



Prince's Trust

Team programme

Change Your Life in Just 12 Weeks



HAMPSHIRE
FIRE AND
RESCUE
SERVICE

The Prince's Trust Team Programme aims to reduce the number of young people who aren't in education, training or employment and if they aren't ready for college, employment or other education we can support them and provide them with life skills and a qualification. ***** Starting 22nd January 2018 *****

Here is a brief summary of the programme:

Prince's Trust Team programmes, delivered by **Hampshire Fire and Rescue Service (HFRS)**, are a 12 week personal development course which supports unemployed young people aged between **16-25** to gain **motivation, confidence, overcome barriers, make new friends**, and ultimately enter employment, education or further training. The programme itself is broken down into specific weeks focusing on different aspects of development.

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Website- <https://www.hantsfire.gov.uk/keeping-safe/children-and-young-people/princes-trust/12-week-programme/>



Change Your Life in Just 12 Weeks

<p><u>Week 1 – Induction</u></p> <ul style="list-style-type: none"> - Ice Breaking Games and Activities - Health and Safety - Introduction to Qualification - Planning for the Residential - Telephone Skills - Team Contract - Telephone Skills 	<p><u>Week 2 – Residential</u></p> <ul style="list-style-type: none"> - Outdoor Activities - Climbing, Abseiling, Canoeing etc.. - Team Building Exercises - Leadership Skills - Working as a Team - Cooking - Problem Solving Activities 	<p><u>Week 3 – Planning and Fundraising</u></p> <ul style="list-style-type: none"> - Carrying out Fundraising Activities - Planning and Designing Community Project - Presenting Ideas - Letter Writing Skills - Identifying Work Placements 	<p><u>Week 4 – Community Project</u></p> <ul style="list-style-type: none"> - Community Project Begins - Leadership Skills - Working as a Team - Managing Health and Safety - 1-1 Reviews
<p><u>Week 5 – Complete Community Project</u></p> <ul style="list-style-type: none"> - Developing Problem Solving Skills - Developing Confidence - Motivating Others - Meeting Deadlines - Project Handover/Presentation - Celebrating Success 	<p><u>Week 6 – Next Steps</u></p> <ul style="list-style-type: none"> - Fire Safety - Road Safety - First Aid - CV Writing - Applying For Jobs - Confirm Work Placements 	<p><u>Week 7 – Work Placement</u></p> <ul style="list-style-type: none"> - Individual Work Placements chosen by Team Members - An opportunity to gain a References - Trying out a New Career Path - Work Placements visits from Staff. 	<p><u>Week 8 – Work Placement</u></p> <ul style="list-style-type: none"> - Designed to assist with Personal Development - Team Members to work in a new environment to develop skills. <p>These can be 2 split into 2 separate work placements</p>
<p><u>Week 9 – Next Steps</u></p> <ul style="list-style-type: none"> - Review Work Placement - Interview Technique Session - Mock Interviews - Application Forms - Plan for Final Presentation - Job Searching - Develop CV 	<p><u>Week 10 – Fundraising and Planning</u></p> <ul style="list-style-type: none"> - Complete Fundraising - Plan for Team Challenge - Budgeting Money 	<p><u>Week 11 – Team Challenge</u></p> <ul style="list-style-type: none"> - 3-5 Days of Activities - Demonstrating Care for Others - Meeting and Working with New People and in a New Environment - Working in the Local Community 	<p><u>Week 12 – Final Week</u></p> <ul style="list-style-type: none"> - Complete Coursework - Team Reviews and Final 1-1 - Chase Up Job Applications - Final Presentation – Time to Celebrate!



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