



Moving On

Building a home



This journal belongs to

[Dashed box for writing the owner's name]

Sample



 **Reminder**

Work through this journal with the support of a trusted adult and reflect on your experiences as you go.

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✓ **Top tip**


You can work through the sections of this journal in any order.




Finding and viewing a place to live

As a prospective tenant, you'll be attending property viewings before moving in somewhere.

You'll need to ask questions to find out more about the room or property, which will help you to decide if it's a suitable place for you to live.

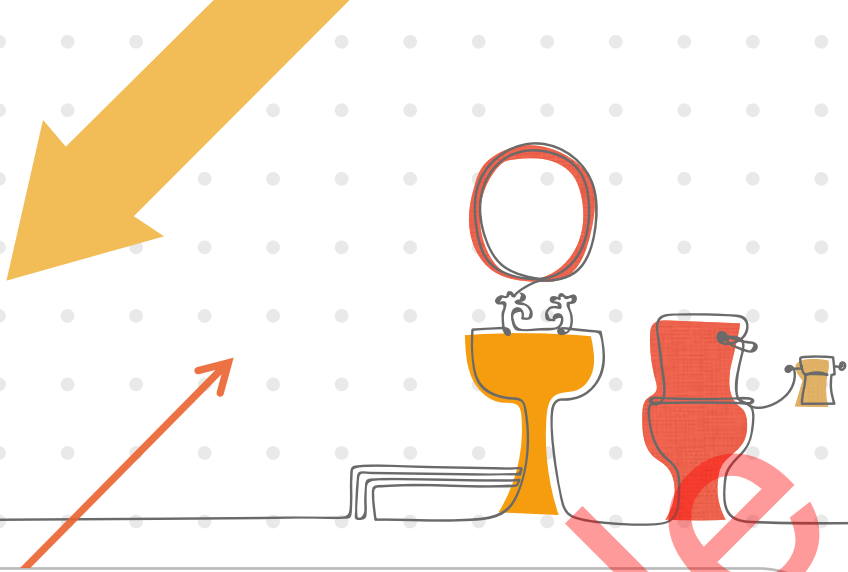
 On the next pages, read through each of the questions and consider which are most important to ask when attending a property viewing. Select nine questions and arrange them onto the diamond-shaped template with the most important at the top and the least important at the bottom.

 Use this page to record any additional notes or important information you would like to remember about finding and viewing a place to live. If you have done any additional activities, you can record them here.

Sample

Useful contacts, websites and phone numbers





Home utilities

The gas, electricity and water supplies in a home are collectively known as **utilities**. These are essential supplies and the **main household bills** you'll need to pay.

Phone, TV and broadband bills are sometimes categorised as essential utilities in the home, especially if you'll be working from home.

These **bills** are sometimes included in the rent of a property, but usually they're paid for separately, directly to **the** utility provider. The costs of utilities are affected by national and global circumstances.

Support

The GOV.UK website signposts to support with paying bills and the cost of living: www.gov.uk/cost-of-living

Energy bill example

 EcoPower UK

John Doe
1 Oak Road,
London,
E1 6AB

Customer number:
88 00 88 00 23 23

Your energy bill

Bill period: 11 Jan 2024 - 10 Feb 2024

Previous balance on 11 Jan 2024 £125.67

1. We have charged you

Based on your meter readings. VAT included at 5%

Electricity £52.40

Gas £92.13

2. You have paid

Debit card payment 1 Feb 2024 £125.67

Balance to be paid by 10 Mar 2024 £ 144.53

Your charges in detail:

