

# SCHOOL PRE-VISIT PACK

We're looking forward to welcoming your group soon.  
This pre-visit pack is designed to help streamline your visit and ensure everything runs smoothly on the day.

It contains important information about what to expect, how to support learners, and anything you might need to arrange in advance.

Please take a moment to read through the pack carefully and take note of any sections that are relevant to your group.

If you have any questions after reading, don't hesitate to get in touch.

**Email: [admin@lifeskills-bristol.org.uk](mailto:admin@lifeskills-bristol.org.uk)**

**Tel: 0117 9224511**

**Lifeskills**  
LEARNING FOR LIVING



# CONTENTS

## 03

### **Centre Map with Highlighted Potential Triggers**

- A visual layout of the Lifeskills centre, with key areas marked where sensory, emotional and anxiety triggers may occur.

## 04

### **Session Overview and Potential Triggers**

- A crib sheet outlining the scenarios and topics covered during the visit, with notes on possible triggers for pupils.

## 05

### **Pupil Support Details**

- A list of questions we will ask on arrival about your children, to help us tailor the session to your group's needs.

## 06

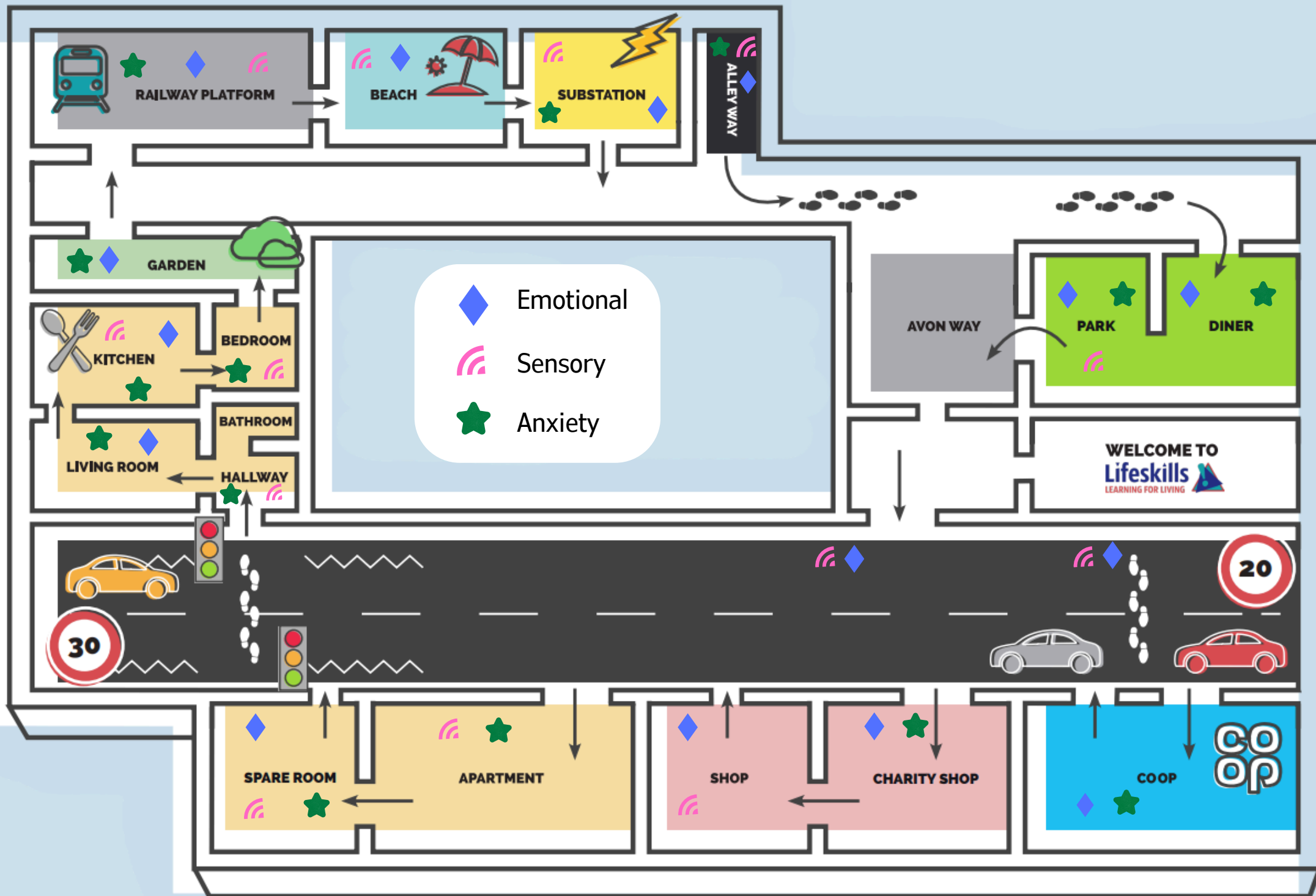
### **Photo Tour of Entrance Routes to Centre**

