



NCS SUMMER 2017

INFORMATION PACK - WAVE 2

17th July - 11th August

CONGRATS
YOU'RE
CHANGING
YOUR
SUMMER
WITH NCS!

Soon you'll start an incredible journey where you'll meet new people, discover new things and build the skills to get ahead in life. It'll be a summer to remember, so get ready to say goodbye to exam stress and say hello to adventure, freedom and fun!

You won't believe the difference four weeks can make. You'll challenge yourself with some adrenaline-fuelled activities, step out of your

comfort zone, and embrace the freedom of living away from home.

But before you start your NCS experience, we want to make sure you're aware of everything there is to know before you're all packed and ready to go! For more info and regular updates search for and join your NCS Wave on Facebook

 VODA, North Tyneside NCS, Summer 2017, Wave 2

North Tyneside Voluntary Organisations Development Agency
Queen Alexandra Campus, Hawkeys Lane, North Shields, NE29 9BZ

Tel: 0191 643 2626 **Email:** robin.fry@voda.org.uk **Text:** 07860 021 261





PHASE 1:



ADVENTURE

- A residential based away from home
- An adventure with new friends

Five days at an outdoor activity centre where you'll get the chance to take on some adrenaline-fuelled challenges like kayaking, gorge scrambling and survival skills. It's time to challenge yourself!

PHASE 2:



SKILLS

- Enjoy independent living with your team
- Develop life skills

Now's your chance to discover something new! You'll be reunited with your team living in Lovaine Halls student accommodation at Northumbria University where you'll develop life skills as well as confidence, leadership and communication.

PHASE 3:



SOCIAL ACTION

- Plan your project with your team
- You won't believe the difference you can make in two weeks!

It's time to make your mark! This is where your NCS experience all comes together. All the fun and inspiration from the first two phases means you're ready to step up and deliver your very own social action project. Plan; fundraise; make a difference!

PHASE 4:



GRADUATION

- Celebrate your achievements
- A world of opportunities!

It's time to celebrate in style. We think it's only right that you and your team should enjoy a well-earned reward for doing something truly inspirational in your community.

At the end of your NCS experience, you're now part of the bigger NCS family. This is only just the beginning!

WELCOME EVENTS

- Thursday 29th June, 6pm-8pm** Pizza and Quiz night at The Exchange
- Thursday 13th July, 6pm-7.30pm** Welcome Event at The Exchange

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHASE 1	Monday 17th July 11.30am Meet at Cedarwood ready to depart for Ford Castle	Tuesday 18th July Away from home	Wednesday 19th July Away from home	Thursday 20th July Away from home	Friday 21st July 1.30pm dropped off back at Cedarwood
PHASE 2	Monday 24th July 11.00am Meet at the Lipman Building in Newcastle to begin the Home Residential	Tuesday 25th July Away from home	Wednesday 26th July Away from home	Thursday 27th July Away from home	Friday 28th July 2pm depart from the Lipman Building to come home
PHASE 3 (WEEK 1)	Monday 31st July 10am-4pm Cedarwood	Tuesday 1st August 10am-4pm Cedarwood	Wednesday 2nd August 10am-4pm Cedarwood	Thursday 3rd August 10am-4pm Cedarwood	Friday 4th August 10am-4pm Cedarwood
PHASE 3 (WEEK 2)	Monday 7th August 10am-4pm Venue to be confirmed	Tuesday 8th August 10am-4pm Venue to be confirmed	Wednesday 9th August 10am-4pm Venue to be confirmed	Thursday 10th August 10am-4pm Venue to be confirmed	Friday 11th August 10am-4pm Venue to be confirmed
PHASE 4	Tuesday 12th September 7pm-9pm Celebration event at the Linskill Centre				

VENUE DETAILS

The Exchange, Howard Street, North Shields, NE30 1SE
 The Lipman Building, Northumbria University, NE1 8ST (see map over the page)
 Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT
 The Linskill Centre, Linskill Terrace, North Shields NE30 2AY

HELP WITH TRAVEL

All travel costs will be reimbursed at the end of the programme upon production of valid bus and/or metro tickets. Please let us know if you require any support getting to any of these venues.