Electricity: 122.6kWh @27.07p/kWh

Standing charge: 31 days @53.94p/day

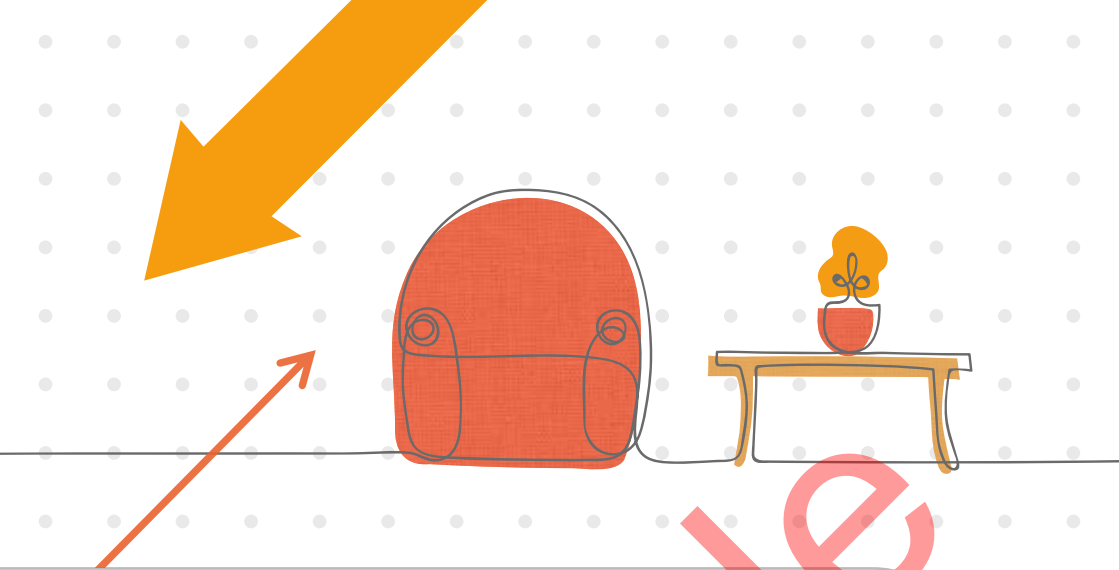
Gas: 1096.9Wh @7.26p/kWh

Standing charge: 31 days @26.16p/day

Ways to pay

 ecogasuk.co.uk/makeapayment

 Or call our 24 hour automated line 0800 880 0023



Home essentials

When moving into a property, there are some essential items that you need.

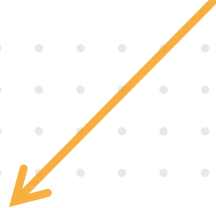
These include:


- furniture (eg bed, desk, sofa, table, chairs)
- furnishings (eg curtains, bedding, blinds, towels)
- appliances (eg fridge, iron, kettle, TV)
- other essential items (eg pots, pans, cutlery)

Some of these items may be provided in a property by a landlord or accommodation provider, some may be shared with others living in the property, and others you'll need to buy yourself.

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



Grocery shopping and kitchen skills

Shopping for groceries, preparing food and cooking meals are all vital skills for living independently.

You'll need to be able to plan meals, go shopping, store food safely, use different cooking techniques and follow hygiene and safety rules to stay safe in the kitchen.


Moving On links

The **Being healthy** journal contains useful advice for healthy eating and nutrition.

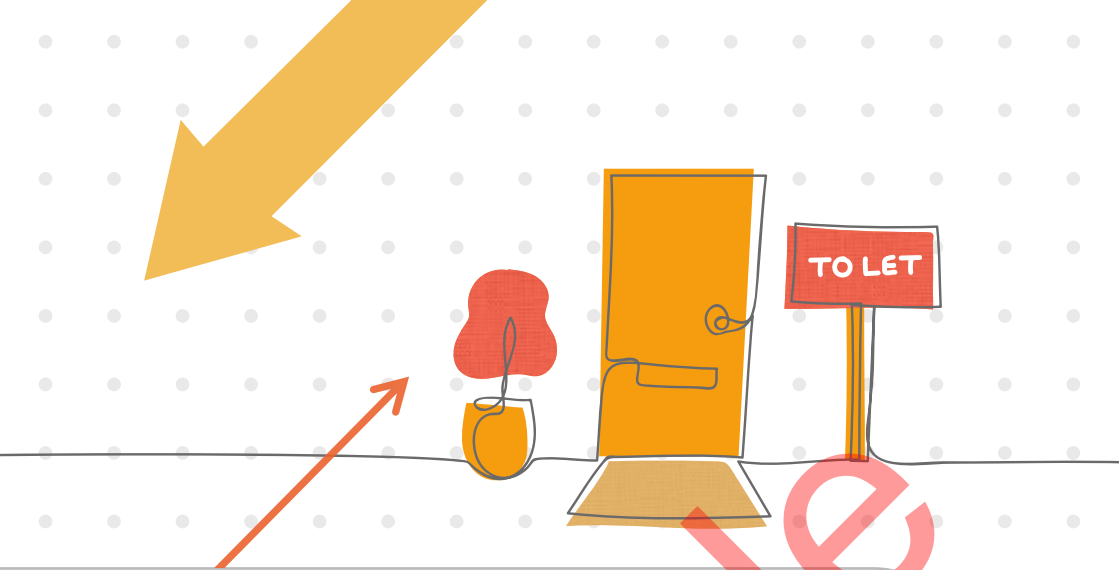
The **Managing money** journal contains useful advice for saving money when grocery shopping.

