



Informal, with access to Semi-Formal: Initiate, My Independence

My Independence is a personalised journey tailored to each learner, designed to support and feed directly into their Education, Health and Care Plan (EHCP) outcomes. This pathway is broken down into three key areas: Community Skills, Careers, and Food Preparation.

In Community Skills, learners develop a wide range of essential life and social abilities that support their journey toward independence. This includes everything from making simple choices to managing conflict appropriately in social situations. Learners also build confidence in navigating their communities—developing travel skills, understanding budgeting, and learning how to access local services safely and independently.

Social development is central to this area. Learners have opportunities to work on their social skills in a variety of contexts—whether that’s building tolerance for different environments, managing sensory or emotional responses, or learning how to interact appropriately with others. They explore how to form and maintain friendships, understand relationship boundaries, and navigate different types of social settings with increasing independence. This work also has strong cross-curricular links, particularly with ‘My Technology’, as learners explore what safe online relationships look like. They learn how to identify and respond to inappropriate behaviour, protect their privacy, and engage positively in digital spaces.

If appropriate to the individual learners also work on their personal care and hygiene. Learners are supported to establish routines that promote health, wellbeing, and self-respect. These skills are taught in a way that encourages autonomy and dignity, helping learners feel confident in managing their own needs.

The Careers strand offers immersive experiences across a variety of job roles, progressing to real-life work placements through our internship programme. We also welcome employers to deliver talks and workshops, opening up exciting opportunities and broadening horizons for our learners. If you could support us on our careers journey, please get in touch!

Our Food Preparation Curriculum is designed to equip learners with the practical skills needed for independent living. It begins with tasting experiences, encouraging learners to explore new flavours and ingredients, and gradually builds confidence in following recipes and instructions—whether working individually or as part of a group.

Learners are introduced to food safety and hygiene, including safe storage, handling, and preparation techniques. As they progress, they take on more responsibility, moving towards independent meal preparation. This includes planning weekly menus, budgeting for ingredients, and shopping independently—skills that are essential for living confidently and healthily on their own. Through hands-on learning and real-life application, learners gain the knowledge and experience to make informed food choices, manage their own nutrition, and enjoy cooking as part of their journey to independence.

Together, these experiences empower learners to grow in confidence, capability, and independence as they prepare for adult life.

