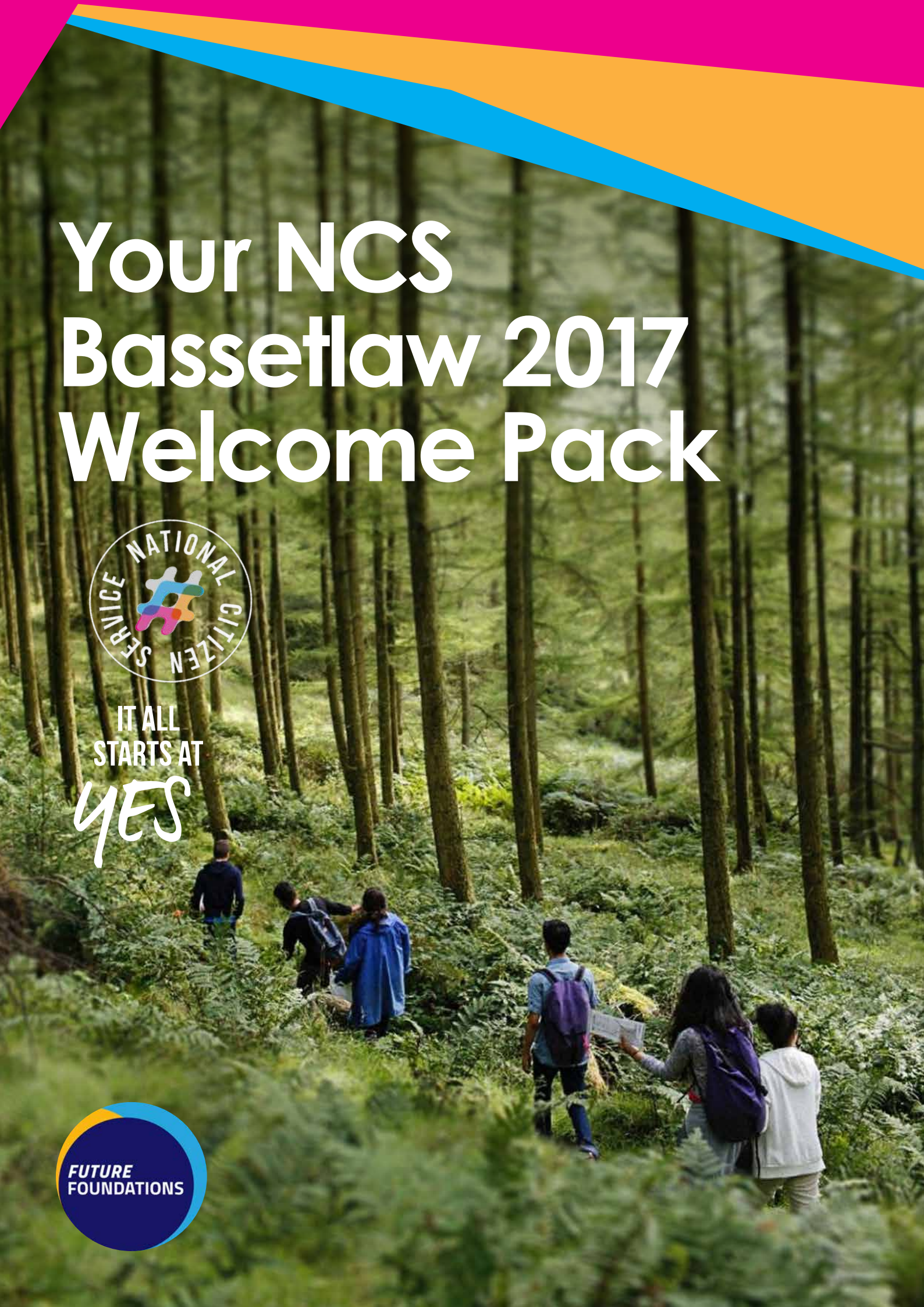
# Your NCS Bassetlaw 2017 Welcome Pack



# What is National Citizen Service (NCS)?

## The adventure of a lifetime!

Welcome to NCS! You're now part of something BIG! Thousands of young people, like yourself, will be taking part in NCS this year. You will benefit from new adventures, new experiences, new skills and make new friends for life!

This welcome pack is filled with all the essential information you need to make your NCS adventure an incredible one. **Future Foundations** are your local delivery provider for the NCS Programme in Bassetlaw.

The NCS Autumn Programme is split into different sections. First you will have an action-packed time making new friends away from home at an away outdoor centre for 4 days and three nights; the next two days are in North Notts College, where you will begin planning for your project. Finally, you will have 30 hours to deliver your social action project in your community.

