH A HEART

Creating High Community Impact Social Programmes in Merton Since 2020

LIFE SKILLS LAUNCH PAD

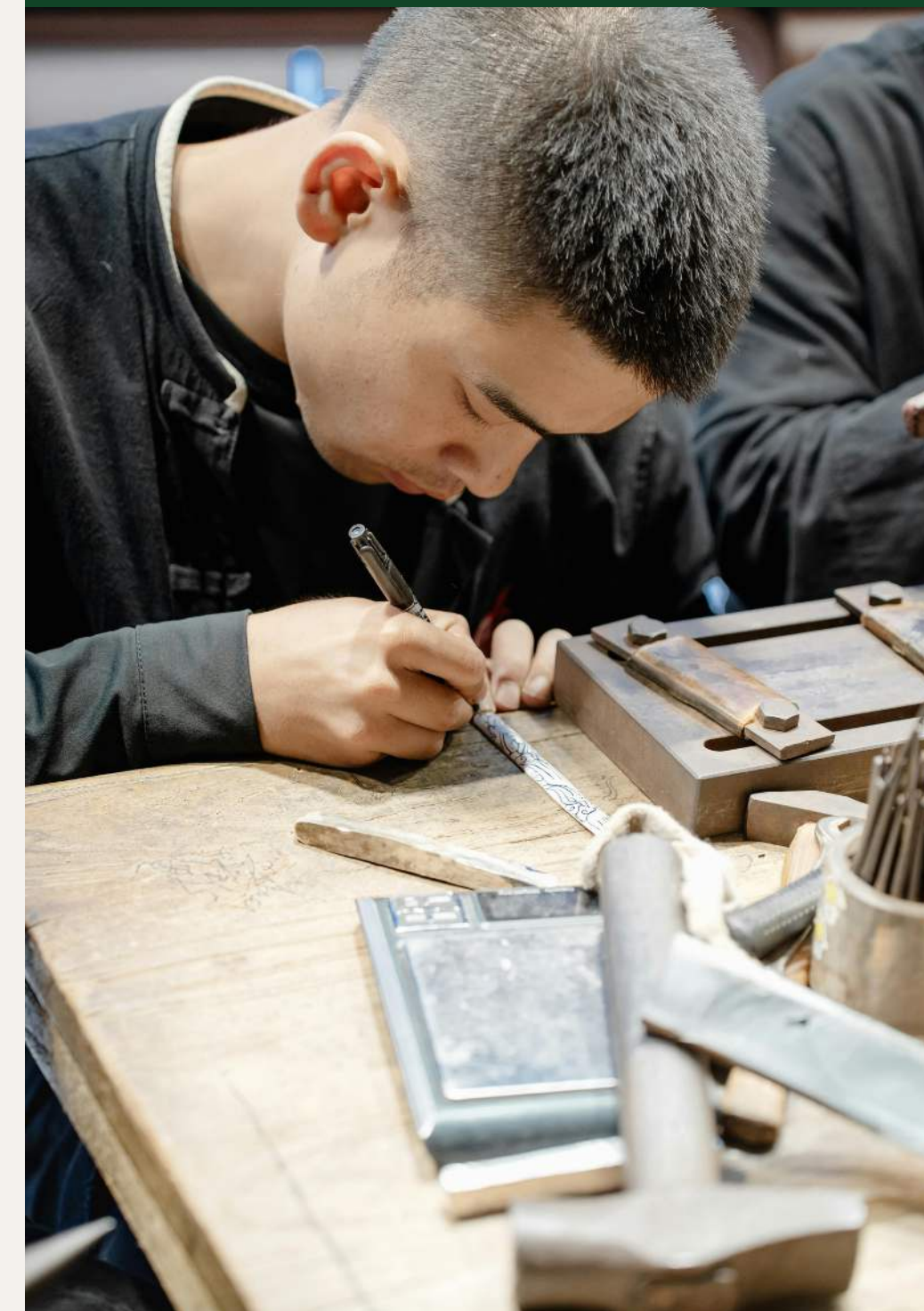
FOR YOUNG PEOPLE LEAVING CARE

PREPARING CARE-EXPERIENCED YOUNG PEOPLE WITH THE SKILLS, CONFIDENCE,
AND INDEPENDENCE TO THRIVE.



