

NATIONAL CITIZEN SERVICE SUMMER 2017: WAVE 1

Information Guide



IT ALL STARTS AT YES



WELCOME TO YOUR NATIONAL CITIZEN SERVICE!

This information pack is full of useful information for you, your parents & guardians. It will give you all the information you need for taking your next step on our NCS programme!

Your NCS Programme

Parent Briefing, Inductions & More

Outdoor Activity Residential

Community Engagement & Social Action Planning Week

Social Action Project Delivery

Graduation celebration here at Stadium MK

OVERCOME NEW CHALLENGES!

MEET NEW PEOPLE & MAKE LIFE-LONG FRIENDSHIPS!

DEVELOP NEW TRANSFERABLE SKILLS!

MAKE A REAL DIFFERENCE IN YOUR LOCAL COMMUNITY!

I went out of my comfort zone and came out the other side!



MEET THE NCS TEAM...

Senior Youth Officer: Jamie Bather

Jamie has been the NCS Co-ordinator for the last four programmes, his love for the outdoors and passion for learning has inspired participants to excel in the programme.

Youth Officer: Freddie McCann

Freddie has previously lead two NCS programmes and is relishing the chance to continue this role. His welcoming and friendly attitude allows participants to reach their full potential on the programme.

Education Manager: Raj Randhawa

Raj started working on the NCS in Summer 2015. He enjoyed his first NCS programme and even managed to conquer his own fears of heights and deep water, with support from participants and staff. He believes NCS is a must for any young person and guarantees that it will benefit a young person going forward whether it is university, employment or apprenticeships.

Business Apprentice: Joe Cleveley

This is Joe's first NCS programme and he is excited at the chance to be involved with helping young people reach their goals and learn new skills.

Education Officer: Paul McNally

Paul is responsible for the delivery of the 11 A-side football academy programme at MK Dons SET. This will be his first time involved with the NCS, having briefly observed the course over the summer. Paul is keen to use his vast experience of working with young people into the NCS environment.

Youth Officer: Hayley Watson

Having recently joined the team at MK Dons Set this will be Hayley's second programme and she is looking forward to the challenge of supporting and engaging the participants on their NCS journey.



IT ALL STARTS AT **YES**

INTRODUCTION

PARENT BRIEFING, INDUCTION & MORE!

- Parent Briefing (Wednesday 7th June) Stadium MK
- Time: 18:00-19:00 pm

An introduction to the NCS programme for Parents/Guardians where there is a chance to meet the staff; ask questions and find out about the programme!

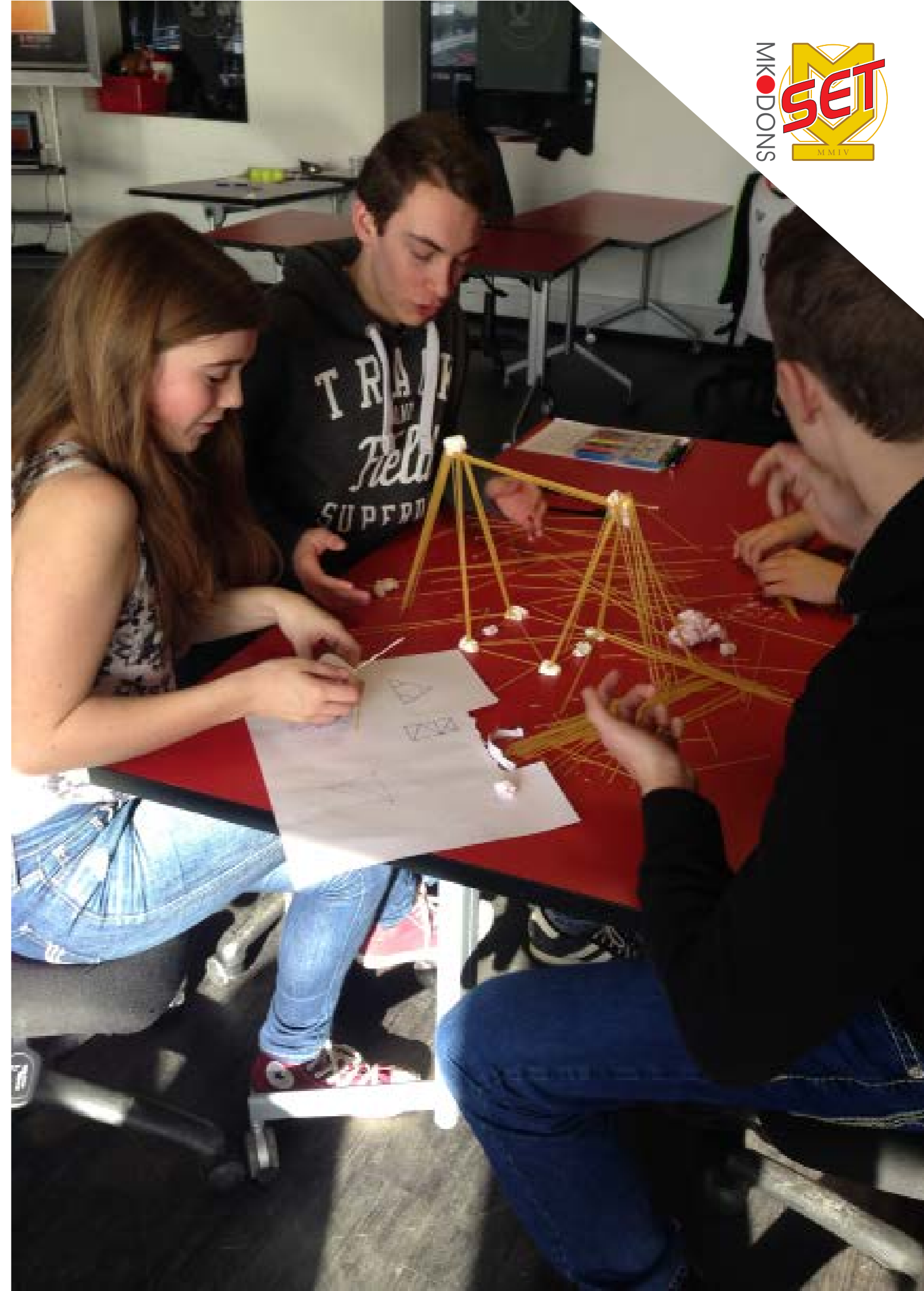
- Induction: (Saturday 8th July) Stadium MK
- Time: 10am - 2pm