- showing the view of the building from the carpark, the main entrance, toilets location, lift, and stairs up to Lifeskills

## 07

### **Centre Walkthrough Video**

- A link & QR code to a short video tour of the centre, helping staff and pupils know what to expect before arrival.



<b>ROAD 1</b> Speed limit Stopping distance Visibility Distractions – phone, headphones <b>Car screech sound effect</b> <b>Mention of being hit by a car</b>	<b>ROAD 2</b> Cross safely Crossing between cars Passenger safety Cycle training & Helmets Seatbelts & Booster seat Driver distractions <b>Car screech sound effect</b> <b>Mention of head trauma</b>	<b>COOP/SHOP</b> Find & buy 2 items – milk & cereal Age Limits: alcohol, vapes etc <b>Fully stocked food shop*</b> , some children may lack access to adequate food	<b>CHARITY SHOP/FIRST AID 1</b> Finding a casualty Learn first aid Call 999 <b>Mannequins on the floor, mention of injury casualty being unconscious / not breathing</b> <b>Calling the ambulance</b>
<b>SHOP/FIRST AID 2</b> Practice first aid on mannequins Recovery Position Discussion around AED / Defibrillator & Bleed kit <b>Shouting</b> <b>Mannequins on the floor, mention of injury and may not be breathing and unconscious</b>	<b>APARTMENT/FIRE 1</b> Danger of second-hand electricals Identifying fire hazards Lithium battery dangers Beeping – batteries Test smoke alarm Bedtime routine <b>Loud beeping</b> <b>Smoke alarm sounding</b> <b>Mention of house fire</b>	<b>BEDROOM/FIRE 2</b> Discuss escape plan Call 999 See results of a fire <b>Sound of traffic light</b> <b>Simulation of a fire in the home and escaping</b> <b>Seeing aftermath of a fire</b> <b>Calling Fire service</b>	<b>HALLWAY/GAS &amp; CO</b> Dangers of household gases Beeping alarm <b>Smell of gas card</b> <b>Mentions risk of Carbon Monoxide</b> <b>Mentions risk of gas leaks</b>
<b>LIVING ROOM/ILLEGAL DRUGS</b> What is a drug? What kinds of drugs are there? Why are some drugs illegal? Show Cannabis Play the game Confidence to say no. <b>Imitation substances</b> <b>Mention of Illegal drugs</b>	<b>KITCHEN</b> Kitchen hazards <b>Shouting</b> <b>Tripping with kettle</b> <b>Mentions risk of burning/scalding</b> <b>Mention of electrocution, accidentally cutting oneself.</b>	<b>BEDROOM/CYBER SAFETY</b> Learn about cyber safety SMART poster <b>Sound and visual of game</b> <b>Allusions to dangers of adults</b>	<b>GARDEN</b> Sun safety Trampolines Bonfire/BBQ Fireworks E-Scooter & battery Scooter/skateboard <b>Mention of risk of cancer</b> <b>Mention of potential injuries from the above</b>
<b>RAILWAY</b> Train safety Danger – Speed 125mph Danger – stopping distance Electric Wires Reporting problem <b>Train noise, wind &amp; flashing lights</b> <b>Mention of being hit by train &amp; Police/prison</b> <b>Mention of risk of electrocution &amp; death</b>	<b>BEACH</b> Beach safety – STOP & THINK, flags, FLOAT Dangers -cliff, tide, inflatables, red flag Cold water shock Helping someone in trouble <b>Sound of waves</b> <b>Mention of drowning</b>	<b>SUBSTATION</b> Electricity journey Hazard – kite, tree, Substation Arcing Electricity Call 105 <b>Electric shock sound &amp; flashing lights</b> <b>Mention of electrocution</b> <b>Calling national grid</b>	<b>ALLEYWAY</b> Staying safe out & about What to do if being followed/threatened Call 999 <b>Noisy dark alleyway</b> <b>Loud scuffle &amp; ‘attack’</b> <b>Mention of being followed/mugged/bullied</b> <b>Calling the police</b>
<b>DINER</b> County lines & tricks used to recruit young people What would you do if you were in this situation? <b>Projector light</b> <b>Adverts / menus for food on display*</b> , some children may lack access to adequate food. <b>Threatening image, words, prison</b> <b>Mentions of risk of being targeted</b>	<b>PARK</b> Potential consequences of involvement with knives Discuss knife surrender bin & Bleed kit <b>Sounds and visual of oversized phone</b> <b>Mention of being hassled by other children and risk of getting stabbed and risk of prison</b> <b>Mention of being hassled by other children, mention of risk of getting stabbed and risk of prison</b>	<b>Emotional</b> <b>Sensory</b> <b>Anxiety</b>	



