INTRODUCING THE PRINCE’S TRUST ACHIEVE PROGRAMME

From August 2016, The Prince’s Trust Achieve programme will help 13 to 19 year olds develop the skills and confidence they need to reach their goals, through relevant, engaging and informal learning. Education should prepare young people for the future they want, however, many experience challenges with attendance, attainment and motivation, putting them at risk of underachieving or exclusion.

The Achieve programme is designed to help young people re-engage with education and support them to achieve their full potential.

Both programmes have helped thousands of young people re-engage with education

We believe that to do best by young people, education providers shouldn’t have to pick and choose from two programmes

That’s why we’ve created Achieve, a flexible programme that brings together the best of our existing xl and Fairbridge under 16 programmes. Achieve will represent an improved offer for young people in education

Through Achieve, young people will improve:

- **Attainment**: achieving educational goals and working towards The Prince’s Trust Personal Development and Employability Skills (PDE) qualification
- **Attendance**: becoming motivated again and attending regularly
- **Personal and social development**: building confidence, teamwork skills and developing character
- **Engagement with school**: developing an improved attitude to learning and raising aspirations

Achieve is a flexible programme that young people can access in schools, outside the mainstream settings like PRUs or YOIs, in FE colleges or, in some locations, in a Prince’s Trust Centre. It is also available for delivery by Colleges and other FE providers as NEET prevention, either as a part-time study programme or as an element of a full time study programme.

IS IT FOR YOU?

We will continue to deliver in 500 schools and centres each year, supporting over 9,000 educational underachievers.

Find out how we can work with you today.
Call **0800 842 842** or visit princes-trust.org.uk/learninghub

Statistics, photos, case studies and quotations in this brochure are based on delivery of the xl and Fairbridge Under 16 programmes – the two programmes coming together to form Achieve.
TOO MANY YOUNG PEOPLE ACROSS THE UK LEAVE THE EDUCATION SYSTEM WITHOUT THE QUALIFICATIONS THEY NEED TO SECURE THE FUTURE THEY WANT.

A third of school-leavers still do not achieve five A-C grade GCSEs and the situation is even worse for young people from disadvantaged backgrounds, who consistently achieve less than their peers.

Part of the problem is that teachers often struggle to meet the needs of pupils who display challenging behaviours, disrupt classes or refuse to conform to school rules. Without the right support, young people who become disengaged with education leave school with few qualifications and low aspirations for the future.

At The Prince’s Trust, we are committed to working in partnership with schools and alternative education providers to help young people achieve their full potential at this stage of their development.

Our Achieve programme has been developed to complement and enhance existing learning in the formal education setting. It draws on our expertise of youth-based work, combining the best of our xl and Fairbridge programmes to help young people re-engage with education.

This brochure gives you an overview of the Achieve programme, the support we offer to partners and some success stories of young people, parents and teachers who are already involved.

This year, we aim to work with more than 500 partner schools and organisations to support almost 10,000 young people through the Achieve programme – but we can only do this with the support of our education partners. By working together, we believe we can make a positive contribution to thousands of young people’s lives at a pivotal moment in their education.

Martina Milburn CBE
Chief Executive
The Prince’s Trust

WE WERE LOOKING FOR A PROGRAMME THAT COULD SUPPORT PUPILS WHO PERHAPS REQUIRED SOMETHING A LITTLE DIFFERENT FROM THEIR CURRICULUM.

We needed a programme that could nurture and offer that extra little bit of support to prepare a cohort of young people for the world of work.

We explored a number of different opportunities, but it really was The Prince’s Trust that seemed to capture all we were looking for and much more. We were able to construct a tailored programme within The Prince’s Trust framework, selecting units and criteria that met both our pupils’ requirements and our own timetable restraints. We wanted our pupils to do this, but not at the expense of their GCSEs – we needed the programme to be flexible, and it was!

Our pupils completed a structured timetable of employability sessions. They learnt how to write CVs, practiced interview techniques, completed applications and explored many different careers paths, but they were also rewarded with some amazing life experiences along the way.

