

Home maintenance

All properties, whether old or new, require some kind of basic maintenance and care. There are jobs that must be carried out by a qualified professional, especially regarding electricity, gas and water. If in doubt, ask for help.

However, having some DIY (Do It Yourself) knowledge and skills is really useful for living independently. When attempting any DIY tasks, it's important to ensure that you do things safely and think about the safety implications before starting a task. This is especially important when working with electricity and when using tools or ladders.


For example, when changing a lightbulb, you'll need to:

- 1 turn off the power at the fuse box and check it's off
- 2 allow time for the lightbulb to cool before touching it
- 3 use a ladder to safely reach the lightbulb, making sure the ladder is secure before using it
- 4 remove the bulb carefully – unscrewing (Edison bulbs) or pushing and twisting (bayonet bulbs)
- 5 replace the new bulb carefully – make sure it's the correct fitting and size
- 6 turn the power back on and check everything is working correctly
- 7 dispose of the old bulb, taking care not to smash it

Example activity

Practical activity

Work with a trusted adult to have a go at some basic home maintenance tasks.

 After you have tried them, rate how confident you would feel completing these tasks. (1 being not very confident and 5 being very confident).

Task	✓	How confident are you?				
Changing a lightbulb		1	2	3	4	5
Changing a fuse		1	2	3	4	5
Testing and replacing batteries in a smoke alarm		1	2	3	4	5
Clearing a blocked sink or toilet		1	2	3	4	5
Filling a hole in a wall		1	2	3	4	5
Building flat-pack furniture		1	2	3	4	5
Putting up a shelf		1	2	3	4	5
Hanging a picture		1	2	3	4	5
Bleeding a radiator		1	2	3	4	5


Different health services

There are different types of local services that you can access to support your physical health. These include:

Health service	How they can help
Doctors surgery	General appointments, vaccinations, regular check-ups
Minor Injury Units (MIUs)	Urgent minor injuries or illness that aren't critical or life-threatening
A&E	Accidents and emergencies, serious injuries or illness
Hospital	Specialist appointments, X-rays, tests
Pharmacy	Medication, prescriptions, advice
Dentist	Regular check-ups, emergency appointments
Opticians	Eye tests, prescription glasses and contact lenses, often hearing aids
Sexual health clinic	Contraception, STI/STD testing, advice

✓ **Top tip**

If you're on a low income but do not receive benefits, you may be able to get help with costs through the NHS Low Income Scheme (LIS). This could be full or partial funding for prescriptions, dental care, eyecare and travel for healthcare.

 For each of the following scenarios, say which health service would be most appropriate. Check your answers with a trusted adult.

Scenario	Which health services should they access?
Ryan has noticed that his eyes hurt when he is using a computer for work and thinks he may need glasses.	
Mila is struggling with feelings of anxiety and she doesn't know what to do.	
Cal has a rash that stays the same colour when pressed. They want to lie down in a dark room.	
Rajan has an insect bite on his leg and it's causing him pain.	
Oli has recently had unprotected sex and they want to get checked out for STIs.	

Interview skills tips


First impressions count. Arrive on time and dress smartly.




Introduce yourself confidently and be polite to everyone you meet, including the person who lets you in and shows you out.




Use appropriate language and consider what your body language is saying about you.



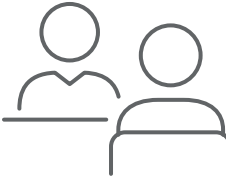
Listen to the questions and think before you answer. You can ask the interviewer to repeat or explain further if you don't understand the question.



Prepare for some commonly asked questions in advance, like 'what are your strengths and weaknesses?'



Be honest and positive about your experiences. If you have faced challenges, say what you have learned from them.




Ask questions when you're given the opportunity. It can help to think about these in advance.


Interview preparation

 **Create a checklist of things that you could do to prepare for a job interview.**

Interview preparation checklist	✓
Research the company and find out more about what they do.	

 **Practical activity**
Take part in some practice or mock interviews. Get feedback on your performance and what you could do to improve.

Weekly shop

 Imagine you have just moved into a place of your own and are doing your first weekly shop.

- Write a shopping list for the week.
- Use a supermarket website to find the cost of the items on your list. Record the cost of branded items and the cheapest own-brand option.
- Calculate the total cost for both options. What's the difference?

Practical activity

Visit a supermarket and find all of the items on your list. Is it always easy to find the own-brand items?

Reminder

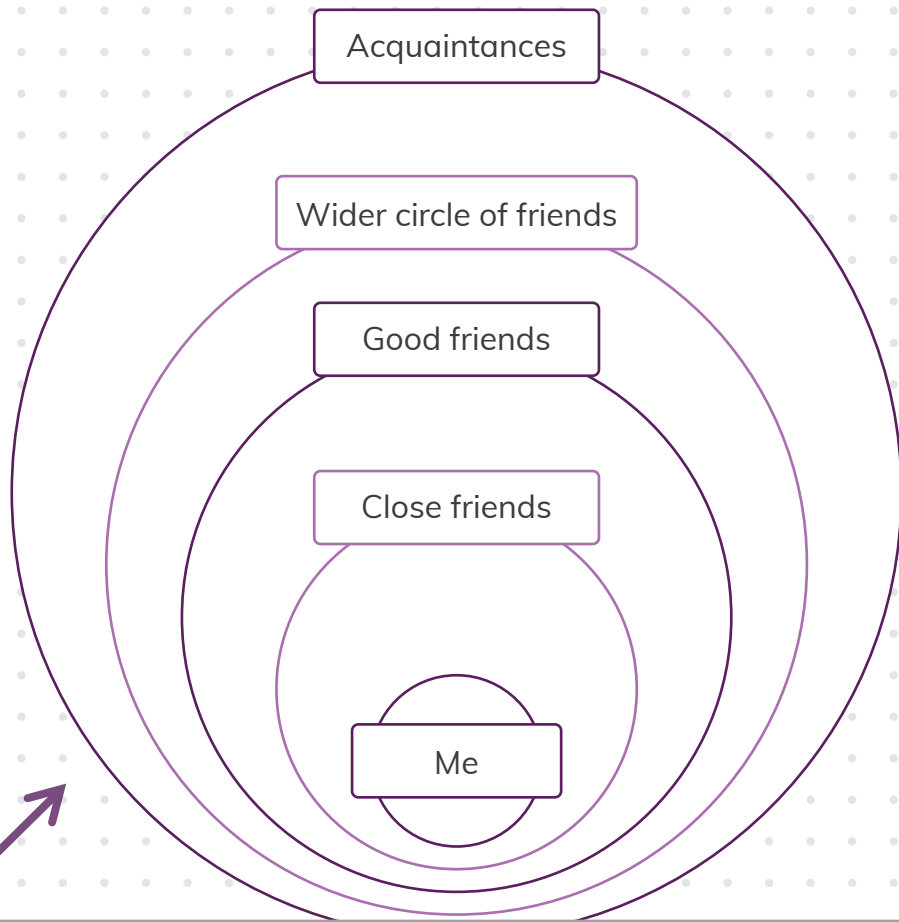
Where you live will affect the shops you have access to, which could affect the cost of your weekly shop.



Item	Branded cost	Own-brand cost
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
	£	£
Total cost	£	£

Friendship circles

✎ Complete the diagram below with examples of your own friendships. Consider the expectations you would have of friends in these categories.



The characteristics of a good friend

✎ In the diamond below, add nine characteristics that you would want to find in a friend in order of importance. One example to get you thinking might be loyalty.

