



**Prince's Trust**

### *'Team'*

The Team Programme is a 12-week personal development training course (full time) for young people aged 16 – 25 years. Unemployed young people (18+) can still claim JSA whilst on the Programme and 16 & 17 year olds may be eligible for an Educational Maintenance Allowance of up to £30 per week.

#### **Week 1 Ice Breakers, Course Introduction and Induction.**

A high activity level week designed to promote team building, introducing health & safety, community awareness, communication skills and problem solving. The Level 2 Food Safety qualification is delivered during this week in preparation for the residential. During this week the Team will explore options and fund raising for the community project and write to employers they would like to spend time on placement with.

#### **Week 2 Residential.**

Involving outdoor activities this week promotes team building through a structured learning experience. This week also improves self-confidence and provides the opportunity to take responsibility as a leader in some activities, which include problem solving exercises, climbing, orienteering, hill walking, caving, coracle building and a full day team challenge day (depending on the weather!! and the time of year). This week enables the group to further develop their Team Building skills so when they return they are ready for anything!!

#### **Weeks 3, 4 and 5 Community Project.**

The first week is allocated as a planning week for the completion of a project that will benefit the local community. The project, carried out in weeks 3, 4 and 5 allows the Team to take responsibility for a project and gives them a sense of ownership of it, whilst promoting the skills they have learned so far as well as developing business skills. It is usually a practical project (decorating, renovation, redevelopment or environmental etc); and includes Health and Safety training where possible and encourages them to build links with their community and other agencies. The Team Project also gives scope for learners to work towards their City & Guilds Certificate in Personal, Teamwork & Community Skills and to develop the skills required for a successful Individual Placement. During this period and students are also encouraged to gain practical IT experience.

## **Week 6 Fire Service Experience**

Week 6 is a unique opportunity to experience what life in the Fire service is like. The week will involve input on practical firefighting skills such as emergency first aid, ladder use, casualty search and rescue and hose and pump drills. The aim of this week is to give an exciting opportunity to reinforce skills such as teamwork, communication and problem solving. It will also allow students the opportunity to receive input of home fire safety, road safety and consequences of actions.

## **Week 7 –8 Individual Placement.**

This gives the team members an opportunity to explore an employment interest of their own and a chance to gain experience in the workplace. The individual placement is decided upon in conjunction with the individual and an employer and they are able to make an informed, supported choice as to the type of placement they would like to undertake. The Team Leader supports the Team throughout their placements with placement visits

## **Week 9 Next Steps.**

This gives the chance to work on life skills and consider what options there might be after the completion of the course. There is the opportunity to carry out job searches, practice interview techniques and compile an up to date CV as well as undertaking First Aid Training and hosting visiting speakers.

## **Weeks 10 & 11 Final Team Challenge.**

This is the Team's chance to take on a challenge and taking responsibility for it's success. It is planned and carried out by the Team and utilises many of the skills and experiences that the Team has acquired over the past weeks. This is the pinnacle of their achievement and gives the Team a real sense of pride and achievement. Past Teams have put on a Christmas Show, organised a tea party for seniors clubs, and held a 'fun afternoon' for disabled adults.

## **Week 12 Presentation and Review.**

The final week of the Programme, it culminates in a presentation to an invited audience, to "show off" what the Team has achieved; this is an opportunity to celebrate their successes and achievements to friends, relatives, key and support workers and possibly potential employers. This is a fun and lighthearted activity and one the Team are well prepared for as presentation skills are developed throughout the programme as they are key to gaining successful employment.

Throughout the 12-week programme, opportunities will be presented, where Team members can collect evidence for their City & Guilds Certificate in Personal, Teamwork & Community Skills.

Approximately 70% of the Team members successfully go on to employment, education, training or volunteering.

If you are interested in joining 'Team', or would like more information about the Prince's Trust Team Programme.

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Or

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*' Discover how successful you can be ----- join Team and unlock your potential'*