This is just the start to an amazing adventure and only the beginning of your journey! This pack has all the information you need to have the journey of a lifetime on the NCS programme, so make sure you read it clearly and contact us if you have any questions or concerns.

### Your NCS Team:

Contact the team on: ncs@future-foundations.co.uk or 01246 887419

**Simon Paterson**
NCS Project Manager

**Nathan Hamer**
NCS Apprentice
Project Administrator

**Michelle Horne**
Future Foundations
Project Manager

# What's Next?

You're all signed-up, so there are only five things you need to do:

### Make sure we have your code of conduct, parent guardian medical and consent forms:

We need to make sure that we have got consent for you to come on the programme, you have read and understood our participant code of conduct and we have all the right medical information for you. We have emailed and texted you a link to complete the forms – if you haven't got this then get in touch!

### Come to an induction evening and an introduction event:

We will be hosting various events in the run up to departure at Chesterfield Bowl. We want you to come along and meet your new teammates and leaders.

### Join your Facebook page:

You will receive a text with an invitation to your own NCS Facebook group; on here you will find loads of cool content and be able to chat to our staff and your fellow NCS participants.

### Get your kit sorted:

As you'll be doing loads of activities there will not be a chance to visit shops, so you will need to be appropriately suited and booted! There's a full kit list included later on in this pack. If you are struggling to purchase any items on the list please contact us asap and we will be able to assist you. You will bring your Bag with you on departure day.

### Turn up at your collection point on day one:

Make sure you turn up on time; otherwise, you might miss the coach! Call **01246 887419** on the day if you think you'll be late, or if you have any other problems.

IT ALL STARTS AT YES

# Introduction Events

## Introduction Events:

They are a great way to meet other participants and the delivery staff, and to ask any questions that you have about the programme.

We expect all participants to attend at least one of the introduction events to learn more about the incredible programme that you are part of this year!

## Information Evening:

This is a great way to get the most up-to-date information about the NCS Programme. We will give you final details about the venue, key dates and times, kit lists, and what sort of activities you will be doing on the programme. We would like all parents to attend.

## Venue:

The Winding Wheel, Chesterfield,
13 Holywell Street, S41 7SA

## Date & Time:

**Monday 9th October 6:30pm-7:30pm**

## Social Events:

These will be an afternoon of competitive and team fun. These events will be the perfect opportunity for you to meet the delivery staff and other young people that will be on your programme and in your team.
You will be able to ask any questions that you have about NCS too.

## Venue:

Chesterfield Bowl, Storforth Lane,
Chesterfield S40 2TU

## Date & Time:

**Sunday 8th October 12:45pm-2:15pm**

# Phase 1:
# The Great Outdoors

You will be going to Kingswood – Staffordshire, for 4 days and 3 nights. This is the most adventurous part of the NCS programme, and it's where you will learn to work in a team, develop leadership skills, and push yourself to achieve things you never thought you could!

**Location:**

Kingswood – Staffordshire,
Barn Lane, Albrighton, Perton,
Wolverhampton WV7 3AW.

**Dates for this phase:**

**21st-24th October**

**Pick up/Drop off point:**

North Notts College Carlton Rd,
Worksop S81 7HP (car park)

**Drop off time on the first day:** 12:00pm

**Pick up time on the last day:** 5pm

**Contact number ON THE DAY:**

01246 887419

**Emergency contact during both residential weeks for parents/guardians:**

- **During office hours please call the Future Foundations office on 01246 887419 or 020 3432 3452**. This is the best way to be in contact with your child, as our office staff will be in contact with delivery staff at all times.
- **After hours, the emergency number will be 01246 887419**. Outside of office hours, please only use this number in the event of an emergency.

**Please Note**

Young people may not have phone reception while onsite or out on activities. Therefore, please use the contact numbers above if you need to contact your child.

# Phase 1: Kit List

Please bring the following clothing and other items with you. **There will not be an opportunity to visit any shops during this week, so you will need to bring everything with you that you need.**

**Bedding will be provided**

### Stay Clean:

- 2 x towels
- Toothbrush
- Toothpaste
- Soap
- Wet Wipes

### Stay Healthy:

Please bring any medication you may need. Please also inform your Team Leader of any medication and if assistance is required.