The club got involved with Army development days, rugby 7s tournaments and team-building events. For their Enterprise Project, pupils planned, organised and successfully completed a charity car wash. They even gave a carol singing performance in a local residential home. It was stunning to observe these young people really pushing themselves far outside their comfort zones.

Considering everything they’ve achieved, it’s no wonder so many of them had the skills and qualities to impress prospective employers with their CVs and confidence at interview. The Prince’s Trust programme gave our pupils substantial and vivid experiences that they otherwise would never have experienced. We can now offer something a little bit different to young people who need it and it’s worked phenomenally.

We are looking forward to the new programmes and its exciting new programme additions.

Mr Joshua Mangas
Raising Aspirations, Attainment & Careers Director
Walkden High School
WHY HAVE WE DEVELOPED THE ACHIEVE PROGRAMME?

Educational underachievement is a critical issue across the UK.

Around a third of GCSE entrants do not achieve five GCSEs grades A* to C and young people from disadvantaged backgrounds consistently do less well in their GCSEs than their peers.

School truancy rates are consistently high.

The number of young people who are unemployed and ‘long-term unemployed’ remains high.

Employers are unsatisfied with school leavers’ employability skills, and there is an urgent need for educational underachievers to access the appropriate support in order to reach their potential in further education and the jobs market.

MANY EMPLOYERS COMPLAIN THAT FAR TOO MANY YOUNG PEOPLE LOOKING FOR WORK HAVE NOT BEEN TAUGHT THE SKILLS, ATTITUDES AND BEHAVIOURS THEY NEED TO BE SUCCESSFUL.

– SIR MICHAEL WILSHAW CHIEF OF OFSTED
The Prince’s Trust Achieve programme is uniquely designed to support young people aged 13 to 19 to re-engage with education, using a flexible, modular structure to improve young people’s attendance, behaviour and attainment.

The Prince’s Trust Achieve programme builds on our legacy of supporting young people to fulfil their potential and engage and succeed in education.

The Achieve programme uses four principles to ensure success, both for the young people it supports and the Advisers delivering the programme.

**Personal Development**
- A wide-ranging and engaging curriculum
- Holistic, relevant curriculum
- Acquisition of vital personal skills
- Young people empowered to make decisions and lead activities

**Achievement**
- Robust qualification in Personal Development and Employability Skills
- Embedded Literacy, Language and Numeracy and STEM support, creating a stepping stone for success at GCSE level
- Emphasis on careers and preparation for work, with opportunities to link up with employers
- Progression opportunities onto other Prince’s Trust programmes

**Support**
- Safe, informal environment to build positive relationships
- Prince’s Trust expert delivery support for Adviser
- Comprehensive schemes of work and bank of resources for every part of the Achieve curriculum
- Training to deliver the programme and PDE qualification

**Flexibility**
- Suitable for multiple educational settings and delivery models
- Tailored curriculum relevant to needs of young people
- A wide range of topics from which you can pick and choose to work towards the qualification
WHAT SKILLS AND QUALIFICATIONS WILL YOUNG PEOPLE GAIN?

The Achieve programme curriculum promotes a flexible approach, using relevant, experiential learning to support young people to achieve a range of personal and employability skills and gain qualifications.

How it works
The Advisers running the programme can choose a combination of these five modules to help tailor the programme and make it relevant to their cohort of young people. The activities marked with an asterisk below contribute evidence to help young people achieve the PDE qualification. Those without an asterisk do not contribute directly to the qualification, but cover important skills that young people need, and can be delivered using resources available from the online Learning Hub.

