Study Programme and Course Guide

Be Who You Want To Be

2018/19

Now offering Work Ready and Skills Ready Study Programmes, including GCSEs and Level 2 courses
I would recommend Nacro to anyone who wants to be helped to decide what they want to do with their life.
Whether you’re still at school or you want to get into further education or work, there’s a place for you at Nacro.

**Who comes to Nacro?**

**14-16 year olds**

We’re not like school. We’ll help you choose a workplace skill, like mechanics or hairdressing, which you can do in one of our workshops. When you’re ready we can help you apply for a job – or you can stay with us and move on to one of our Study Programmes.

**School leavers (16-18)**

It doesn’t matter what grades you left school with. At Nacro we’ll help you find the skills you need to apply for a job or carry on learning. All 16-18 year olds will take a Study Programme – a programme built to meet your individual needs – consisting of English and maths, a work placement and enrichment activities to help you build other skills alongside your main area of study. All of the courses available to 16-18 year olds are available as Study Programmes. Alternatively, if you’re ready to start work, we can offer you a traineeship, which includes a work placement in a job you’re interested in doing.

**Adults (19+)**

If you’re 19 or over, we’ll help you gain the skills you need to find a job. We’ve got a range of courses designed specially for adults. Learning is in small groups and gives you the skills that employers are looking for.

**Skills Ready**

The Skills Ready Study Programme is designed to support learners to develop their skills and knowledge within their chosen vocational area. This bespoke Study Programme will also incorporate maths, English, enrichment activities, alongside a work placement or work ready qualification. The Skills Ready Study Programme will support the learner to positively progress into further education, or training.

**Work Ready**

At Nacro we recognise that learners need to develop their employability skills to ensure they progress into the world of work. Our Work Ready Study Programme is designed to put work experience at the heart of programme delivery. On this course you will benefit from a work placement or preparation to work programme that will incorporate maths, English and enrichment activities. The Work Ready Study Programme will support the learner to positively progress into work or an apprenticeship.
About Nacro
education and skills

15 centres
We have 15 Education and Skills Centres across England for young people and adults aged 14 upwards

91%
91% of our students achieve their English or maths functional skills qualifications first time

Two-thirds of our students immediately progress to a positive destination such as further training or work

2,500 students
We worked with more than 2,500 young people and adults in 2017/18

87%
Our apprenticeship achievement rates are well above national averages at 87%

I came to Nacro with no qualifications, no confidence, no self-worth and no self-esteem. I wasn’t good at mixing with people and I didn’t think I was good enough to even pass my maths and English.

I have now gained my Level 2 in both maths and English, my confidence has grown and I’m now able to work in groups. I’m now also helping others in the classroom. Since gaining my qualifications with Nacro, I have been able to go on and gain another qualification in Dementia (Level 2), which I’ve just completed at college. Thanks to Nacro I’m now on the right path.

Charlie, Middlesbrough

I have learnt so much and I think with all your help I will now get on well in life. Thank you for helping me to get a placement and an apprenticeship, I really appreciate it. You have made me feel really confident and made me feel really welcome when I joined. I feel that I am leaving Nacro a better person with a bright future in front of me.

Rena, Nacro learner

To find out more about our courses, contact your local Nacro centre nacro.org.uk/centres
Support and guidance

We treat you as an individual
At Nacro we don’t just help you get qualifications. We have small groups and friendly staff who listen to you, assess your needs and help you.

Whether you’re looking to finish your qualifications, brush up on your employability skills, find a job or apprenticeship, or study further, we’ll do what’s best for you.

We are open and honest
At Nacro we have a learner charter that lists out exactly what you can expect of us – and what we expect of you. You can find it displayed in all of our centres.

We can help you with money
Our courses are free for most learners. We offer bursaries and free meals to those who match our eligibility criteria. Our bursaries offer various levels of financial support and are paid weekly into your bank account. To find out more, talk to your local Nacro centre.

We offer you information, advice and guidance
We know you’ll probably have lots of questions while you’re at Nacro. That’s why we offer free information, advice and guidance at all of our centres. You can talk to us about anything, including:

- bursaries
- housing and accommodation
- training opportunities
- qualifications
- jobs and volunteering
- work experience
- keeping healthy and fit
- personal matters
- help to support your learning

We value everyone
We work hard to make sure people feel respected and included. At Nacro you’ll be encouraged to value other people and help create a friendly, welcoming environment for everyone. If you have a specific learning need or disability, we will make sure you have the support you need to be successful.

