



THE INSPIRATION PROGRAMME

An Action4Youth Initiative

Course outline

THE INSPIRATION PROGRAMME AIMS TO MAKE YOUNG PEOPLE BETTER EQUIPPED FOR WORKING LIFE, HAVE A GREATER UNDERSTANDING OF THEIR ROLE IN SOCIETY, AND THEIR FUTURE POTENTIAL.

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This programme will enhance existing provision and create opportunities for young people, providing direct and meaningful experiences with unique and unprecedented access to important elements of our community: work life, arts and culture, police and criminal justice, community and environment as well as personal health and wellbeing.

The Programme is a valuable addition to a young person's CV and personal statement. The course is offered through schools and colleges with direct links to enhance core and foundation subjects within the curriculum.

It takes place throughout the academic year, each pillar runs for a half term, 1 session each week for 6 weeks with regular opportunity for young people to reflect on what they have gained.

The programme has embedded the Gatsby bench marks, it involves direct links with employers and employees, raising aspirations and supporting young people to be more aware of the possibilities around them.

It will encourage young people and challenge them to exchange information effectively; work collaboratively and find solutions to complex problems.

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



HEALTH & WELLBEING



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

Smile Inside

Young people will be involved in an interactive workshop exploring the topic of self-confidence. The workshop examines what confidence is and why it's so important to their everyday lives. This session gives young people practical hints and tips on how to build their confidence skills for use in all situations.

Bucks Fire and Rescue

Young people will spend time at an active fire station, learning about fire safety as well as what to do in an emergency. They take part in a variety of activities both on and off the parade ground that test physical fitness, communication and team-work.

Bucks Mind

This session will encourage young people to think about their own mental health, self-confidence and the things in their lives that impact on their overall well-being. Young people will debate and discuss subjects such as communication via social media, stigma and strategies to maintain their own mental health wellbeing.

Hands-on First Aid

This session is themed around real life experiences where young people will learn how to deliver practical first aid. Using the interactive classroom young people will learn how to stay safe in an emergency situation and how to deliver life-saving first aid.

Farm to Fork

A visit to experience a mixed livestock and arable farm and discover what farm life and working outdoors involves. In teams young people will participate in a tour of the farm looking at livestock, wildlife, cereal and food production. Activities at the farm include

sourcing ingredients, with a demonstration and hands on cooking experience.

Review and Reflect

A time to review and reflect on all that has been gained in previous weeks. This time will be used as self-reflection and discovery. The young people will explore their own potential through a personalised experience based on their interests, aspirations and career destinations. Young people will be discovering new opportunities and possible career destinations based on new skills and ideas from the Health and Well-being pillar.



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.

Catching a Criminal

Young people will experience a unique insight into what it takes to be a major crime detective in Britain today. The young people will explore the importance of working in a team to solve a problem and the significance of drawing on other people's skills, experience and expertise to work together to achieve a common goal - in this case a complex criminal investigation.

Public Order

Young people will have a fast moving hands-on experience with Thames Valley Police Public

Order Department, discovering the methods and tactics that are used to maintain order. Working as a team, young people will experience drills where communication skills are practiced. They conduct a real-time raid in a building bringing into action their problem solving, team work and communication skills.

Prison Visit

Young people will visit an open prison or be visited by an ex offender who will talk about their life choices and experiences. Prison staff outline the role that the prison has played in supporting detainees with life-skills, employment and vocational training. They will discuss career options within the prison service and the value of communication, team work and problem solving within the sector.

Law and Order

Young people 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 role the general public plays. Young people can reflect on the role of the community and importance of team working and communication between the services.

Restorative Justice

Young people will consider the emerging role of restorative justice in the criminal justice system. Restorative justice empowers victims by listening to what they have to say, giving them a voice and a chance to

explain the real impact of the crime directly to their offender. Young people will hear from a victim of crime and their experience of restorative justice.

Review and Reflect

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COMMUNITY AND ENVIRONMENT

Course outline: This pillar enables young people to find out about their own environments and developing communication and problem-solving skills in real life situations which will improve their communities.

My Community

This session will explore what is meant by 'community'. Young people will work in teams to consider the issues within their local community that specifically affect their age

group. They will then be joined by local parish councillors and/or PCSO's to debate these issues.

Wild Wellbeing

This trip involves visiting a wildlife charity; young people will explore the benefits of the outdoor environment, working with the community, the value of being outdoors and of volunteering. Students will take part in a wild wellbeing walk and discover more about the wildlife around them.



Carbon Footprint

Young people will discuss what carbon footprint is, what it is and why it matters in the world they live in today. They will investigate what their carbon footprint looks like and why it makes a difference. They will problem solve in teams to determine methods to improve their carbon footprint, with the ultimate goal, that they can achieve carbon neutrality.