PERSONAL, SOCIAL DEVELOPMENT
- Planning for Personal Development*
- Teamwork*
- Participating in Sport*
- Interpersonal and Self-Management Skills*
- Personal Project*
- Leadership
- Managing Feelings
- Confidence

LIFE SKILLS
- Money Management*
- Preparing for a Healthy, Active Lifestyle*
- Breaking Habits
- Physical and Emotional Wellbeing
- Parenting Skills
- Sexual Health
- Hygiene
- Making Successful Transitions

ACTIVE CITIZENSHIP
- Supporting Others in the Community*
- Undertaking a Community Project*
- Managing Behaviour
- Gang Culture
- Peer Relationships
- Constructive Use of Time
- Achieving and Contributing

ENTERPRISE PROJECTS
- Undertaking and Reviewing your Enterprise Project*
- What is Enterprise?
- Developing your Business Idea
- Planning your Enterprise Project

PREPARATION FOR WORK
- Career Planning*
- Work Experience*
- Customer Service*
- Practising Leadership with Others*
- Presentation Skills*
- CV and Job Applications
- Interview Skills
- Employability Skills

This curriculum has been designed to complement the National Curriculum and the Scottish Curriculum for Excellence, to help improve whole school performance.

LITERACY, LANGUAGE, NUMERACY AND DIGITAL SKILLS
*PRINCE'S TRUST PERSONAL DEVELOPMENT AND EMPLOYABILITY (PDE) QUALIFICATION
The Prince’s Trust is a recognised awarding body in England, Wales, Northern Ireland and Scotland, approved by the relevant authorities and regulators to develop and award qualifications.

The Prince’s Trust offers young people the opportunity to achieve a qualification in Personal Development and Employability Skills (PDE) whilst participating in the Achieve programme.

The qualifications have been developed to recognise the skills and knowledge young people will develop by offering a variety of units specially linked to the programme. The qualifications are flexible and can be delivered in a variety of settings and tailored to meet the needs of the young people.

The qualifications recognise a breadth of personal skills, qualities and attitudes valued by employers across a range of sectors, giving the learners the opportunity to:

- Develop their own personal growth and engagement in learning
- Engage in learning that is relevant to them and support their development of personal skills and attributes that are essential for employment and working life
- Prepare themselves for progression into further education programmes, apprenticeships or other work-based learning
- Develop their literacy, language and numeracy skills

The qualification has given our young people the opportunity to develop valuable employability skills.

– JULIE SIMPSON
HEAD OF VOCATIONAL EDUCATION
ST. PAUL’S HIGH SCHOOL
WHAT WILL BE THE IMPACT ON YOUNG PEOPLE?

The Prince’s Trust Achieve programme seeks to have a positive impact on four challenges that young people may be facing in mainstream or alternative education:

- **Attainment**: young people unlikely to achieve or having failed to achieve 5 GCSEs at A*-C (or Scottish equivalent)
- **Attendance**: young people who face challenges with attendance, or are choosing to miss lessons
- **Engagement**: young people with behavioural issues that could lead to risk of exclusion or hindering their progress in education
- **Developing personal and social skills**: young people lacking the soft skills, attitudes or appropriate personal and social networks to engage in education

PROVEN RESULTS

Last year, young people who were at risk of underachieving or being excluded were able to participate in our xl and Fairbridge programmes, which are run based on the same principles as the newly designed Achieve programme. 82% of young people who participated in the programmes faced challenges in education such as a lack of concentration or confidence or struggled to understand the work.

**Attainment**
78% believed that taking part (in xl or Fairbridge Under 16) had helped them to set and achieve goals; 46% and 69% of young people surveyed felt that attending the programme had helped them a lot or a little to do better in numeracy/maths and literacy/English respectively.

**Attendance**
71% believed that taking part (in xl or Fairbridge Under 16) had helped them to attend school/provision and take part in class more.

**Engagement**
80% of young people were reported by staff delivering the programme to have improved ‘a lot’ or ‘a bit’ in relation to attending and engaging in education. 65% of young people felt that the programmes had helped them to get on better with teachers.

**Developing personal and social skills**
93% of young people taking part in xl improved in at least one of the following areas: communication, working with others, setting and achieving goals, managing feelings or confidence. 87% of young people on Fairbridge also improved in at least one of these skills.
WHAT ARE THE BENEFITS OF WORKING WITH US?