This is a fantastic opportunity for participants to get to know each other and the staff whilst taking part in team building activities. The day will consist of a whole host of different activities which will give participants a chance to feel relaxed before embarking on the NCS Residential!

- Bag Drop: (Friday 14th July) Stadium MK
- Time: 17.00-19:00pm

Dropping off the majority of your belongings before your NCS journey and collecting your NCS t-shirt.

**"We made friends
FOR LIFE!"**





"I believed in myself
and found my
confidence."



ADVENTURE

OUTDOOR ACTIVITY RESIDENTIAL TRIP!

When?

Leave: Monday 17th July - 09:00am from Stadium MK
Arrive back: Friday 21st July - 16:30pm (Traffic Pending)

Where?

Culmington Manor, Seifton, Craven Arms SY7 9BY

Over this weekend you and your team will be challenged to work together to combat activities such as kayaking, raft building, rock climbing and much more! In this time you and your team will together face fears and develop transferable skills such a communication, team work and team management!

DISCOVER

HOMERESIDENTIAL!

When?

Monday 24th July - Friday 28th July

Where?

Arrive at University of Bedfordshire- Pohill Ave, Bedford, MK41 9TD for 10:00am

The Discovery phase is based at UoB and gives our participants the chance to get to know about their community through a variety of workshops and challenges presented and lead by local charities and businesses. This is a fantastic chance for participants to gain the vital skill sets that will help them in further education, apprenticeships and the work place. All of this is done whilst staying at the venues accomodation.



MAKING A DIFFERENCE

DELIVERY AND PLANNING OF SOCIAL ACTION PROJECT!

When?

Monday 31st July - Friday 4th August

Where?

Stadium MK

Here at Stadium MK the participants take ownership of organising and planning their projects with support from their team leader and assistant team leader. Several resources such as telephones, computers, printers and more will be available to ensure each group has the best chance creating a fantastic Social Action Project and making a real difference in their local community. After planning throughout the week the groups have up to 3 weeks to deliver their projects.

"I can't stress enough how much of an amazing experience NCS has been for me."



"Its amazing how much of an impact you can have on your local community."



GRADUATION

CELEBRATE AND SHOWCASE YOUR SUCCESS!

When : Thursday 7th September - *Stadium MK*

- Graduation at *Stadium MK*
- Celebration of NCS Summer 2017 Highlights
- Graduation running from 18:30 - 20:30
- Followed by free tickets an MK Dons FC home league game.
- All may be subject to change

"I was proud to show my friends and family the work me and my team had done"



KIT LIST

Whilst away on our residential trips, all specialist equipment such as helmets, harnesses, life jackets will be provided by our Hosts at Manor Adventure in accordance with their Health & Safety policies and Risk Assessments.

