



INSPIRE
SUFFOLK

WCS



WELCOME TO YOUR NCS EXPERIENCE

This information pack is full of useful information for yourself and your parents/guardians. It will tell you everything you need to know about taking the next step and undertaking your National Citizen Service (NCS).

If after reading this you are still unclear about any parts of the programme please do contact us using the details on the back of this pack.



YOUR NCS PROGRAMME

Do things you never imagined you would do; meet people you would never have normally met; build life-long friendships; develop invaluable skills; make a real difference to your community!

WHAT IS NCS?

NCS provides the buzz of being an adult without the responsibility of being an adult.

Over four phases it gives you a crash course in life skills that inspire you to feel independent.

First up you'll meet loads of new people and battle some outdoor adventures together.

The next week you'll be staying away from home and taking on challenges like cooking and public speaking.

And finally you'll get your entrepreneurial hats on to think up some ways to do good in your local area.

After all of that (and a well-deserved party) you'll be full to the brim of newfound skills, friends, excitement and motivation that will stick with you for life.

So whatever you want to do with your life or whatever you want to change in the world, you can.



PHASE 1: BE EPIC

Residential Location:

During the first week of NCS you will be staying at

Kingswood - Grosvenor Hall, Kennington, Ashford, TN25 4AJ



Activity:

Each day you will be challenged in different ways undertaking activities such as the rope park, with a multitude of apparatus including a triple zipwire and the 3G swing. You will face individual challenges but have the support of team mates to help you overcome any fears you may have. No team will make it through this demanding experience without mastering the art of communication and encouraging one another, making lifelong friends along the way.

Accommodation:

Grosvenor Hall has standard dormitory style accommodation. You will be in twin dormitories, with gender-separated bathroom and shower facilities. Sheets, duvets and pillows are provided for all guests.

Food:

You will be served three meals per day, with lots of choice and seasonal variations. Each day there is a carefully balanced and nutritional meal plan, recently updated to meet and exceed the latest Government standards on young people's meals.

PHASE 1: GETTING PACKED

We will provide all specialist equipment such as helmets and lifejackets, therefore you only need to bring personal belongings. You will be provided with 1 NCS t-shirt, and we will expect you to wear your NCS top whenever you are outside of your accommodation. Also consider the weather closer to the time of your trip.

Clothing (a guide):

- Thick and thin socks
- 2 pairs of trainers (1 old pair)
- Flip-Flops (ideal on the beach)
- Trousers (preferably not jeans)
- Shorts
- Underwear
- Swimwear
- Extra T-shirts or thermal tops
- Sweatshirts or jumpers
- Jacket/Coat (preferably waterproof)
- Pyjamas



Remember, this is NOT a fashion show! Therefore you will NOT need expensive designer clothing! You WILL need practical clothing, that'll keep you warm and comfortable.

Other Essentials:

During the first week, every meal will be provided for you, apart from lunch on the Monday whilst travelling to your residential location. Please bring a packed lunch in a bag that you can throw away. You will not require any money whilst away. However, there will be times when you'll be given the option to buy ice cream and snacks, therefore feel free to bring a small amount of money if you wish.

PHASE 1: GETTING PACKED

Other Essentials:

- SUNCREAM!!! (We recommend SPF 30+)
- Towel & Toiletries
- Toothpaste & Toothbrush
- Shampoo & Conditioner
- Shower gel (soap)
- Deodorant
- Prescribed medication (if needed)
- Anything else you might require



Mobile Phones & Electric Devices:

You are allowed to bring your mobile phone and you will be able to use it when activities are NOT taking place. Your phone will become solely your responsibility. We do NOT advise that you bring any other electrical equipment such as an iPad, Laptop or Kindle. Cameras are optional, again your responsibility.



Non-Essentials:

- Notepad and pen
- Sunglasses
- Gloves
- Playing cards
- Insect repellent
- Books or magazines
- Painkillers and/or Hay Fever tablets



PHASE 2: LIVE LIFE

Residential Location:

During the second week of NCS you will be staying at

***University of Essex,
Wivenhoe Park, Colchester,
CO4 3SQ***



Activity:

The second week is based closer to your local community. Individuals and their teams will face the initial challenge of staying in university accommodation - a real taste of independence. During this week your team will undertake a different workshop each day in order to learn skills that may help you with your social action project.