SHERWOOD PARK HALL

The Hall with a Heart



Executive Summary

Sherwood Park Hall is a community hub delivering social-impact programmes, creative wellbeing activities, and community events for local residents. We are launching the Life Skills Launch Pad, a 12-week practical programme Target Group: Care-experienced young people (Ages 16–25) preparing for or transitioning into independent living.

Core Objective: Preventing tenancy breakdown, supporting NEET to EET transitions, and building real-world practical capability.

The programme equips young people with essential life-skills across:

- Budgeting & Money
- Employability
- Cooking & Nutrition
- Confidence & Communication
- DIY & Home Skills

Spot-Purchase Spec

Each young person's place costs £780 (£65 per week).

Each cohort supports 10–16 young people.

Course Details:

Duration 12 Weeks

5 core modules weekly,

2.5hrs/per session

Includes all tools, materials & AQA certification

The Challenge

Young people leaving care face some of the toughest outcomes in the UK:

- Higher risk of youth homelessness
- Limited financial literacy
- Low confidence and self-esteem
- Barriers to employment
- Lack of practical life-skills
- Minimal support networks
- Increased vulnerability to exploitation

The transition from care to independence is often abrupt, unsupported, and overwhelming.

The Life Skills Launch Pad exists to close this gap.



The opportunity

Sherwood Park Hall is a community impact hub in Merton, providing a safe, creative, and inclusive space for local residents.

We deliver a blend of community-rooted activities including:

- ✓ **CREATIVE WELLBEING SESSIONS**
- ✓ **YOUTH ENGAGEMENT WORKSHOPS**
- ✓ **SEND- INCLUSIVE PROGRAMMES**
- ✓ **COMMUNITY EVENTS & CELEBRATIONS**

Our position as a trusted, accessible venue allows us to work closely with young people living in supported housing and build strong relationships with local partners.

We understand the realities young people face and we create programmes that are practical, safe, and grounded in real-world needs.

The Life Skills Launch Pad builds on this foundation, transforming Sherwood Park Hall into a place where young people can gain the skills, confidence, and independence they need to thrive in adult life.

