



Leotha Healthcare

LEOHA HEALTHCARE UK

Programmes & Outcomes Overview

Education, wellbeing, life skills, employment and measurable progress.

Empowering Young Lives • Building Independence • Transforming Futures

Public website edition

For young people, families, commissioners and professionals

This public guide summarises the information presented on the Leotha Healthcare website. It is not a contract, care plan, clinical instruction or complete controlled policy document.

Integrated development pathway

Leotha Healthcare connects care, wellbeing, education, life skills and future planning. Each young person's pathway is personalised, reviewed and documented through the Personal Progress Portfolio.

Personal Progress Portfolio

Identity and voice Profile, strengths, dreams, hobbies, family and communication preferences.	Goals Daily, weekly and monthly goals with support reviews and reflections.
Independence Cooking, laundry, cleaning, shopping, budgeting, banking, transport, hygiene and safety.	Wellbeing Mood tracking, emotional diary, mindfulness, gratitude, affirmations and achievements.

Education Programme

- Independent living and functional skills.
- Financial literacy and digital skills.
- Employment skills and workplace confidence.
- Mental health awareness and healthy relationships.
- Community safety and travel training.
- Cooking Academy and health promotion.

Each education module concludes with a workbook, practical assessment and Certificate of Achievement.

Life Skills Academy and future pathways

Level 1 - Basic Independence Core routines, personal care and household skills.	Level 2 - Community Independence Travel, shopping, appointments, safety and participation.
Level 3 - Preparing for Employment Work habits, communication, confidence and experience.	Level 4 - Independent Living Planning, managing responsibilities and sustaining a safe adult life.

Employment and Education Hub

- College applications and university guidance.
- Apprenticeships and work experience.
- Volunteering and community contribution.
- CV writing, job search and interview coaching.
- Workplace confidence and employer engagement.

Wellbeing Programme

Daily wellbeing can include mindfulness, exercise, healthy cooking, creative arts, music, gardening, sport, community volunteering, social clubs, cinema, bowling, walking, nature and relaxation. Pet therapy may be considered where appropriate.

How progress is monitored

- Independence scores and practical assessments.
- Wellbeing measures and personal reflection.
- Education attendance, workbooks and certificates.
- Employment, volunteering and community outcomes.
- Health appointments attended and personal goals achieved.
- Service-user satisfaction, family feedback and annual progress reporting.

Important: Service availability is subject to assessment, placement matching, staffing, commissioning arrangements and any regulatory registration required for the activity concerned.