Get a crash course in adulting and pick up skills to set you up for life. By the time you're done, you'll be speaking to a room full of people without freezing up and know a whole load more about what you want from life after school.

Accommodation:

All of the dorms are fully furnished with a single bed and mattress and an en-suite. These are arranged in flats of 6-14 bedrooms per floor. Bedding, linen, hand and bath towels are provided.

Please be aware that all types of accommodation are single sex ONLY!

PHASE 2: GETTING PACKED

Clothing (a guide):

- Socks
- Comfortable shoes
- Shorts & Trousers
- Underwear
- T-shirts
- Sweatshirts or jumpers
- Jacket/Coat (preferably waterproof)
- Pyjamas



Other Essentials:

Lunch on Monday will not be provided, therefore you will need to supply your own. You will not need to bring money with you, however if you would like to bring a small amount of cash for snacks etc, you are welcome to.

- Suncream
- Towel & Toiletries
- Toothpaste & Toothbrush
- Shampoo & Conditioner
- Shower gel (soap)
- Deodorant
- Prescribed medication (if needed)
- Anything else you might require

Mobile Phones:

Same rules apply as in the previous week. You are allowed to bring your phone but you're not allowed to use it during workshops unless your tutor states otherwise.



PHASE 3: DO GOOD

Location:

Please see Phase 3 Locations on page 9 for further details on where you will be based during your Social Action project planning and delivery.

Planning:

This is the planning and preparation phase for your social action project.

Your leaders will be on hand to help, but it is up to the teams themselves to decide what to do, plan how to do it and present the idea to a panel of experts.



Delivery:

This is the culmination of all of your work. Depending on your social action, this can take as little as a week or be spread out over a longer period of time. You and your team mates will deliver your project and make it come to life.

PHASE 3: LOCATIONS

Ipswich:

Inspire Suffolk Head Office in Ipswich - Lindbergh Road, Ipswich, Suffolk, IP3 9QX.



Leiston:

Suffolk New College
On the Coast -
Seaward Ave,
Leiston IP16 4BG.



Lowestoft:

Inspire Suffolk office in Lowestoft - Colville House, School Road, Lowestoft, NR33 9NB.



PHASE 4: GO PARTY!

In the autumn, each participant will attend an official graduation ceremony after completing all four parts of the programme. You will receive a graduation certificate at the ceremony which you will attend with your close family and the members of the community that you worked with over the summer.



DATES AVAILABLE



Wave 1: (Ipswich & Lowestoft)

3-Week Programme:

Monday 20th July - Thursday 6th August **(SOLD OUT)**

4-Week Programme:

Monday 20th July - Thursday 13th August



Wave 2: (Ipswich, Leiston & Lowestoft)

3-Week Programme:

Monday 3rd August - Thursday 20th August **(SOLD OUT)**

4-Week Programme:

Monday 3rd August - Thursday 27th August



WAVE 1

Monday 20th July - Friday 24th July

Depart: Monday 20th July (Please see page 13 for Transport Information)..

Return: Friday 24th July (Please see page 13 for Transport Information).

Travel included, residential stay



Monday 27th July - Friday 31st July

Depart: Monday 27th July (Please see page 13 for Transport Information).

Return: Friday 31st July (Please see page 13 for Transport Information).

Travel included, residential stay



Monday 3rd August - Thursday 6th August

Arrival: Daily @ 10:00 (Please see page 9 for Phase 3 locations).

Collection: Daily @ 16:00 (Please see page 9 for Phase 3 locations).

*Travel and food **not** included & car parking is available*



Monday 10th August - Thursday 13th August

Arrival: Daily @ 10:00 (Please see page 9 for Phase 3 locations).

Collection: Daily @ 16:00 (Please see page 9 for Phase 3 locations).

*Travel and food **not** included & car parking is available*



Monday 3rd August - Friday 7th August

Depart: Monday 3rd August (Please see page 13 for Transport Information).

Return: Friday 7th August (Please see page 13 for Transport Information).