### On your Feet:

- 2 solid trainers (that are comfortable to walk in for extended periods of time, and that can get muddy!)
- 1 x Shoes for inside

### Stay Dry:

- Waterproof jacket
- Waterproof trousers

### Stay Warm:

- 2 x Trousers (not jeans!) E.g. tracksuit bottoms for indoors
- 3 x T-shirts
- 3 x Long sleeve jumpers
- 6 x Pairs of socks
- Pyjamas
- Underwear
- Appropriate clothing for water activities

### Stay Prepared:

- Plastic bag for wet/dirty clothes
- Torch/Head light
- Water bottle

### Tips for keeping warm:

- Use the layered clothing approach – light layer (t-shirt), a heavy layer (jumper), then a top layer (coat)
- Cotton clothing (such as hoodies) will not keep you warm if they get wet, bring a fleece jumper instead, and maybe thermals to wear underneath clothing
- Bring a spare set of 'indoor dry clothes' for evenings
- Be prepared for any clothes you bring for outdoor activities to get
- Muddy and wet

# Phase 2:
# The Life Experience

Transform your community with your team! This is two and half days non-residential, where you will be staying at home and coming to the venue each day, just as would in sixth form or college. During this part of the programme you will be planning the project that you will deliver in the next part of the programme. The social project will be based on your interests and in an area of your community that is agreed upon by you and your teammates. During these days you will be completing challenges, meeting local community partners, working on your project plan and having the chance to pitch your projects to a panel. Please note, this part starts after lunch on your return from the outdoor centre.

Whether it's a fashion show or music concert to raise money for charity, or saving your local rivers from pollution – there are so many projects your team can create.

### Location – Programme 1:

North Notts College Carlton Rd, Worksop S81 7HP

### Dates for this week:

**24th-27th October**

### Contact number ON THE DAY:

01246 887419

# Phase 3:
# Deliver your project!

Now is your chance to put into action everything that you have learned from day one of the programme! You will go out into your local community and deliver your project as a team. This is your opportunity to make a difference!

On previous NCS programmes, teams have organised reading classes; painted community centres; worked on community gardens; made a video raising awareness about racism; and run a social media campaign on the overuse of technology in our society!

### Kit list for Phase 3:

Suitable clothes, for your chosen project (you will need to discuss and agree with your team during phase 3) and either a packed lunch or money to purchase lunch.

### Dates for this Phase:

**27th October-13th November**

You will complete 30 hours of planning and social action and attend 3 project surgeries on days and times arranged with your team and Leader.

### Contact number FOR EACH DAY:

01246 887419

# Graduation...

This is your time to shine! Once you have successfully completed your NCS adventure, you and your parents/ guardians will be invited to an amazing graduation ceremony. The event will celebrate everything that you have achieved over the Autumn! It is an opportunity to congratulate the rest of your team, cement your friendships and present your incredible social action project. You will be presented with your certificate, signed by the Prime Minister, too!

**Contact number FOR THE EVENT:**

01246 887419

# ...and beyond.

The Autumn programme really is just the beginning. Not only will you become part of the ever-growing Future Foundations alumni, but becoming an NCS graduate can open lots of doors too. This can range from opportunities in volunteering to direct employment. You may also have the chance to become an NCS Leader with your school and participate in further NCS programmes.

If you have been inspired by what you have achieved – or simply want to use your new contacts to get ahead when applying for university, a job, or an internship – then you can become a member of the Future Foundations network. This gives you the opportunity to be a part of the annual FF awards and to participate in a multitude of other social action opportunities.

**Graduation:**

The Winding Wheel, Chesterfield,
13 Holywell Street, S41 7SA,
27th November 6:30pm-10:30pm.

"My daughter made new friends who she will stay in contact with, she experienced a variety of things to help build her confidence. She learnt many life skills and gained a lot from the tasks and activities she took part in. She was also inspired by the NCS leaders, some of whom were young and who took an interest in each child individually, they were very motivational and made the programme very enjoyable for my daughter."

***–Lisa Galvan-Reyes***

# FAQ's

### Q. What happens if I have signed up and I now can't attend?

You need to contact us as soon as you are aware of this, there may be people on a reserve list waiting for a place!

### Q. Will I be allowed to take and use my mobile phone?

You will be able to bring your mobile phone onto the programme. Future Foundations claim no responsibility for mobile phones that may be lost or damaged.

### Q. Will I be put into the same group as my friends?

Part of the NCS journey is about you meeting new people and making new friends. If you are on the same programme as your friends then you will be doing the programme together, but you may be placed in different teams.

### Q. What if I start the programme but then find that I don't like it?

Participants are often surprised at just how much they are able to achieve in such a short space of time whilst making new friends and having fun. If you are unsure about any aspect of the programme, whether it be before it starts or when you are on programme, please talk to a member of the team!

