



# THE INSPIRATION PROGRAMME

An Action4Youth Initiative

Course outline and syllabus

DISCOVER AND UNDERSTAND WHAT MAKES  
OUR COMMUNITY WHAT IT IS TODAY AND  
WHY IT IS SO IMPORTANT

**The Inspiration Programme is a unique course designed to broaden the horizons, thinking and experience of young people in our community. The Inspiration Programme aims to make young people aware of how society works, and understand their place within it and their future potential.**

This programme will enhance existing provision by creating opportunities for young people, providing direct and meaningful experiences with unique and unprecedented access to important elements of our community: working life, arts and culture, police and criminal justice, the charity sector and personal health and wellbeing, including nutrition and activity.

The Programme is a valuable addition to a young person's CV and personal statement. The course is offered through schools and colleges principally to Year 12 students, but can be tailored to younger age groups of all abilities.

Taking place throughout the academic year, each element runs for a half term, 1 day each week for 6 weeks.

Every section will commence with an inspiration day, with motivational speakers outlining the course. It will encourage students to challenge their preconceptions and to embrace new ways of thinking and explore the ideas of self-expression, leadership and resilience.

A crucial aspect of the programme is that it will engage students in real experiences, so there will be an emphasis on getting them out of the classroom and into real- life situations.



# CHARITY

**Course outline: To provide an understanding of how the charity sector works, its purpose, its needs and its significance in supporting and underpinning communities.**

## **Week 1: The Inspiration Day**

This day will involve speakers and workshops to explore the students' understanding of the charity sector, to challenge their perceptions of charities, and to educate them on the importance of charities to the local community and wider

society. The day will explore topics such as 'The Global Picture', 'Keeping it Local', philanthropy, volunteering and altruism.

## **Weeks 2 and 3: Go and See Days**

On each of the two days, the students will visit a local charity to see how it operates. They will meet with beneficiaries, volunteers and staff to get an overview of the organisation. They will engage with staff, volunteers and users developing their own communication skills.



#### Week 4: Team Work

Working together in teams, the students will develop and plan a case to support their chosen charity. A respected sector figure will join each team to assess how they work together, and will provide comment and recommendations.

#### Week 5: Pitch to Funders

Each team will work together to prepare a presentation and will present their case for financial support for their

chosen cause to a panel of adjudicators made up with young people from the group. They will face a question and answers session, before the panel decides how much it is willing to award to the winning cause.

#### Week 6: Guided Reflection

A time to review the previous 5 weeks, reflect on all that has been discovered and discuss and share thoughts.



# WORK LIFE

**Course outline: To provide an understanding of the workplace, how business operates and, crucially, the role and expectations of employees. Students will discover new potential career choices and be better prepared for work.**

## **Week 1: Introduction and Presentation Skills**

Introduction to the pillar. Consider business, entrepreneurialism and the young peoples' expectations and assumptions about the world of work. Presentation skills session. Focus on the key skills of communication and team working.

## **Week 2: Personal presentation and motivation**

Covering topics like motivation, personal presentation and understanding their own strengths and weaknesses. Students will learn about self-awareness in business and understand the importance of team work. They will debate topics such as 'What is success and what does it look like?'

## **Week 3: Entrepreneurism and Business**

Facilitated session with young business person explaining their story, what they have achieved and how.



**Week 4: Life in the forces**

RAF trip focussing on team working.

**Week 5: Interviews and communication**

Interview practice with volunteers. Focus on confidence building, structuring a conversation, building confidence in dealing with authority figures.

**Week 6: Reflection and review**

A time to review the previous 5 weeks, reflect on all that has been discovered and discuss and share thoughts.



# ARTS & CULTURE

**Course outline: To provide students with an understanding of the relevance of arts and culture to society and help explore personal self-expression.**

## **Week 1: The Inspiration Day**

Students will explore their understanding of arts and culture, its importance within society, the impact it has and how they can express themselves through the arts. The session will also challenge preconceptions about the arts.

## **Week 2: Day Trip**

The students will visit Waddesdon Manor, exploring the house and grounds, which were built in the 19th century. They will learn about the unique collections and the people who created them.

## **Week 3: Exploring self-expression through music**

Umbanda, performance and opportunity for free, individual expression.