Travel included, residential stay

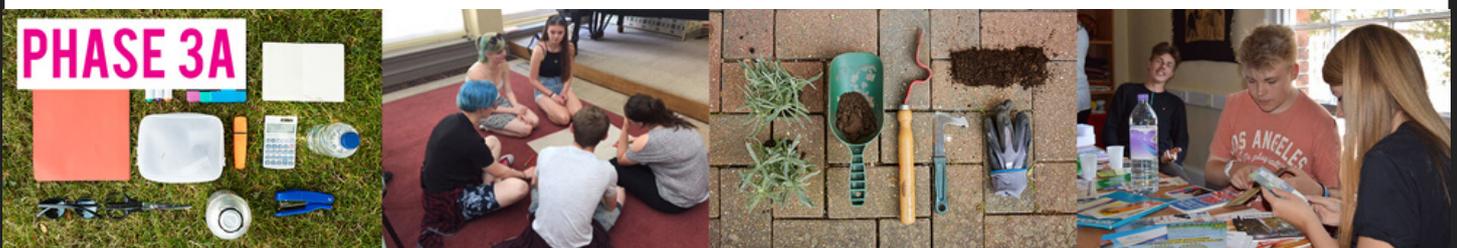


Monday 10th August - Friday 14th August

Depart: Monday 10th August (Please see page 13 for Transport Information).

Return: Friday 14th August (Please see page 13 for Transport Information).

Travel included, residential stay



Monday 17th August - Thursday 20th August

Arrival: Daily @ 10:00 (Please see page 9 for Phase 3 locations).

Collection: Daily @ 16:00 (Please see page 9 for Phase 3 locations).

*Travel and food **not** included & car parking is available*



Monday 24th August - Thursday 27th August

Arrival: Daily @ 10:00 (Please see page 9 for Phase 3 locations).

Collection: Daily @ 16:00 (Please see page 9 for Phase 3 locations).

*Travel and food **not** included & car parking is available*

TRANSPORT INFORMATION

Phase 1:

Outbound: Kingswood - Grosvenor Hall, Kennington, Ashford, TN25 4AJ
Ipswich: Please arrive for 09:30 for a 10:00 departure (2hr journey).
Lowestoft: Please arrive for 08:30 for a 09:00 departure (3hr journey).
Leiston (Wave 2 only): We will be collecting from Suffolk New College -
On the Coast. Please arrive for 09:15 for a 09:45 departure.

Inbound:

Ipswich: Leaving residential site at 12:00, arrive at Inspire Suffolk for
14:00.
Lowestoft: Leaving residential site at 12:00, arrive at Inspire Suffolk for
15:00.
Leiston (Wave 2 only): Leaving residential site at 12:00, arrive at Suffolk
New College - On the Coast for 14:15.



Phase 2:

Outbound: University of Essex, Wivenhoe Park, Colchester CO4 3SQ
Ipswich: Please arrive for 13:00 for a 13:30 departure (30min journey).
Lowestoft: Please arrive for 12:00 for a 12:30 departure (1.75hr journey).
Leiston (Wave 2 only): We will be collecting from Suffolk New College -
On the Coast. Please arrive for 12:45 for a 13:15 departure.

Inbound:

Ipswich: Leaving residential site at 12:00, arrive at Inspire Suffolk for
12:30.
Lowestoft: Leaving residential site at 12:00, arrive at Inspire Suffolk for
13:45.
Leiston (Wave 2 only): Leaving residential site at 12:00, arrive at Suffolk
New College - On the Coast for 13:00.

SAFETY

We take the safety of our participants very seriously. We work with highly experienced partners, employ fully trained staff and comply with all relevant legislation. We also require all young people and staff to follow a simple code of conduct.

OUR COMMITMENTS

Highly Experienced Partners:

We are based in education and thus ensure that we work only with partners and organisations that can make the most rewarding and valuable experience for our participants.

Fully Trained Staff:

During all activities young people are accompanied. All staff are fully trained in all activities that they deliver. We produce detailed risk assessments for all activities. All staff are trained to identify, recognise and mitigate any risks that arise during the programme.

Participant Responsibilities:

Young people are responsible for following our simple code of conduct during their NCS. If a young person seriously or persistently breaks this code of conduct then we will have to ask them to leave NCS. In this eventuality the young person at question will be asked to return home at his or her own cost.

