

Staffordshire Independence Programme



MODULE 10:

YOUR LOCAL COMMUNITY

If you do not already, this module will help you to:

1. Identify local doctors, job centre, clubs, gyms etc. in the area you want to move to;
2. Plan routes in your local area and work out what transport is needed, how long this will take and the cost of it;
3. Identify educational courses/activities you could access in your community;
4. Identify local resources in your local area that you could access;
5. Look for different schemes or volunteering opportunities in your local area;
6. Identify where your local food bank is and how and when you could access this.



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First off, let's see what you already know...

1. True or False: To gain access to free Wi-Fi in your local community, it is usually easiest to go the library and make use of their resources.
 - a. True
 - b. False
2. When you move into a property which of the following is it most important to locate first?
 - a. Doctors
 - b. Night club
 - c. Clothes shop
 - d. Job centre
3. Why is it important to try and get along with your neighbours?
 - a. They could offer you nearby support in emergencies
 - b. They could be more likely take in a parcel for you if you are not in
 - c. They could potentially cause you issues in your property if you do not get along
 - d. They could make a complaint to your landlord without discussing it with you first, if you don't get along with them
 - e. All of the above
4. How can you find out about opportunities that are going on in your local area that you could get involved with?
 - a. Google
 - b. Social media
 - c. Friends
 - d. Personal Advisor
 - e. Walk around and explore
 - f. All of the above
5. To access a food bank, you will usually need a referral. You could get this from your GP, Personal Advisor or Citizens Advice.
 - a. True
 - b. False

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What's going on in your local area?

Whether you are moving to a new area or staying in the same town, it is important that you have a look at what is going on and what resources are available in your area.

TOP TIP: You may want to look for services to help you for a range of reasons, or you may just want to look for local clubs you could join.

Staffordshire Connects is a website designed to include all available resources and facilities across the county so that people living in these communities can find the services they need most.

Have a look at the website and see what is available where you want to live, and whether there are any clubs or groups you may think about joining to get you out and about:

[Staffordshire Connects](#) -

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/adult.page?adultchannel=1>

Which of the activities in your local area would you like to get involved with/hear more about?

1.

2.

3.

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Mapping your local area

If you can, try and get out and explore your local area for this task...

Find your local:

When you live on your own you may need to use public transport to get to work, college or to see friends. Map out some bus routes for the area you are going to be living in:



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Resources in your local area

Now you know how to get from A to B, it is important to know what events and resources are available to you in your area so you can get out and about once you move into your own house.

Where would you go if you needed to access free Wi-Fi?

Do you know where your local food bank is?

Is there a local community centre or church hall that holds events that are free for the public?

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Useful links –

Find your local food bank here –

- https://www.trusselltrust.org/get-help/find-a-foodbank/?gclid=EAlaIQobChMIIN_mqdua3wIV5wrTCh25XAIYEAAAYASAAEgLra_D_BwE

Use Google Maps for looking for local facilities –

- <https://www.google.com/maps>