We keep you safe
We want all our learners to feel secure. We have strict guidelines in place to keep you safe.

Have your say
At Nacro we work hard to listen to and act upon our learners’ views. There are many ways you can participate. All learners can join Nacro’s Students’ Union. We also have a Community Voice Coordinator who ensures our Leadership Team gets your feedback and acts on it.

To find out more, email communityvoicecoordinator@nacro.org.uk

Enterprise and innovation
Recognising the importance of real work, our specialised programmes give you the skills and experience to move into a job, a traineeship or an apprenticeship at the end of your qualification. We work with employers to simulate the working environment in a wide range of industries, offering you a high-quality work placement and giving you an employment reference.

I like Nacro, it is a fun place to be and I have loads of support.
Questions you might have

What course is best for me?
We want you to enjoy your time at Nacro and be successful in what you do. To make sure you can do that, we’ll give you advice about which courses and Study Programmes you can do. We’ll help you work out which level suits you best too.

When do courses start?
You can normally start at any time of year, but it’s best to check with your local Nacro centre.

Do I have to pay anything?
Courses are free for most learners. Depending on your age, you may be able to apply for a bursary to help with costs like travel and books. You may also be entitled to free meals.

How are courses assessed?
It depends on the course. Most of the time there’s an assignment, an exam or both.

Do I need any experience before starting?
You don’t need any qualifications or previous experience. You can start at any level that suits you and then move on to other levels. To start a Level 2 course, you will need to be working at Level 1 in your English and maths. We also expect you to show an interest in a subject of your choice.

Can you help me find a work placement?
At Nacro every student on one of our Study Programmes will get the chance to do a work placement or to have one planned for the future. We’re all about getting you ready for work. Our centres can also offer workplace traineeships to learners under the age of 24. As a trainee, you can spend up to six months on a work placement that may lead to a job.

What is a bursary?
A bursary is a payment to help you with the cost of coming to learn. It’s available to under-19-year-olds and is usually paid weekly if you attend.

Who can I contact if I need help?
Any of the tutors at your centre will listen to your needs and offer you help. If you have personal matters you’re worried about, you can talk to one of our safeguarding officers. You will find their contact details displayed in the centre.

How do I apply for a course?
If you’d like to join one of our courses, contact your local Nacro centre. Visit www.nacro.org.uk/centres or see our list of centres and the courses they offer at the back of this brochure.

Nacro has helped me a lot to get into early employment.
Animal care

If you love animals, this course will give you the chance to learn lots more about them. You will learn about the practical side of looking after domestic and farm animals. You can also learn about their nutrition and biology. It’s all really hands-on so you’ll have lots of experience to rely on when you start work.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Care</td>
<td>1 &amp; 2</td>
<td>Certificate, extended certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

What will I learn?

- Feeding, handling and grooming
- Housing animals
- Understanding animal health and welfare
- Animal biology
- Care of farm animals
- Animal nutrition

What qualification will I have?

You’ll have a certificate, an extended certificate or a diploma.

How do I complete the course?

You’ll be assessed through practical skills and assignments.

What can I do next?

With your qualification, you could apply for jobs including:

- farm worker
- horse groom
- kennel worker
- pet shop assistant
- cattery assistant
- dog groomer

Alternatively you can take a related course at a higher level.

Army

If you’re thinking about joining the armed forces then our army course will help you prepare for selection. The course focuses on personal fitness, discipline and personal development, and you’ll learn about team building, looking after yourself and managing your time. If you need to, you’ll also be able to brush up on some IT, English or maths skills before applying.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport</td>
<td>1 &amp; 2</td>
<td>Award or certificate</td>
<td>Pearson BTEC</td>
</tr>
<tr>
<td>Fitness Instructing</td>
<td>2</td>
<td>Certificate</td>
<td>Active IQ</td>
</tr>
<tr>
<td>Award in Fitness &amp; Physical Activity</td>
<td>1</td>
<td>Award</td>
<td>Active IQ</td>
</tr>
</tbody>
</table>

What will I learn?

- Becoming physically fit
- Leading a healthy lifestyle
- Military skills
- Team working and social skills
- English, maths and IT

What qualification will I have?

Depending on which course you take, you’ll have an award or a certificate.

How do I complete the course?

For the sports elements of the course you’ll be assessed through practical tasks. English and maths are tested through written assessments.

What can I do next?