# Pupil Support Details

**Please think about the below questions in advance of your visit so that we can plan how to best support your group.**

**If you wish to send information in advance please email [dan@lifeskills-bristol.org.uk](mailto:dan@lifeskills-bristol.org.uk)**

**On arrival, we will ask you to speak to our volunteer tour guides about the needs of your group, so that we can best support them and make any necessary adaptations. Please be prepared to briefly describe any relevant:**

- Learning needs
- Emotional, behavioural and/or neurodivergent needs
- Specific medical needs e.g. asthma, epilepsy
- Language, literacy, or numeracy needs

**Will children need to go around with a supporting adult?**

**Group sizes of around 3-5 usually work best, please prepare groups in advance if this will be more comfortable for the learners.**

**Have any children experienced an accident, trauma, or bereavement which may affect them during their visit? This may include:-**

- Experience of alcohol/drug abuse
- Recent bereavement of family/friend
- Experience of knife crime
- Experience of a fire
- Traffic accidents

**Are any children likely to be affected by loud noises or lights?**

# Walkthrough Video

This video of the centre provides a clear preview of what to expect. It can be used to help children feel more comfortable and confident ahead of their visit if they are feeling anxious.

Please click the link below or follow the QR code.

[Lifeskills centre](#)





# Arriving at Lifeskills



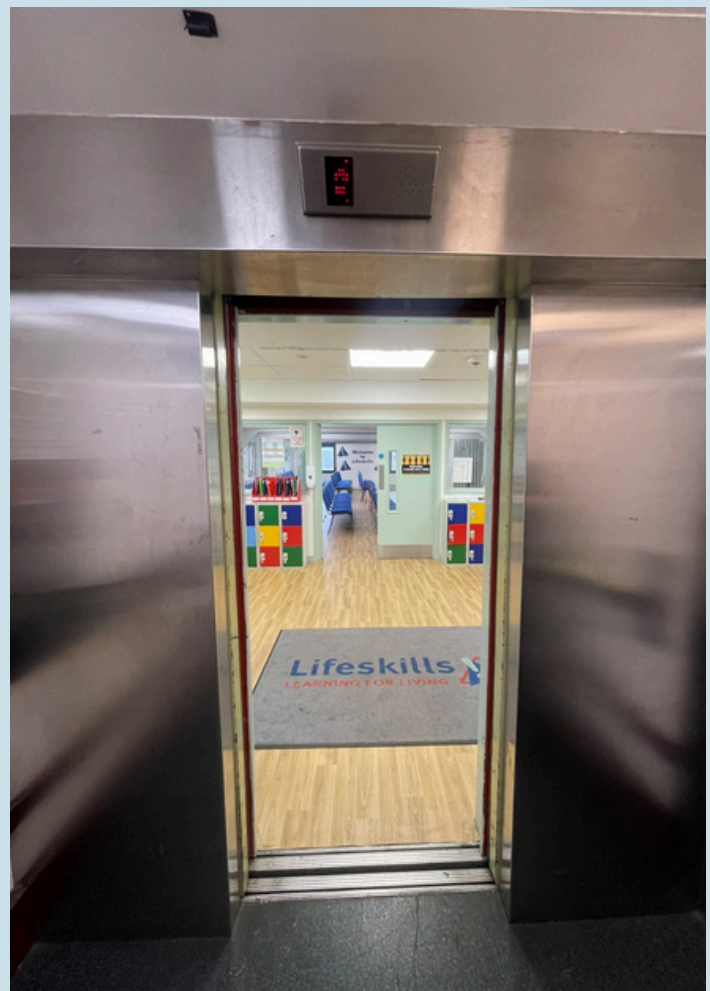
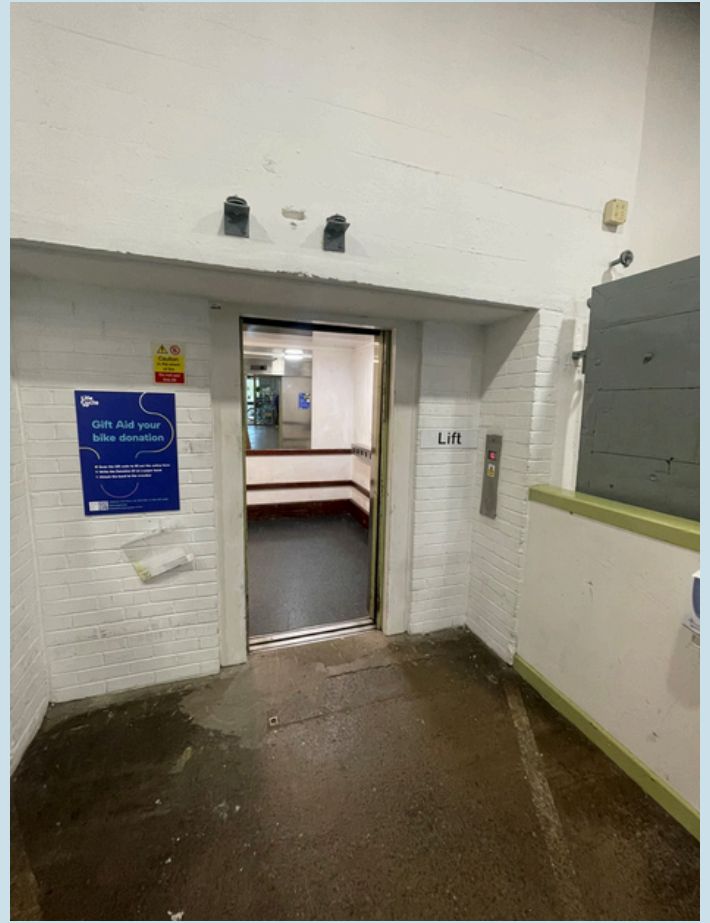


