

LLLD Health: Staying Safe at Home

Course overview

Keeping safe at home is so important, whether you live independently, are about to move into your own home or share a house with others.

Every year there are lots of accidents which could be avoided if people knew how to keep safe. Join us for this fun and practical course on what to do to stay safe and how, when and who to call for help if you need it.

What will I study?

You will look at:

- possible dangers in the home
- how to reduce those dangers
- what you should do in different emergencies
- what you can do to keep yourself safe at home
- how to keep yourself safe online
- what to do when strangers come to the door
- who it is safe to let into your home

Assessment method

- You will take part in Q&A sessions and discussions to confirm your understanding
- There will be classroom activities and role play
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- take part in group discussions
- read simple sentences and recognise signs and symbols
- be able to write simple sentences independently

What should I bring with me?

An A4 folder, A4 notepad and a pen. You may want your own set of colouring pens or pencils.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8710CP	Wednesday 6 January 2021 to Wednesday 31 March 2021	1pm to 3pm	Dagenham	£12	£12

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other LLDD Health and LLDD Life Skills courses that suit your level.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722