



## NCS SUMMER 2021 – INFORMATION LETTER

We all know that 2020 and the start of 2021 have been such difficult times for everyone, however even with restrictions in place we delivered a successful Summer and Autumn NCS 2020 programme.

133 Young People attended the program helping their transition out of lockdown and enhancing confidence, self-esteem, and key skills to support them on the next steps into college and 6<sup>th</sup> form. The group also raised £1100 for charitable causes and supported isolated groups when they needed it the most whilst earmarking the positive impact young people can make.

<https://www.sunderlandecho.com/lifestyle/family/amazing-sunderland-teenagers-who-are-making-difference-doing-thousands-hours-unpaid-work-3077400>

### About the programme

NCS is a once in a lifetime opportunity for participants who are currently in Years 11 and 12. It is a two-to-three-week programme that takes place in July and August and consists of three phases.

The 3-week programme involves a residential experience at an outdoor activity camp in week one. Week two involves a series independent life skill workshops, work skills as well as planning for fundraising and social action opportunities. In week three participants take part in the voluntary work planned in week two and get to give something back to the community and enhance their own CV's and personal experience.

The 2-week programme involves staying at home in week one and participating in physical activities at local venues and life skills workshop at the Beacon of Light. In week two participants take part in the voluntary work planned in week one and get to give something back to the community and enhance their own CV's and personal experience.

The Foundation of Light are offering three opportunities in 2021 for young people to attend NCS.

Wave 1 – July 12<sup>th</sup> to July 30<sup>th</sup>

Wave 2 – July 19<sup>th</sup> to August 6<sup>th</sup>

Wave 3 - August 2<sup>nd</sup> to August 13<sup>th</sup>

The programme will promote positive activities for Young People in Sunderland as well as signposting opportunities beyond the NCS experience. We will create a platform for development that is inclusive, regardless of background, diversity or cultural differences and develop independent life and work skills to enhance existing skills for preparation to the next stage in Young People's lives.

The cost of the programme usually costs £1500 however this is heavily funded by the government and we ask only for a contribution of £50 to secure a place. There are also bursaries available which may reduce the cost to £25.

For any more information on the programme and to register an interest please go to <https://wearencs.com/>. To watch videos about the NCS experience and how NCS was delivered by the Foundation of Light in 2020 visit You Tube, type Foundation of Light, NCS playlist or use the following link <https://www.youtube.com/playlist?list=PLbb2aFiGjMqaaWzKHYvvF3G05N-0lAr2f>

Or you can contact one of the Foundation of Light NCS team.

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