Reduce/Recycle/ Reuse

A visit to experience a state-of-the-art Energy from Waste facility that diverts waste from landfill and instead generates power. Young people will experience the control room, grab crane, waste bunker and have a full interactive site tour. They will investigate energy from waste, and problem-solving activities to reduce waste.

Community Space Audit

A chance to evaluate the quality of community space from the view point of the people that use it and how this can be developed. Young people will work in teams to look more closely at their local

environment and discuss how to make the most of what is on offer. The teams will produce a report that they will present to the community lead.

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WORK LIFE

Course outline: To provide an understanding of the workplace, how business operates and, crucially, the role and expectations of employees. Young people will have broader horizons and increased awareness of the range of career opportunities.

Teams that Talk

This is an active session where young people will explore what it means to be in a team. In small teams young people will discuss the need for respect and how to manage situations at work through scenario based learning. Young people will practice assertiveness skills to support them with team working.

RAF Experience

Young people will experience a variety of hands on team building activities where their communication, team work and problem-solving skills will be put to the test. Young people will discuss the history of the RAF as well as talk to a variety of personnel about their working life and the skills required.



Confident Speaking

With employers rating communication skills as their highest priority, the ability to verbally express ideas is more important than ever. Oracy skills will be introduced and practiced in this session. Young people will debate and discuss ideas and knowledge, coming up with their own conclusion which they will present to each other in organised student talks.

Business Experience

A visit to a business where young people will participate in a tour that shows the working of the business and departments within it. The young people will take part in team and communication exercises linked to the business and will investigate what makes a good employee.

Interview Skills

In this session young people will discover what makes a good interview and how to develop their confidence and communication skills. They will have an individual interview with an experienced employer and college lecturer to practice those skills. They will gain feedback on their strengths and areas for improvement. The young people will produce an action plan for developing those skills ready for education and employment interviews.

Review and Reflect

A time to review and reflect on all that has been gained in previous weeks. This time will be used as self-reflection and discovery. Young people will explore their own potential through a personalised experience based on their interests, aspirations and career destinations. Young people will be discovering new opportunities and possible career destinations based on new skills and ideas from the Work Life pillar.



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.



Waddesdon Windmill Hill

Visit to the contemporary Windmill Hill, a former dairy, on the Waddesdon Estate to explore art and culture in a modern setting. Young people will consider ideas around value, taste and viewing things from a different perspective. They will explore ideas of collections, archives and people's self-expression through their belongings. Young people will also visit the Flint House, winner of an acclaimed architectural award in 2015. The Flint House sits on a chalk seam which itself inspired the unique design of the building.

Waddesdon Manor

Having already visited the contemporary parts of Waddesdon, young people will return to experience the 19th century Manor and further expand their thoughts around self-expression. The Manor takes the style of a French Renaissance chateau, inspired by those in the Loire valley. It is filled with royal treasures and many objects that each have an exceptional story to tell. Led by an experienced guide, young people will explore the stories behind objects that particularly resonate with them.

Creative Junction

Young people 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 develop self-confidence as well as communication through debating their understanding and thoughts. The session will also challenge preconceptions about the arts.

Back Stage Pass

Young people take part in a behind the scenes tour of the amazing new theatre facilities. Looking at all the different roles of the backstage staff as well as getting to see the dressing rooms used by star performers. They will explore behind and under the stage, giving the young people an idea of what goes on behind the scenes. Young people will explore employment opportunities in the world of theatre.

Making Music

This hands-on drumming workshop will allow young people to explore rhythm and music. Through drumming and percussion, the young people will become a team, creating

rhythms using instruments drawn from different parts of the globe. The teams will choregraph and perform their own drum routine.

Review and Reflect

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THE PROGRAMME

Practical Information

On day trips out of school or college, it is important for the young people to be suitably dressed and equipped for all weather conditions. They must also wear suitable footwear, such as sturdy trainers.

For some trips they will be out for longer sessions and may need to bring a packed lunch. The young people and the school will be informed beforehand what is required.

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 focused to engage the rising generation of our community – helping them work together to help each other and benefit their community.

OUR THANKS

Action4Youth are very grateful to everyone who is bringing their experience and enthusiasm to The Inspiration Programme, especially:

Berkshire
Buckinghamshire
Oxfordshire



THAMES VALLEY
RESTORATIVE JUSTICE
SERVICE
Repairing harm





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5 Smeaton Close, Aylesbury HP19 8UN

Tel: 0300 003 2334

www.action4youth.org

Charity reg no: 1033626

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