# Entering the building - toilets on the left





# Lift up to Lifeskills - 4<sup>th</sup> Floor





# Welcome to Lifeskills!



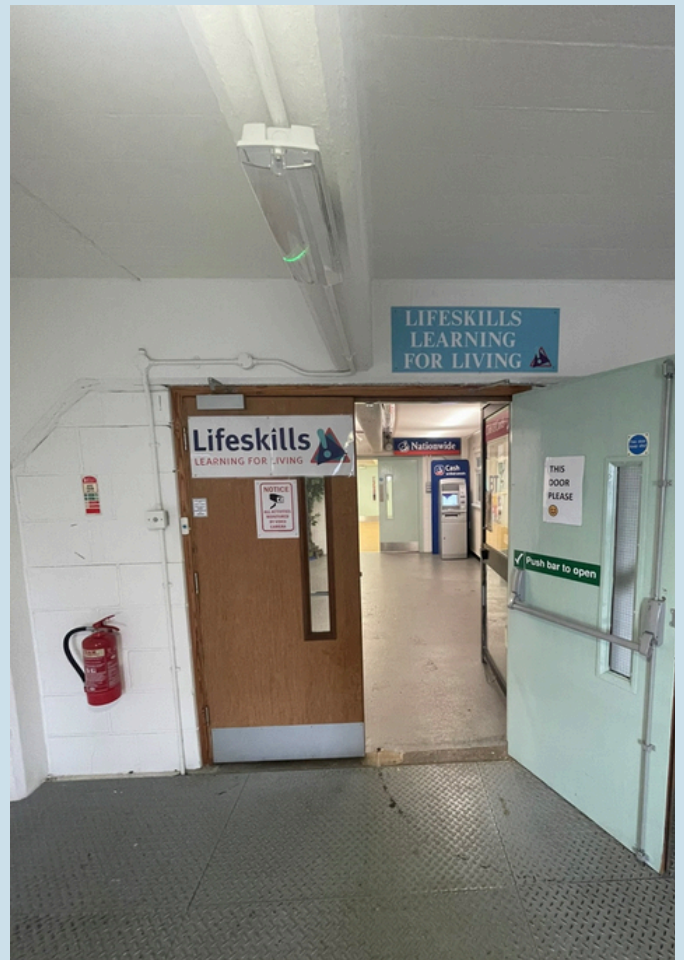
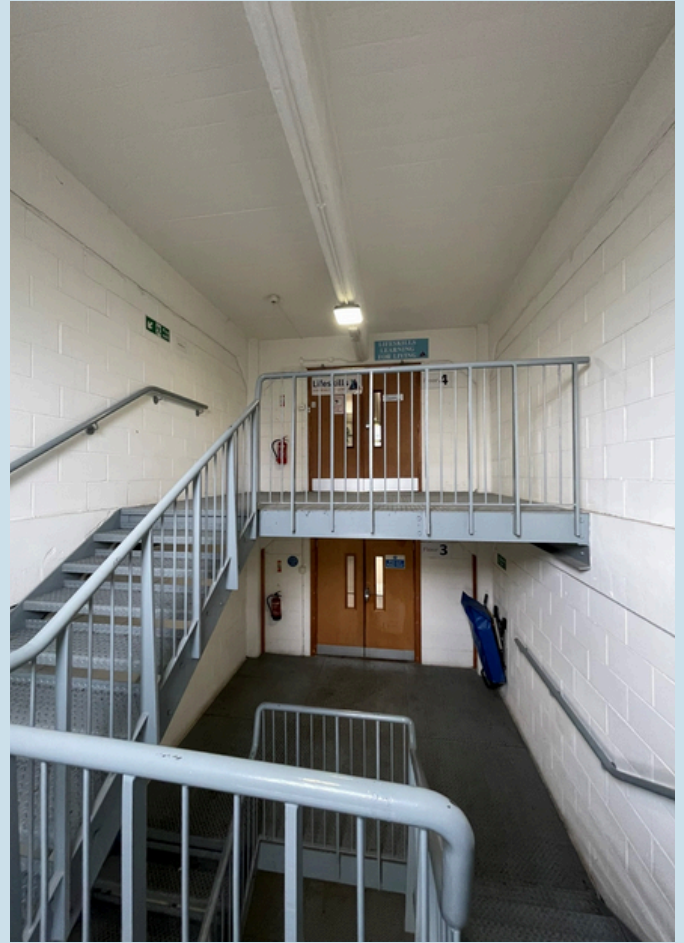
