

Life skills toolbox

with Good Neighbour



Designed for Boys

- One day a week for each boy during school term time.
- Operating days – Monday, Tuesday, Wednesday and Thursday.
- Practical lessons changing every week to build and staircase learning.
- 8:30am – 12:30pm - 'Food for Flatters' kitchen-based training.
- 1:00pm – 3:00pm - 'finding your place of belonging' Life skill toolbox
- NZQA units through, The Gets group and Active training solutions.
- Space for 20 boys, 5 each day.
- "Drop in" space available any day when needed by the school.

What does our life skills toolbox programme offer?

- Help young men who struggle with school to stay engaged in learning.
- Use kitchen successes to build confidence and self-worth.
- Prepare young men to cope better with life's challenges through managed failures.
- Develop useful tools that build their Mana and perceived value within their community.

Why Good Neighbour suits offering this programme?

- The commitment to people first is embedded in the Good Neighbour values.
- Provide opportunities to feel and experience success and failure in a safe environment.
- Create a sense of belonging, brotherhood and community. Help them find their place.
- Small class sizes with experienced trainers/teachers. Contact and access to Maori staff.
- Associate with good people and role models. Access to mentors.

Which boys does this programme suit?

- Boys who are not necessarily engaged in school.
- Boys needing a community/whanau around them.
- Boys who struggle to achieve in mainstream school.
- Boys who have lost their way or are without identity.

Learning approaches that suit the boys we have.

- Learning by doing – practical tasks that demonstrate competence.
- Understanding by experiencing – Task with purpose and for others
- Feeling success – building confidence to produce food and perform tasks.
- Gathering Mana – Leadership, service, sharing skills and teaching others.
- Encouragement – praise, thankfulness, taking responsibility for actions.

Kitchen

Start with a kitchen session from 8:30am – 12:00pm.

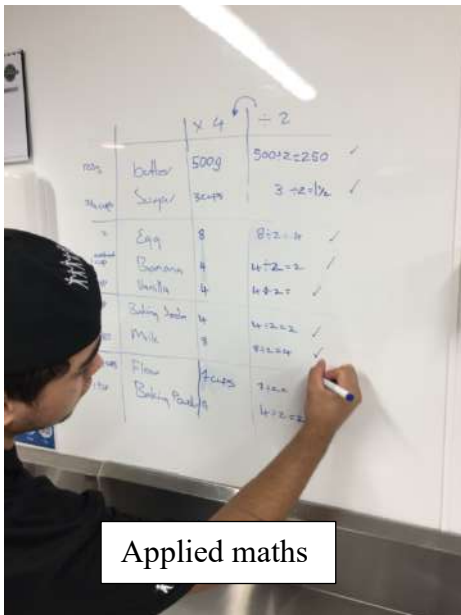
Kitchen	Food for Flatters	Week
Knife skills	Leek & potato soup, garlic bread	1
Kitchen practices	Equipment induction. knife skills continued. Bratt pan dish.	2
Wet methods	Boiled potato, green veg, rice, stewed beef, braised chicken	3
Dry methods	Fried chicken nuggets, baked brownie, roasted chicken thigh,	4
Spaghetti bolognaise	Boiled pasta, beef bolognaise, crispy salad, garlic bread	5
Sandwiches	Club sandwich, open sandwich, toasted sandwich	6
Chicken Katsu	Crumbed chicken, steamed rice, slaw & brownie	7
Seafood	Fish & chips, salad	8
Rice	Sushi & Stir fry rice	9
Chicken	Butter chicken, steamed rice & naan bread	10
Pies	Cottage pie & apple pie	11
Roasts	Roast chicken, potato, vegetables, gravy and stuffing	12
BBQ	BBQ, kebabs, sausages, patties, grilled veg	13
Carbonara	Fresh pasta, Fettuccini carbonara, tomato salad	14
Chicken burgers	Grilled chicken, potato rosti, tomato, lettuce & onion jam	15
Forklift License	Full day of Forklift theory and assessments	16

Confidence to step into the home kitchen and not always have to ask mum what's for dinner.