## **Week 4: Exploring Performance through the spoken word**

Exploring performance in terms of self-expression and the spoken word. Visit to local radio station to understand spoken word performance in practice.

### Week 5: Theatre Performance with a difference

Red Heart, one man theatre performance, exploring imagination in self-expression, audience perceptions, etc

### Week 6: Reflection and review

A time to review the previous 5 weeks, reflect on all that has been discovered and discuss and share thoughts.



# HEALTH & WELLBEING



**Course outline: To provide students with an understanding of the importance of physical and mental health to their overall wellbeing and the factors that influence them.**

## **Week 1: The Inspiration Day**

The students will discuss and explore their understanding of wellbeing. Topics such as confidence, resilience and mental health will be covered, as well as teenage pregnancy and smoking.

## **Week 2: Fire Service Activity Day**

The students will actively learn about safety in the home, as well as the importance of personal fitness. Also understand dealing with emergency situations and the importance of effective communication in team work.

## **Week 3: The Impact of Stigma, Discrimination and Bullying**

This workshop will cover issues specifically related to young peoples' wellbeing, including technology and the impact of cyber bullying, Lesbian, Gay, Bisexual and Transgender (LGBT) and relationship issues. They will also learn about the impact of mental health stigma, its terminology and language associated with it. The students will undertake exercises on self-esteem and body image to help combat mental health issues.

## **Week 4: Practical first aid**

A hands on session of immense value.

## **Week 5: Green Dragon Eco Farm**

The students will visit the Green Dragon Eco Farm where they will learn about ethical and sustainable food. They will learn about animal husbandry, welfare and how this fits into the food chain.

## **Week 6: Review and Reflection**

A time to review the previous 5 weeks, reflect on all that has been discovered and discuss and share thoughts.



# POLICE & CRIMINAL JUSTICE

**Course outline:** To provide students with an understanding of the role of the police in society, and the purpose and morality of the justice system in supporting and maintaining communities.

## **Week 1: The Inspiration Day**

Students can expect to learn about the history and background of policing, and the concept of law, justice and morality. They will look at the purpose of the criminal justice system, the job roles within it and the roles the general public play.

## **Week 2: Visit to Upper Heyford Thames Valley Police Facility**

Students will experience real- life police riot training, where they will learn what it feels like to be part of a riot, both as a participant and as a police officer.

## **Week 3: Investigating and Crime Solving**

A senior detective from Thames Valley Police will lead a workshop where they will look at a real-life investigation



and explore the different actions that led to solving that particular crime.

## **Week 4: Prison Visit**

Students will visit HMP Grendon and Springhill, where they will take part in debates on agreed themes with prisoners.

**Week 5: Restorative Justice**

Students will learn about the concept of restorative justice from those who have experienced the system, either as a victim or perpetrator. They will carry out debates about the success of the restorative justice and explore if it works,

using evidence from research that they have collected.

**Week 6: Review and Reflection**

A time to review the previous 5 weeks, reflect on all that has been discovered and discuss and share thoughts.



## THE PROGRAMME

**Practical Information**

On day trips out of school or college, it is important for students to wear suitable footwear, such as trainers. They must always have a coat or jacket so they are prepared to be outside in poor weather conditions.

Students must bring a packed lunch on days when they will be away from school or college.

It will be assumed the student gives consent to having their photograph taken and be in group videos. If this is not the case please stipulate.

# ACTION4YOUTH

Action4Youth is based in Aylesbury and is a charity operating throughout Buckinghamshire and Milton Keynes and into the surrounding counties of Bedfordshire, Oxfordshire, Cambridgeshire and Northamptonshire.

Our aim is to inspire young people, whatever their background, ability or disability through fun, often transformational experiences

which not only challenge them and encourage them to grow as individuals, but also build personal confidence, setting them new horizons from the perspective of what they can do, rather than what they can't.

Everything we do is focussed to engage the rising generation of our community - helping them work together to help each other and benefit their community.



# OUR THANKS

**Action4Youth are grateful to the following people and organisations who have helped make The Inspiration Programme a reality. We are very grateful for their enthusiasm, support and expertise.**

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HM Prison Grendon and Springhill

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**Wing Commander Dawn Akyildiz**



# THE INSPIRATION PROGRAMME

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## OUR SPONSORS



London Luton Airport Operations Ltd via



Bedfordshire and Luton  
Community Foundation



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