- 1 21 & 22 Ellison Place
- 2 Campus Services
- 3 Burt Hall
- 4 Camoin Court
- 5 Clapham House
- 6 Claude Gibb Hall
- 7 Drill Hall
- 8 Ellison Building
- 9 Ellison Terrace
- 10 Northumbria Nursery
- 11 Glenmore House
- 12 Hadrian House
- 13 Health Centre
- 14 Library
- 15 Lipman Building
- 16 Lorraine Halls and Flats
- 17 Business and Law Building
- 18 Newcastle Unitarian Church (Darent and Turner Halls)
- 19 Nixon Hall
- 20 Northumberland Building
- 21 Pandion Building
- 22 Rutherford Hall
- 23 St James' Church
- 24 Design Building
- 25 Sport Central
- 26 Squires Annex
- 27 Squires Building
- 28 Squires Workshops
- 29 Student Support and Wellbeing Centre
- 30 Students Union
- 31 Sutherland Building
- 32 Sutherland House (Security)
- 33 Trinity Building
- 34 University Gallery and Baring Wing
- 35 Victoria Hall
- 36 Wynne Jones Centre
- 37 Mea House

- Reception/Information Centre
- Baking
- Cycle Racking
- Public Bus

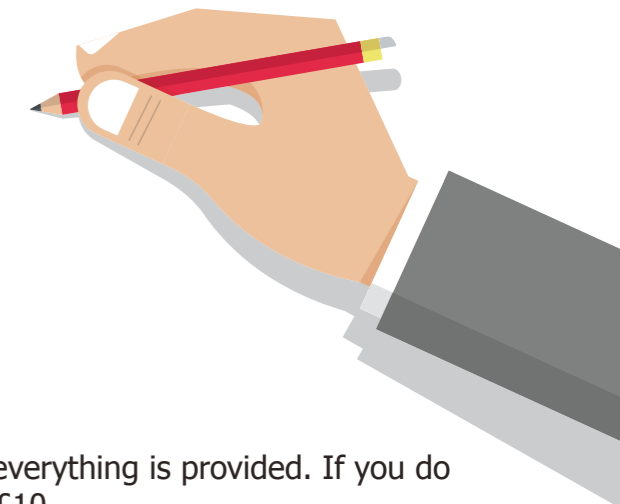
KIT LIST

WEEK 1 RESIDENTIAL



- Packed lunch and drink (for the coach journey)
- Socks and underwear
- Jumpers
- Tracksuit trousers, joggers or leggings
- T-shirts
- Woolly hat and thick gloves
- Sturdy shoes with good grips for outdoor activities
- Walking Boots (can be provided by the activity centre)
- Indoor footwear
- Bath towel, wash kit and toiletries
- Waterproof jacket
- Sunscreen and sunhat (just in case)
- Medication as required (please let us know in advance if you are bringing medication)
- Anti Midge Spray

WEEK 2 RESIDENTIAL



- Sleeping bag/duvet and pillow (bedsheet provided)
- Packed lunch and drink for the first day
- Enough clothes for five days
- Towel, wash kit and toiletries
- Medication as required
- Sunscreen and sunhat (just in case)

You will not require any money during the residential as everything is provided. If you do bring money we advise that you do not bring more than £10.

We are not able to insure your valuables or lock them away. Please ensure you look after your own belongings and keep valuables at home. You might want to purchase a small padlock to fit to your case. You can then safely lock away any valuables when they are not being used.

Please avoid bringing any food containing nuts as we may have staff and young people with allergies.

STAYING SAFE

VODA IS COMMITTED TO PROMOTING YOUR WELFARE AND KEEPING YOU SAFE WHILST ON NCS.

TO DO THIS WE:

- Provide a safe physical environment for young people, staff and volunteers.
- Adopt a clear code of conduct for all staff, volunteers and young people.
- Appoint a Designated Safeguarding Officer (Robin Fry) for young people.
- Follow our child protection and safeguarding policies and procedures.
- Recruit staff and volunteers safely, ensuring all necessary checks are made.
- Use our safeguarding procedures to share concerns with agencies (involving young people, parents and carers appropriately).

WHILST ON NCS YOU CAN EXPECT ALL STAFF TO:

- Listen to and respect you at all times.
- Treat you fairly and without prejudice or discrimination.
- Value and take your contributions seriously.
- Ensure their language is appropriate and not offensive or discriminatory.
- Provide examples of good conduct they expect you to follow.
- Contact VODA's Designated Safeguarding Officer if they believe that you or someone else is at risk of harm.

Staff must not arrange to have contact with young people outside of the NCS programme or share their personal contact details with young people (including social media accounts).

