





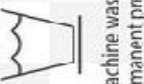












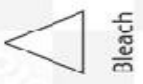












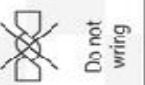













The following information is to help and support with independent living for students 16+.

Home care and safety

Wash	
Iron	 Do not wash  Wash at or below 30°C  Hand wash only  Wash at or below 40°C  Machine wash normal  Wash at or below 50°C  Machine wash permanent press  Wash at or below 60°C  Machine wash gentle  Wash at or below 70°C  Wash at or below 95°C
Bleach	 Do not iron  Do not steam  Iron any temp steam  Low temperature  Medium temperature  High temperature  Do not bleach  Do not bleach  Bleach  Non-chlorine bleach
Dry	 Do not tumble dry  Tumble dry normal  Tumble dry delicate gentle  Tumble dry low heat  Tumble dry medium heat  Tumble dry high heat  Tumble dry no heat  Dry  Dry flat  Drip dry  Hang to dry  Do not wring
Dry clean	 Do not wet clean  Any solvent  Petroleum solvent only  Any solvent except tetrachloroethylene  Wet cleaning  Dry clean  Reduced moisture  No steam  Low heat  Short cycle  Do not dry clean

Ensure part of your cleaning routine includes: cutlery, plates, bowls, toilet, sink and bedding.

You must wash your bedding once a week. This includes bed sheets and the fitted sheet.

Ensure that you read all chemical products labels as some may need you to wear gloves e.g. bleach, toilet cleaner, oven cleaner.

Make sure you use different cleaning items to clean different surfaces. Don't use the same sponge for the kitchen as you do for the bathroom.

Make sure when cleaning anything electrical it is off and unplugged and dry before you plug it back in again.

Never touch a plug socket with wet or damp hands.

When at home make sure that any flames are not left unattended.

Always remember should you need fire services, ambulance services, or police the number is **999**.

It is very important to maintain good personal hygiene you must shower at least every other day.

Finance and planning basics

When starting a job most will need you to have a bank account.

When opening a bank account, you will need ID. One must be photo ID: Passport or drivers licence that are in date.

There is a difference between a credit and debit account.

If you are living independently there are different bills you must pay:

- Rent – must be paid or you'll lose your home. Housing benefit can be obtained for qualifying criteria. Speak with your local housing department.
- Council tax - <https://www.gov.uk/council-tax> - must be paid to access local services. Discounts are available for single people and some other qualifying criteria so always check first.
- Gas
- Electric
- Phone
- TV license – www.tvlicensing.co.uk - to watch TV or watch shows online
- Home insurance/ other insurance
- Food bills
- Water bills

Once you are living independently there are many different people and websites to contact for help such as your local council or the gov.uk website.

There are also many websites or apps to help you check how much money you earn and then where your money goes.