You will also be given a **FREE** NCS jumper and T-shirt as part of your Sign Up to the programme and will be expected to wear these as often as possible. Please take this into consideration when packing and please see the suggested list below for items to bring with you; Make sure that clothing is suitable for outdoor activity:

MK Dons SET cannot be held liable for any loss, damage or theft to goods or clothing, so please ensure any clothing worn is acceptable for the activities.

- Nightwear x 1
- Underwear x 7
- Socks (over ankle length) x 7
- 2 x more fleeces/sweatshirts
- 3 x T-shirts
- 1 x Long sleeved T-shirt
- 3 x pairs of old trousers (not jeans)
- 1 pair of shoes/trainers for indoors
- Waterproof Jacket
- Baseball Cap/Hat
- Swimwear
- 1 Set of Casual clothing
- Wash Bag and Towel
- Bug Repellent
- Sleeping Bag
- Torch and Batteries
- Plastic Bottle for Drinks
- Sunscreen - hot weather
- Small Bag/Rucksack
- Labelled plastic bags for wet items



Other Ideas: Note Pad and Pens, Sunglasses, Gloves, Playing Cards, Insect Repellent, Books/ Magazines

MK DONS SET DEAL BREAKERS

Here at the MK Dons SET we take the safety and well-being of all staff, volunteers and participants very seriously; and as a result operate a strict 'Deal Breakers' policy which has been, and will continue to be enforced.

A Deal Breaker is “Any issue or factor that is significant enough to terminate a negotiation, especially in business or politics”.

In this case, the deal is our NCS programme and if you are found to be involved or we have reasonable belief that you are involved in the following topics, you will be sent home from the programme.

- Drugs
- Alcohol
- Sex
- Bullying
- Weapons
- Gangs
- Racism



EXPECTATIONS, SAFETY & RESPECT

We also expect all of our staff, volunteers and participants to abide and follow our expectations, safety and respect guidelines whilst on the NCS programme for the following topics. Smoking during appropriate and agreed times; Bad language kept to an absolute minimum, and using Mobile phones at appropriate times.

FREQUENTLY ASKED QUESTIONS

Which meals are provided?

During the residential trip all meals will be provided by Manor Adventure all dietary requirements will be requested prior to departure to ensure that we cater for all needs.

During the following week, it will become your own responsibility to provide lunch either with a packed lunch or money to visit ASDA or our surrounding restaurants for lunch.

Does NCS cost me anything?

Yes. To successfully register for a place on NCS you must include a payment of £50. The total worth of the programme is in excess of £1500. If, due to personal circumstances you cannot afford the initial £50 contribution, you can contact us for help as we do have a bursary provision.

Are all costs included?

Yes. All costs are included and you do not need to bring any money. However, there may be some opportunities to buy ice creams, sweets, snacks, etc. So you are welcome to bring some cash if you want to. We suggest a maximum of £20.

Where will I stay at night?

During the residential you will stay in the Dorm rooms at Manor Adventure in Shropshire and UoB. The residential centre is a venue we have used many times before and provides a safe, comfortable and warm accommodation for both participants and staff.

How will I travel during The Challenge?

The designated drop off point for away residential departure and returns is at Stadium MK. The following week we will be meeting at UoB at 10:00. The final week will be down to you to get to Stadium MK from Monday to Friday from 10:00- 16:00.

Should I insure personal belongings?

All costs are covered on the programme but we are not able to insure personal belongings. For this reason, we recommend that you do not bring expensive pieces of equipment or jewellery.

Can parents and guardians visit during NCS?

All parents and guardians are invited to attend the Graduation Ceremony. However, we'd prefer for all parents and guardians not to visit during the challenge weeks, as gaining independence and responsibility away from home is a large part of NCS experience.

What happens if I am homesick?

Should you become homesick our main concern will be your long-term happiness. We will discuss the issue with you and with your parent/guardian and do all we can to help you complete your NCS.

SIGN UP NOW AVAILABLE

It is now possible for young people to sign up for our NCS programme online or via telephone.

Please visit our website:

<http://www.mkdonsset.com/young-people/national-citizen-service>

Call the NCS team on **01908 622883** or email: ncs@mkdonsset.com

OUR COMMITMENT

Fully Trained Staff

During all activities young people are accompanied. Staffing ratios exceed recommended levels at all times. All staff are fully trained in all activities that they deliver.

Compliance with all Relevant Legislations

We comply fully with all relevant legislations; we also produce detailed risk assessments for all activities. All staff are trained to identify, recognise and mitigate any risks that arise during the programme.

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specialised neurological care

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