THE PRINCE’S TRUST

As a member of our network you will receive support and guidance from The Trust at every step. We offer support with:

- **Delivery**: dedicated member of staff to support delivery of the programme, specialist programme and qualification delivery guidance

- **Resources**: newly updated best practice resources and schemes of work in Personal Development and Employability

- **Training**: specialist training to support staff skills development

- **Networking**: networking and development opportunities for advisers

- **Added value partnerships**: where available and depending on your location, we offer a range of added value services on a first come first served basis. These include access to our network of corporate employers and volunteers who can provide training, work placements and employer visits, as well as enrichment partnerships in areas ranging from sports coaching to digital skills, healthy eating to adventurous activities

- **Skills Development**: resources and opportunities which can be used to help young people build skills in STEM (Science, Technology, Engineering and Maths) and LLN (Literacy, Language and Numeracy)

THE ACHIEVE PROGRAMME

- **Flexible**: a more flexible delivery model than we have previously offered on our programmes for young people in education

- **Delivery**: multiple delivery models, in both mainstream and nonmainstream settings. It can be delivered in as little as six weeks (full-time) or over one, two or three years (part-time)

- **Curriculum**: tailored curriculum designed to meet the needs of each group of young people by allowing Advisers to choose the most relevant modules to work on. It complements existing academic offerings and increases whole school learning

- **Competitive**: access to opportunities young people will not find elsewhere, such as volunteering across a range of sectors with leading organisations in business, sport and the arts

“IF THE PRINCE’S TRUST WAS NOT AROUND, I WOULDN’T BE IN SCHOOL.”

— YEAR 10 XL PARTICIPANT
OUR SUCCESS STORIES

NATALIE:
A campaign of threats and intimidation forced Natalie and her family out of their home after Natalie’s mother witnessed a crime. Bricks were regularly thrown through their windows.

The move changed nothing; others were informed and the harassment continued. Natalie became accustomed to moving around the living room on her hands and knees.

Natalie’s education and mental health suffered; she considered suicide, was prescribed anti-depressants, and was rushed to hospital more than once.

An online search for help directed Natalie to the Fairbridge programme. Nervous and apprehensive, Natalie gave Fairbridge her best shot, initially taking her mother along for support, then, as her confidence grew, attending alone and starting to set herself goals to achieve. She attained her Prince’s Trust Entry Level 3 and began enthusiastically pursuing a career in the media.

Gradually conquering her depression, Natalie has recently earned a place on a highly competitive course with the BBC and feels she can conquer anything.

GREIG:
Tormented by his troubles, Greig would walk alone for hours trying to clear his head. Relentless bullying had driven him to self-harm and he had thought about suicide.

When his mum was diagnosed with cancer, it devastated him and left him feeling responsible for his siblings. Whilst on the xl programme, Greig never missed a class and is now very proactive about charity work. He helps younger pupils and is eager to improve his mentoring skills with training at The Trust.

While he was away on an Outward Bound Adventure course, Greig received the heartbreaking news that his mum had died. However he remains committed to working towards his IT Diploma and is eventually hoping to set up his own business donating some of the profit to different charities.

“BEING INVOLVED WITH THE PRINCE’S TRUST HAS TOTALLY CHANGED MY LIFE.”

– GREIG
If you are interested in running the Achieve programme in your school or centre, please contact The Prince’s Trust representative in your area or country:

**ENGLAND**

**South**
Jackie Wilton, Programme Manager
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01179 434 953

**Central**
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07904 362 999

JOINING THE PRINCE’S TRUST PROGRAMME WAS A TURNING POINT FOR ME. FOR THE FIRST TIME IN MY LIFE I HAVE AMBITIONS.

– 2014 XL PARTICIPANT

**ABOUT THE PRINCE’S TRUST**

The Prince’s Trust supports 13 to 30 years-old who are unemployed and those struggling at school and at risk of exclusion. Our programmes give young people the practical and financial support they need to stabilise their lives. We help develop key skills, confidence and motivation, enabling young people to move into work, education or training.

Email: info@princes-trust.org.uk    Website: princes-trust.org.uk/learninghub    Telephone: 0800 842 842

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