



Hi All,

The Fairbridge programme is a **1-3 month personal development programme** that aims to help each young person to build personal skills such as confidence, communication, teamwork, reliability, resilience; skills that are directly transferable into daily life.

### **How does it work?**

The programme starts off with a 5 day access course – **There are two programmes running in March – see details on Fairbridge poster.**

### **The timetable is usually similar to this:**

Monday 10am-3.30pm: Team games

Tuesday 10am-3.30pm: Canoeing / Climbing

Wednesday 10am-Residential trip: Rock climbing, cooking

Thursday Residential: @ Blacklands Farm/ Broadstone Warren in Sussex

Friday Residential: Arrive back at 1pm, lunch and finishes by 2pm.

### **Support after access week (Follow on):**

From the second week onwards, each young person comes in on average 1 to 2 days per week for 1 day personal development sessions. – **See Follow-on attached.**

- These could range from **adventurous activities** (e.g. mountain biking, caving), to **cooking skills**, to **employability workshops**, to museum visits, to **relationships and drugs workshops** etc.
- Access to **specialist employability** training from corporate partners, e.g. **Macquarie, Morgan Stanley and Google.**
- **Art therapy**, individual sessions are available with our dedicated Art Therapist. After **initial assessment** these sessions give the opportunity to explore challenging themes you may be facing in your life in a creative way
- Free **counselling sessions** with **Mind**, this starts off with an **initial assessment** and is reviewed after **6 one to one sessions.**

### **Functional skills support:**

Literacy and numeracy support is offered from the Poplar centre. This includes an initial BKSB assessment which is used by educational intuitions to identify the young person's current level.

The young person is then offered a minimum of 6 sessions to revise literacy and numeracy. This can be on a 1-to-1 basis or in a small group situation. The young person can decide the setting. These sessions can be extended if there is a need for additional support.

The sessions are tailor made to the young person's needs and reflect the assessment results. A young person can choose a particular topic to work on and this can include help with CV writing. We can also signpost to other organisations if a young person wants to continue e.g. to go back to college to do a GCSE in English and maths.

**Optional qualifications:**

- First Aid at Work qualification – young people can choose to take this up as part of their follow-on support.
- Level 1 & 2 Food Hygiene qualification – young people can choose to take this up as part of their follow-on support.

This part of the course can last from 1-3 months depending on each young person's development, the young person's progress is monitored during 1:1 catch ups with the programme executive, with the goal of setting short term and long term goals and working towards them.

**Post programme:**

Each young person will receive **Entry Level 3 Personal Development & Employability** qualification after they complete the programme.

Access to our 'Get Hired Employability Events' this is where young people get an opportunity to interview for live jobs, apprenticeships, traineeships and other opportunities.

The move on/progression is completely dependent on the young person's own goals. The progression will look at Education, Employment and Training outcomes.