Store cupboard basics

Store cupboard essentials are the basic ingredients that are used in lots of different recipes, or things that are useful to have in the kitchen cupboard if you need to make a quick meal. Things like dried pasta, rice, tinned foods, flour, spices, sugar and salt.

 **Look at the different groups of store cupboard essentials and find the average cost for each item.** What meals could you make with these? What fresh ingredients would you need to add?

Pasta	Pasta sauce	Tinned tuna	Sweetcorn
			
£	£	£	£
Meal ideas and fresh ingredients I will need			



Being a tenant

A tenancy agreement is a contract between you (the tenant) and a landlord.

A tenancy agreement allows you to live in a property, provided that you pay rent and follow the rules set out in the agreement. It can be a written or oral agreement that sets out the legal terms and conditions of your tenancy, such as:

- the duration of the tenancy and the notice period required to end the tenancy
- when rent payments are due, how much rent is payable and when it can be increased
- any other services the landlord provides


Support

Shelter can provide support with housing, tenancy and homelessness: www.shelter.org.uk

Rights and responsibilities



Being a tenant is about balancing your rights and your responsibilities. You have a right to live in a healthy and safe property. You have a responsibility to pay your rent on time and notify your landlord of any issues.

 Record the rights and responsibilities of being a tenant that you feel are most important.

My rights	My responsibilities





Building a home reflection

The following pages should be completed in conversation with a trusted adult, once you have completed the rest of this journal.

You should discuss:

- What did you enjoy? What have you found difficult?
- What have you learnt? What skills have you developed?
- How are you feeling about living independently?
- What are your next steps? Is there anything you need support with?

Reminder

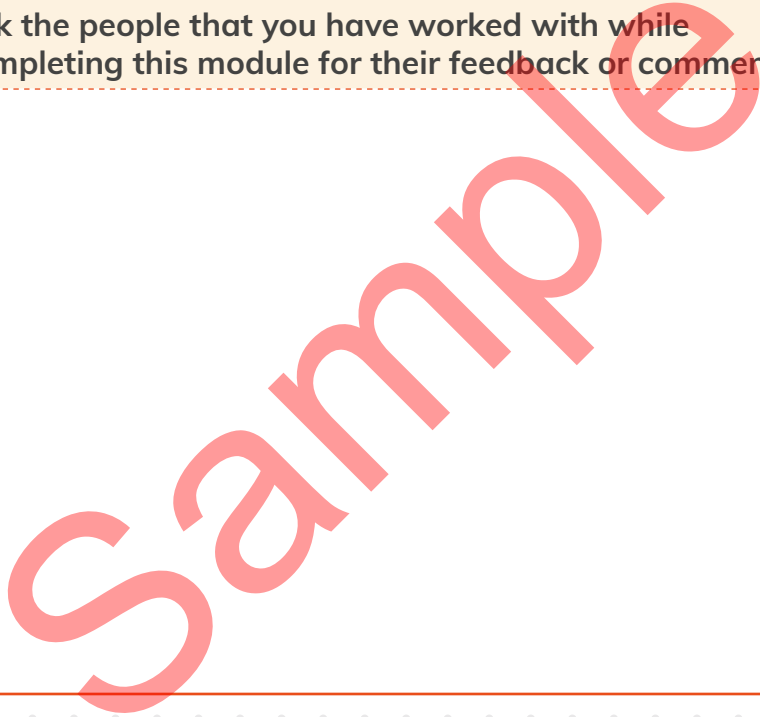
Your completed module journal is yours to keep and take with you to refer back to in the future.

Reflective reference



A trusted adult will write a reflective reference for you, as evidence that you have completed the Building a home journal and that you have developed the skills and knowledge you need to 'move on'.

Ask the people that you have worked with while completing this module for their feedback or comments.



Reminder

Keep a copy of your reflective reference with your completed module journal as evidence that you have developed the skills and knowledge you need to 'move on'.



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