



Only a few places left - don't miss out on the summer of a lifetime!

The National Citizen Service runs a programme for 16 and 17 year olds that takes place over four weeks in the summer holidays and is an incredible opportunity for you. NCS is recognised by employers and UCAS as a way to develop leadership, teamwork and communication skills and it is a great use of part of the summer holidays.

3,640 students from the South West, including twelve so far from The Spires College, have already signed up for the NCS programme this year so we only have a few spaces remaining. We are pleased to report that the Government has set aside a further £23,200 for another sixteen students from the College to take part!

The programme has four phases: Adventure, Discovery, Social Action and Celebration. Students will work in teams of fifteen, meeting new people and joining students from ten other schools across Devon.

The programme:

Students from The Spires College can take part in the programme running from **Monday 22 July to Friday 16th August**, run by Catch 22, based in Torbay. Catch 22 have been delivering amazing NCS programmes for over nine years and have a fantastic programme lined up for the summer of 2019. Activities take place Monday to Friday and participants will spend every weekend at home. Transport for activities is by coach picking up and returning to Brunel Academy, 170B Torquay Road, Paignton, TQ3 2AL.

Week 1 - Adventure: stay away from home for four nights and five days at PGL Osmington Bay, Weymouth, an outdoor adventure centre, taking part in exciting challenges. Working in teams, you will have the opportunity to participate in activities such as rafting or canoeing, gorge scrambling, navigation, rock climbing and high ropes/low ropes courses, focussing on developing confidence, leadership and teamwork.

Week 2 - Discovery: another week away for four nights and five days at Plymouth University, learning essential life skills such as budgeting and cooking. There will also be workshops on health and wellbeing, anxiety, presentation skills, communication skills and a personal statement workshop.

Weeks 3 and 4 – Social Action: daily attendance to work with your team to give something back to the community by planning and delivering a thirty-hour 'Make a difference' project.

Celebration: At the end of the programme there will be a celebration ceremony to highlight your achievements and each participant will receive a certificate signed by the UK Prime Minister.

The cost:

The programme is worth £1,500 per student but will cost you a maximum of **£50!** This covers all accommodation, food and activities for the residential trips for weeks one and two. To further reduce the price there are bursaries available for, but not limited to, families who receive Free School Meals, Universal Credit, Income Support, Child Tax Credit, and Pupil Premium. To find out more about bursaries, please call NCS on **0800 197 80 10**.

Signing up

There are two ways to sign up:

- 1) **Online:** the easiest way is to sign up online at www.ncsytes.co.uk. Click on **SIGN UP NOW**, complete the online form and make your payment. Your places can be secured in less than seven minutes.
- 2) **By phone:** call the national NCS support line on 0800 197 80 10 and they will complete the form for you over the phone. You can sign up at the same time as enquiring about any bursaries that NCS can offer you.

What happens next

After you have signed up Catch 22 will send you links to all the information you need via email. You will also receive a welcome pack, which will include:

- Frequently asked questions about NCS
- Programme information
- NCS insight session dates
- Kit List

For more information about NCS and the summer programme, please visit the NCS website: <https://www.ncsytes.co.uk/summer>

One NCS Graduate from Devon said...

"The best experience to start the summer off right. It lived up to all the advertisements and definitely made me feel unstoppable! The only downside was that it should have been longer for me to enjoy with my newly made friends."