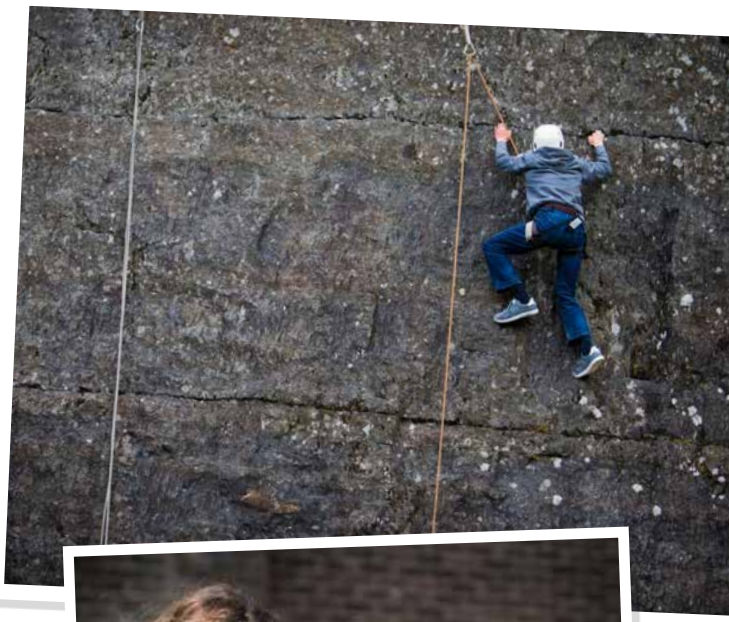
### Q. Do I need to attend the entire programme?

YES! You will need to complete all parts of the programme in order to graduate, and receive your certificate. If you need to miss part of the programme, then please let us know as soon as possible. It may mean that you are ineligible to graduate.

# Our Policies

All of our policies can be found on our main organisation website: www.future-foundations.co.uk.

Alcohol, drugs and weapons will not be tolerated on the NCS programme and will result in immediate dismissal. Please do not bring any of these items with you



## Transport Policy

It is your responsibility to travel to/ from meeting points where transport has been pre-arranged, and to travel directly to/from agreed venues where transport has not been pre-arranged. Please contact us if transport costs are a problem and we may be able to help

## Participant Code of Conduct

We want everyone to have a fantastic time on the NCS programme and all participants are asked to sign and follow a code of conduct. We operate a red and yellow card behavioural system and a red card will result in a participant being asked to leave the programme, any transport costs resulting from this will not be covered by Future Foundations.

# Participant Code of Conduct

All young people will have to agree to abide by the participant code of conduct as a condition of accepting a place on the programme:

1. Treat everyone on the programme with respect. Including other participants, staff, volunteers and community members.
2. Give your full commitment and energy to the programme
3. Be outstanding at every opportunity.
4. Respect the facilities and venues used during the programme. Costs for damage will be passed on to the participant(s) responsible.
5. Abide by rules and instructions given by staff at all times. Rules and instructions given are in place to ensure the safety and enjoyment of everyone throughout the programme.
6. You must be in your own accommodation by the appointed bedtime each night. You are not allowed to go into other peoples' accommodation for any reason.
7. You must observe the law. No alcohol, drugs or weapons are allowed on programme. Theft or illegal activities will be reported to the authorities.
8. Participants must only leave the site if accompanied by a member of staff. Future Foundations reserve the right to ask participants to permanently leave the programme if they do not abide by this code of conduct.
9. Live Future Foundations principles. We expect all participants to commit and respect Future Foundations principles during the programme. They are as follows:

   - **Take Responsibility**
     Owning your actions, your future and your impact.
   - **Pursue Your Passion**
     Finding what makes you want to wake up every day and bringing your unique energy to life.
   - **Contribute Your Talents**
     Finding a need and using our talents to meet those needs.
   - **Enjoy The Journey**
     Striving to live in the present and enjoy the journey of life.
   - **Be Authentic**
     Staying true to who you are and what you believe in.

## Any questions or concerns?

Get in touch with the NCS team at **ncs@future-foundations.co.uk** or call on: **01246 887419**

OUR MISSION IS TO
**INSPIRE YOUNG PEOPLE**
TO **ACHIEVE** THEIR FULL **POTENTIAL**
AND BECOME **LEADERS** IN
**THEIR LIVES** AND WITHIN **SOCIETY**

OUR VISIONS IS A SOCIETY WHERE
ALL ORGANISATIONS ARE LED BY
**SOCIALLY** CONCIOUS PEOPLE, WITH
**EVERY YOUNG PERSON**
MAKING THE **TRANSITION**
INTO ADULTHOOD WITH THE
**FOUNDATIONS** THEY NEED
FOR THEIR **FUTURE**