Code of Conduct:

Follow safety rules and the law; only leave the site with a leader, staff must know where you are at all times; no going in others people's rooms, flats or tents; no alcohol or illegal drugs; respect and include other people; challenge yourself (in other words, take part!)

ANY QUESTIONS?

How much does NCS cost?

'Technically' a place on NCS costs £1,500 but because we're government funded, the most we'll ask you to contribute is £50. We also have a bursary scheme available that's 100% confidential. If you're not sure you can afford it, just get in touch and we'll see what we can do.

Do I need extra £££ on Phase 1 and 2?

In short, no. Your £50 covers all your food, accommodation and activities in Stages 1 and 2. Some people bring a tenner along just in case, but you don't need to. When you reach the Do Good stage, you'll be back home, so you might need some change for the bus or money for your lunch. But it's your neighbourhood so you'll know better than us.

Will I ever be forced to do an activity?

Nope that's not our style. You can absolutely sit out if you really don't want to do something without feeling any pressure. No-one will ever force you to do anything, and that includes your mates! What we may do though is encourage you to challenge yourself where you can. Use your NCS experience as a chance to explore another side of you, or do something you've never done before. But in the end it'll always be your decision.

Does NCS count towards UCAS points?

Not at the moment, but keep in mind UCAS look for more than just points. We've seen universities look very favourably on people who have graduated from NCS because it shows you have a wider range of skills and experience. And while we're at it, employers are also looking for more than just grades - it's you as a whole they're interested in!

ANY QUESTIONS?

Can I come with my mates?

If you've got a mate going on NCS, just drop us an email to NCS@inspiresuffolk.org.uk with their name or give us a call on 01473 353193 and we'll do our best to get you booked onto the same programme. Whether you go with a friend or by yourself, just remember - you'll meet so many incredible people and make so many new mates! It's the biggest thing we hear from our grads.

Am I allowed stuff like straighteners and makeup?

Sure! It's important you feel comfortable from start to finish, so bring along whatever you need to feel at ease (within reason that is - we may not have room for your TV or drum kit). There will still be showers and places to get ready for your day ahead, so rest assured you'll feel at home.

Is there a curfew?

Well, yes there is a 'lights out' time. But only to make sure you feel totally refreshed and energised for each action-packed day, and to help you make the most of your experience. After all, you don't want to waste it! Plus not everyone is a night owl, so we aim to find the right balance to suit everybody.

What happens if I am homesick?

Should you become homesick our main concern will be your long-term happiness. We will discuss the issue with you and with your parent/guardian and do all we can to help you complete NCS.

What are your office opening hours?

We're open from 08:30 - 17:00 Monday-Friday.

AFTER NCS...

And as much as the NCS experience lasts just a few weeks, the opportunities keep on coming. There's loads more you can do with us as an 'NCS grad'...



JOIN YOUR YOUTH BOARD

Passionate about getting young people's opinions heard? Speak up for your generation and become a Regional Youth Board member. You'll make real, noticeable change in your community and take your social action projects to the next level.

TAKE PART IN ACTION DAY

Every April we come together to do some good. It doesn't matter whether you can spare an hour or a day, every action (big or small) will make a difference. So whether you're interested in helping the homeless, voicing your environmental concerns or supporting the LGBTQ+ community, this is your chance to join our national movement!



START AN APPRENTICESHIP

Ready to take the world of work by storm? GetMyFirstJob can help you out. Whether you fancy yourself as a lawyer or a director, the best apprenticeship opportunities are waiting to be uncovered - and there's something for everyone.



CONTACT DETAILS

NCS COORDINATOR - HELENA MOLES



- Telephone: 01473 353193
- Mobile: 07590 983288
- Email: helenam@inspiresuffolk.org.uk

EDUCATION PROGRAMMES MANAGER - GARRY MILLS

- Telephone: 01473 353196
- Mobile: 07590 983294
- Email: garrym@inspiresuffolk.org.uk

INSPIRE SUFFOLK HEAD OFFICE

- Telephone: 01473 353194
- Email: info@inspiresuffolk.org.uk

WHO CAN I CONTACT IF I HAVE ANY FURTHER QUESTIONS?

You can contact our NCS Team at Inspire Suffolk who are more than happy to help, please use the following contacts:

- Email: NCS@inspiresuffolk.org.uk
- Telephone: 01473 353193