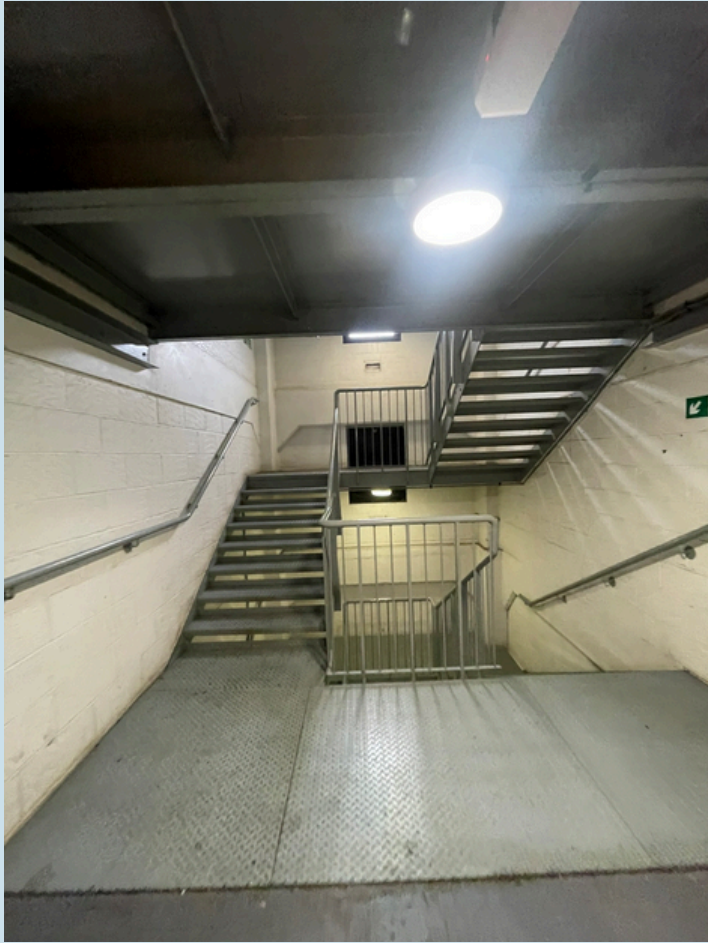


# Stairs up to Lifeskills - 4<sup>th</sup> Floor





# Stairs up to Lifeskills - 4<sup>th</sup> Floor





# Welcome to Lifeskills!