Safeguarding, Governance & Delivery Quality

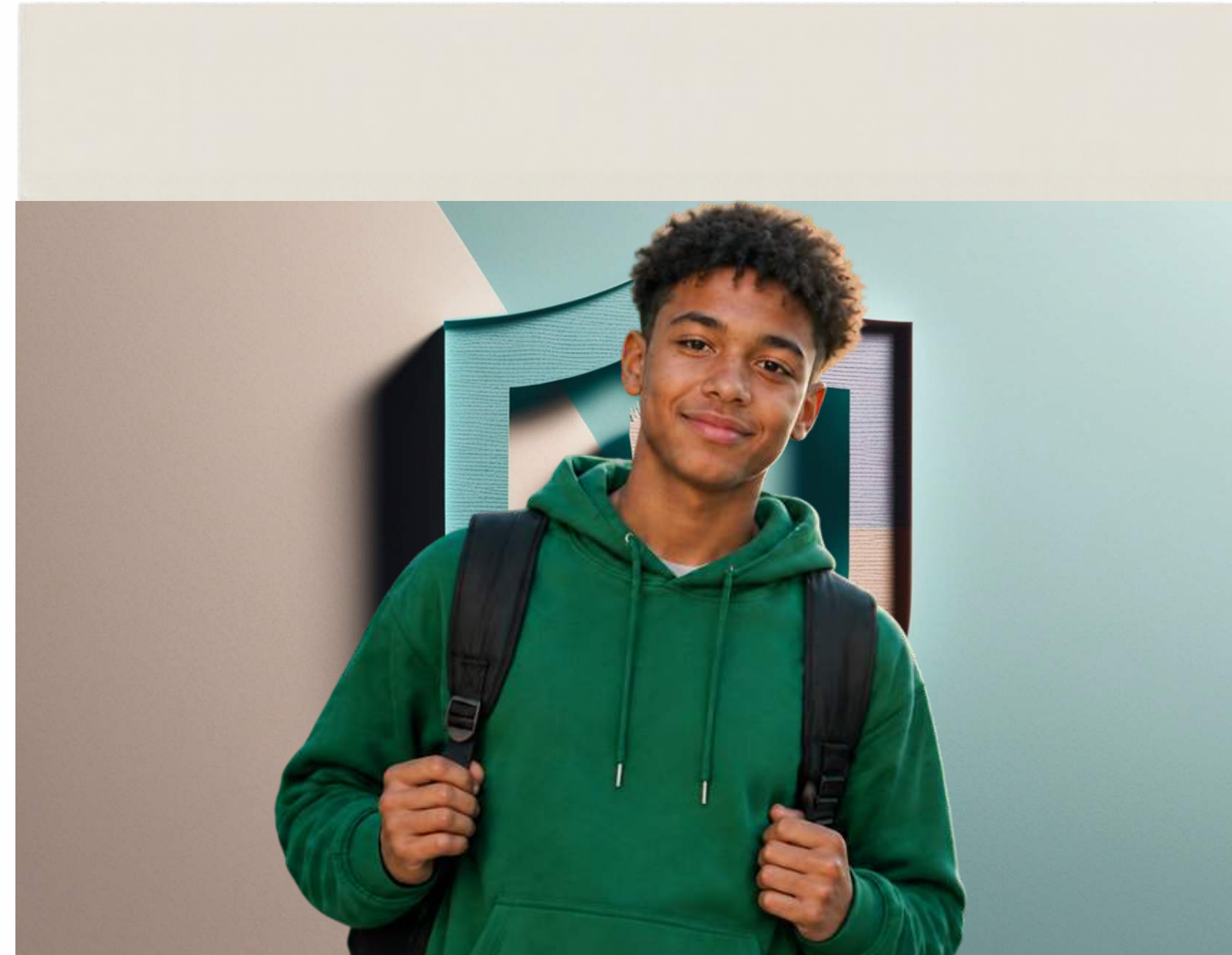
- Safeguarding Lead is Shernette May
- 100% Enhanced DBS-checked delivery staff and mentors.
- Comprehensive Risk Assessments covering practical trade tool use, kitchen health & safety, and venue protocols.
- Clear escalation procedure for non-attendance, mental health crises, or safeguarding disclosures back to the PA.

Delivery Team :

- Core Technical Trades: Delivered by qualified, insured specialist trade instructors.
- Life Skills & Mentoring: Co-facilitated by vetted corporate volunteers and care-experienced peer mentors.

Accreditation:

- Fully accredited AQA Unit Award Scheme framework.



Introducing the Life Skills Launch Pad

A 12-week, practical, empowering programme designed to prepare care-experienced young people for independent adulthood.

The programme focuses on:

- ✓ REAL- WORLD SKILLS
- ✓ CONFIDENCE BUILDING
- ✓ PRACTICAL SKILLS
- ✓ GROUP LEARNING
- ✓ COMMUNITY CONNECTION
- ✓ REFFERRALS TO MENTORING ORGANISATIONS
- ✓ AQA QUALIFICATIONS

PROGRAMME MODULES

THE LIFE SKILLS LAUNCH PAD
DELIVERS FIVE CORE MODULES:

