



# FEEL UNSTOPPABLE



## WHY DO NCS?

The National Citizen Service (NCS) is a once-in-a-lifetime experience for all 15 – 17 year olds that builds skills and confidence whilst also helping them get ahead in work and life.

There are a number of benefits in taking part. NCS will improve a young person's CV by giving them important skills for work and life that are hard to teach in the classroom alone. The programme will help young people contribute to their local community, and in doing so meet new people from different backgrounds and develop their social skills.

## WHAT HAPPENS ON NCS?

The programme runs over 4 weeks:

**Week 1** - Five days away from home enjoying instructor-led group activities such as kayaking, coasteering and rock climbing.

**Week 2** - While spending 5 days living in Southampton Solent University Halls, the young people's responsibility is increased as they have to cook and budget for themselves, and are encouraged to become more independent, through a range of activities such as first aid.

**Weeks 3 & 4** - The young people will meet with local businesses and organisations, before planning a 'Social Action Project' in their local community. They will then pitch for funding to kick start their chosen project, ready to make an impact in Southampton.

**Finally...** they graduate - receiving a certificate signed by the Prime Minister. As part of the NCS Graduate Programme they get access to unique opportunities to continue volunteering and stay connected to each other and their local community.

There is a small cost to the programme of **£50 (£35 online)**, which covers all food and accommodation whilst away, and all activities during the programme.

There are 2 easy ways to reserve your place:

- Go online at [www.NCSYES.co.uk](http://www.NCSYES.co.uk) and you'll see a link to sign up for NCS.
- Phone our office on **02380 770713** and sign up over the phone.

**To secure your place**, a payment needs to be made. You can pay online, by cheque, or over the phone. Bursaries and reductions are also available. Again, please call us to discuss.

You can pick from the following waves, please check your availability accordingly:

## Summer 2019 Dates

**Wave 1** - Mon 24<sup>th</sup> June – Fri 19<sup>th</sup> July

**Wave 2** - Mon 1<sup>st</sup> July- Fri 26<sup>th</sup> July

**Wave 3** - Mon 8<sup>th</sup> July - Fri 2<sup>nd</sup> August

**Wave 4** - Mon 29<sup>th</sup> July – Fri 23<sup>rd</sup> August \*

\*(Arts option available on wave 4)

We hope to hear from you soon!

From,

*Kayley, Shane, Megan, Luke & Tom*

NCS Team Southampton  
Youth Options

You can contact us at [ncs@youthoptions.co.uk](mailto:ncs@youthoptions.co.uk)