Life skills 12:30pm - 3pm

Life skills	Activity	Note
Connections	Introductions and induction to Good Neighbour	GN processes
Workshop (wood)	Build a toolbox	
Workshop (wood)	Build a planter box	
Forklift training	Mechanics, operational, health and safety	Cones, high vis
Forklift training	Handling practice, directional and steering practice	Cones, high vis
Forklift training	Obstacle course, accuracy and control	Cones, high vis
Car maintenance	Oil, water, fluid check, battery and jump starting a car	SR Auto
Workshop (metal)	Build a BBQ	
Workshop (welding)	Welding attachments to BBQ	
Community service	Water blast, mow lawn and trim edges	Van, equipment
Research	Develop a CV, Job search	Laptops
Forklift practice	Practice for forklift license	Forklift
Forklift License	Practical test to forklift license	Snacks, Lunch
Budgeting	Realities of making do	Meeting room
Providing food	Rock fishing	Fishing rods
Warmth	Building a fire to cook	Van, food

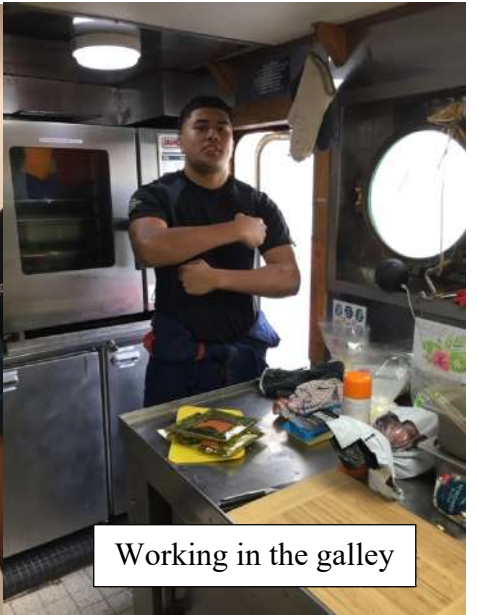
Developing a mindset that sees challenges as an opportunity and looks for solutions. Giving the boys a basic set of tools to help them give things ago.



Applied maths



Shaving lesson



Working in the galley



Cooking with fire



Practical maths



Clipper lesson



Post from mum



Bread therapy



Sushi



Project set up



Successful forklift licence



Fishing despite the rain



Knife skills



Painting the Koha



Teach a man to fish



Good Neighbour
 "Providing practical opportunities for people to support one another so that lives and neighbourhoods are transformed"

www.goodneighbour.co.nz 





Care Junction painting



Burning off steam



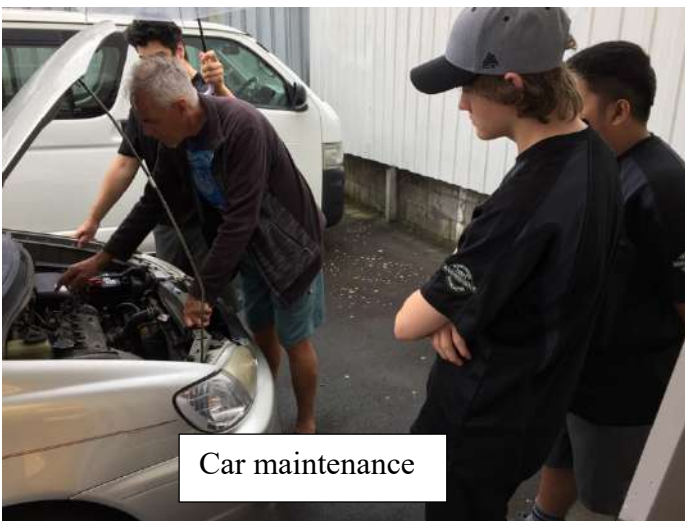
Community Service



Face of success



Offsite catering



Car maintenance



Marae catering