

## Life Skills

There are lots of simple skills that we don't learn until we have to. So to help you get a good grounding in these, why not run a few meetings where you learn these skills or include one in regular meetings, listed below are some suggestions. Check what items you can do, or you get a family member to show you, use a good DIY book, or find a youtube tutorial! You can also extend the list adding ones that are relevant to you or your community. Ensure that you have someone with suitable expertise to help you, and everything is done safely!

### Home Maintenance

- Change a light bulb
- Clear a clogged drain
- Unclog a toilet
- Reset a fuse
- How to turn off power in different parts of a house
- Cleaning gutters
- Fix an object made of china, glass, or pottery.
- Repair a leaky water tap
- Know how to operate a fire extinguisher
- Replace a pane of glass
- Weather-strip a window or door
- Install curtain rods and hang curtains
- Paint or varnish a piece of furniture or a door.
- Safely use an extension ladder
- Hang a picture
- How to shut off water and gas
- Replace a toilet seat
- Tighten door hinges
- How to caulk
- Checking a chimney

### Bike Maintenance

- Change a wheel
- Fix a puncture
- Replace a flat tube with a new one
- Clean your bike chain
- Adjust/check brakes
- Adjust the height and position of both your seat post, saddle and handlebars

### Car Maintenance

- Change a wheel
- Check tyre pressure
- Cleaning/replacing window wipers
- Replace light bulbs
- Check and change oil
- Check radiator fluid

### Computer/IT

- How to touch type
- Online privacy
- Backing up your data
- Basic functions of MS Office
- Basic coding