If you have concerns about the behaviour of any members of staff please contact us immediately on 0191 643 2626 or email robin.fry@voda.org.uk.

THE ROLE OF STAFF AND VOLUNTEERS

Your team will be supported by a dedicated Team Leader and Mentor, employed to keep you safe, make sure you have fun and ensure you challenge yourself throughout the programme. Your Team Leader and Mentor are also there to support you with any problems you might be facing. If you don't feel comfortable telling your Leaders something on programme, or if you have an issue with them directly, you should speak to your Wave Co-ordinator or Robin Fry at VODA.



BEHAVIOUR CODE FOR YOUNG PEOPLE

THIS CODE IS INTENDED TO:

- Ensure your safety and wellbeing
- Define acceptable behaviour
- Encourage cooperation in all situations
- Promote the values of honesty, fairness and respect
- Outline the consequences of poor behaviour

WHILST ON THE NCS PROGRAMME YOU ARE EXPECTED TO:

- Listen to others and cooperate in a helpful and friendly manner
- Respect each other's differences
- Make an effort to take part in all activities
- Treat staff and volunteers with respect
- Arrive on time and stay for the duration of the session
- Respect other people's property
- Report anything that worries you to a member of staff immediately

BREACH OF THIS CODE OF CONDUCT - TRAFFIC LIGHT SYSTEM

GREEN:

If you breach the code of conduct, the most appropriate sanction will be for staff to remind you about the behaviour we expect and ask you to comply with it. You will be given the opportunity to reflect, enabling you to plan a positive response, with support from staff.

AMBER:

If, having followed the above step, you continue to exhibit inappropriate behaviour you will be given a formal warning. Supportive interventions may need to be identified at this stage. The action will be recorded and your parents/carers informed.

RED:

Any further persistent inappropriate behaviour will result in a more serious sanction being imposed (e.g. suspension or removal from the project). Again, supportive interventions may need to be identified at this stage. The action should be recorded and parents / carers informed.

PROHIBITED BEHAVIOUR

WHILST IN THE CARE OF VODA YOU MUST NOT:

- Take part in bullying behaviour - picking on or ridiculing others
- Be abusive verbally or physically to others
- Be under the influence of, or in possession of, alcohol or illegal substances
- Engage in any sexual activity

Young people engaging in any of the above prohibited behaviours may be permanently removed from the programme without notice.

ATTENDANCE

You are expected to attend all phases of the programme to graduate. Anyone missing more than two days of the programme will be required to make up their time through additional social action.



Once the four weeks of NCS come to an end, you can carry on your amazing journey as an NCS Graduate! We can help you get involved with plenty of exciting opportunities to continue enhancing your skills, building your experience and improving your community.

SOCIAL ACTION - If you loved carrying out your social action project, then why not do another either individually or with a team?

VOLUNTEERING - We can support you to get involved in further volunteering with a cause that matters to you whether it be homelessness, mental health, working with children or environmental issues. You name it, we'll try our best to signpost you to a local organisation that needs your help.

NCS AMBASSADORS - VODA are always on the lookout for grads who are keen to share their NCS stories at local events, assemblies and community groups. So speak to us during or after NCS to give it a try!

NCS YOUTH BOARD – Join your local, regional or even national NCS Youth Board to have your say on the future of the programme.

ICS – We have great links with the International Citizen Service, which sends young volunteers abroad for up to six weeks to complete a larger scale social action project for a community in need.

We could go on for pages and pages about the opportunities available to NCS Graduates; but we won't... Just get in touch with us if you'd like to continue volunteering after NCS and we'll point you in the right direction!



YOUNG PEOPLE



TESTIMONIALS

"It made me step out my comfort zone and gain so much confidence. I got to experience things which I have never done before and probably never will."

"I met so many long lasting and life-long friends. It was just a really fun 4 weeks and getting to learn new skills and develop communication and team work skills will really benefit me in the future."

"NCS was one of the best things I've done with my life. It's really boosted my self-confidence and given me a new sense of purpose."

PARENTS



TESTIMONIALS

"NCS really does everything right. It brings people together so that teams genuinely connect over the few weeks that they are together and gives just the right balance of independence and guidance for the social action projects to be successful while still being left, broadly to the participants."

"NCS has been life changing for my son. He came back a different boy with a great group of new friends."

SUMMER 2016 STAFF



TESTIMONIALS

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