- ✓ BUDGETING & MONEY - MANAGING INCOME, BILLS, SAVINGS, CREDIT, AND FINANCIAL SAFETY
- ✓ EMPLOYABILITY- CV'S, INTERVIEWS, WORKPLACE BEHAVIOUR, SOFT SKILLS
- ✓ COOKING & NUTRITION - AFFORDABLE MEALS, FOOD HYGEINE, MEAL PLANNING
- ✓ CONFIDENCE & COMMUNICATION - SELF EXPRESSION, BOUNDARIES, SELF ADVOCACY
- ✓ DIY & HOME SKILLS - BASIC REPAIRS, HOME SAFETY, CLEANING ROUTINES

PROGRAMME STRUCTURE (12 Weeks)

EACH COHORT FOLLOWS A STRUCTURED 12-WEEK JOURNEY

- Weekly workshops
- Practical demonstrations
- Group discussions
- Real-world tasks
- Guest speakers
- Supported housing collaboration
- End-of-programme celebration



Launchpad Timeline

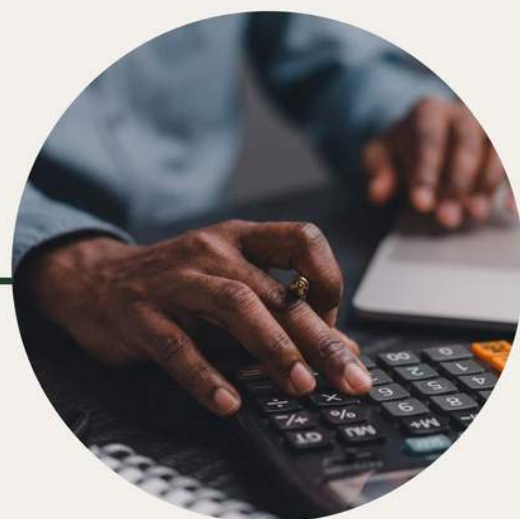
Week 1-3



Ignition

- ✓ Mission Control Introduction
- ✓ Cooking in the Kitchen Lab
- ✓ Emotional Resilience
- ✓ Communication

Week 4-6



Propulsion

- ✓ Basic Clothing Repair
- ✓ Budgeting 101
- ✓ Utility Management
- ✓ Career Engines

Week 7-9



Navigation

- ✓ Home Maintenance DIY
- ✓ Digital & Physical Safety
- ✓ Your Rights & the Law
- ✓ Personal safety in the community.

Week 10-12



Rocket Week

- ✓ Flight Manual
- ✓ Mini Graduation Ceremony
- ✓ Mentor Feedback
- ✓ Handover to independence

The Life Skills Launch Pad supports:

- Young people
- Preparing to leave care
- Who have recently left care
- Living in supported housing
- With limited support networks
- Facing barriers to independence

We work closely with local authorities, supported housing providers, and youth organisations

Why This Programme Works:

Because it is:

- Practical
- Real-world
- Trauma-informed
- Delivered in a safe community space
- Designed with lived-experience insight
- Focused on independence, not crisis
- Built around confidence, not compliance



Impact & Measurement

We Track:

Young people enrolled
Workshops Delivered
Skills gained
Confidence Improvement
Volunteer hours
Employment Outcomes
Home Starter kits
Corporate Engagement
Annual Impact Reports

Teams & Partnerships

Sherwood Park Hall works with:

Supported housing providers
Local authorities
Youth organisations
Community Partners
Volunteers
Corporate teams

Together, we create a safe, empowering environment for young people.

Our Vision

- Run multiple cohorts per year
- Expand the programme across South London
- Train other organisations to deliver the programme
- Build a portfolio of social-impact programmes
- Secure long- term corporate patrons
- Make a real difference



We invite you to:
Register your young people
The process is less than 5 mins



Sherwood Life Skills Launchpad Registration Form – Fill in form

Together, we can transform the journey from care to independence

Contact Us

Address: Sherwood Park Hall
Sherwood Park Recreation Ground
Abbotts Road Mitcham
CR4 1JP

Email:
Lifeskillslaunchpad@sherwoodparkhall.com

Phone: 0208 187 0456

www.sherwoodparkhall.org.uk



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