With your qualification, you can apply for a job in the Royal Navy, the Army or the Royal Airforce. Alternatively, you can go on to a higher level qualification to prepare for a job in uniformed public services or sport and leisure.
If you like the idea of working with your hands or building things, then why not join one of our construction courses? There are plenty to choose from, whether you just want to test out a trade or learn some new skills. And with all the hands-on experience you get at Nacro, you’ll be well prepared for a job at the end of it.

### What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills for Employment in the Construction Industries</td>
<td>E3, 1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

### What will I learn?

You will learn a combination of theory and practical skills in one or more trades in the construction industry.

### What qualification will I have?

Depending on which course you take, you’ll have an award, a certificate or a diploma.

### How do I complete the course?

You’ll be assessed through a portfolio and your practical skills.

### What can I do next?

With your qualification, you can apply for a job in general construction, such as labouring or plastering.

Alternatively you can take a related course at a higher level or apply for an apprenticeship in a related work area.
If you’ve ever thought about working in an office or call centre then a business administration course is a great starting point. At Nacro you can learn about dealing with customers, handling complaints and working as part of a team.

**What courses can I choose?**

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Customer Service</td>
<td>1</td>
<td>Award or certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Customer Service and Business short study programmes</td>
<td>1</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

**What will I learn?**

You’ll learn skills like:
- handling phones and post
- creating business documents
- dealing with customers
- handling complaints
- doing business in a customer-friendly way

**What qualification will I have?**

Depending on which course you take, you’ll have an award or a certificate.

**How do I complete the course?**

You’ll be assessed through an exam or portfolio.

**What can I do next?**

Good customer service applies to all businesses, so there are lots of jobs where your qualification will be useful. You can apply for a job as a:
- secretary or personal assistant
- customer service representative
- retail assistant
- call centre representative
- IT helpdesk assistant

Alternatively you can take a related course at a higher level or apply for an apprenticeship in a related work area.

If you’re thinking about getting a job in a nursery or a play centre then our early years courses are a great place to start. We’ll take you through the basics of working with children and show you how to make learning fun. You’ll get plenty of practical experience while you learn, which will give you confidence when you start work.

**What courses can I choose?**

<table>
<thead>
<tr>
<th>Course</th>
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<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring for Children</td>
<td>E3</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Introduction to Health, Social Care &amp; Children’s &amp; Young People’s settings</td>
<td>1</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>First Award in Children’s Play, Learning and Development</td>
<td>2</td>
<td>Award, certificate or diploma</td>
<td>Pearson BTEC</td>
</tr>
</tbody>
</table>

**What will I learn?**

- Talking with children and young people
- Respecting children and keeping them safe
- Encouraging children to eat healthily
- Physical activities for children
- Involving children in group activities

**What qualification will I have?**

Depending on which course you take, you’ll have an award, a certificate or a diploma.

**How do I complete the course?**

You’ll be assessed through an assignment.

**What can I do next?**

With your qualification, you can apply for jobs including:
- nursery nurse
- childminder
- special educational needs assistant
- preschool advisor
- playworker
- play therapist
- school lunchtime supervisor

Alternatively you can take a related course at a higher level or apply for an apprenticeship in a related work area.
Employment skills

If you’re thinking about career options and what to do next, why not try this course and learn the skills that employers want? We’ll help familiarise you with some of the practical and personal skills that employers expect in a vocational area of your choice.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills for Employment, Training and Personal Development</td>
<td>E1-3</td>
<td>Award, certificate or diploma</td>
<td>NOCN</td>
</tr>
<tr>
<td>Skills for Employment, Training and Personal Development</td>
<td>1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>NOCN</td>
</tr>
<tr>
<td>Employability Skills</td>
<td>1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

What will I learn?

You’ll choose personal development options, depending on your individual needs, such as:
- personal career planning
- improving your confidence
- preparing for an interview
- preparing for work
- customer service skills

In one of these vocational pathways:
- animal care
- art and design
- building and construction
- business skills and customer service
- childcare and young parents
- hair and beauty
- health and social care
- hospitality and catering
- motor vehicle
- retail
- sport and leisure

What qualification will I have?

Depending on which course you take, you’ll have an award, a certificate or a diploma.

How do I complete the course?

You’ll be assessed through a portfolio, an exam or a range of practical activities.

What can I do next?

This course will help you decide which areas interest you most and what to do next. You should feel more confident and be able to apply for one of our other study programmes or a job.

English, maths and IT

Most employers want to know you have skills in English and maths at a certain level (usually Level 2). Our functional English and maths courses will get you up to the required standard so that you can start applying for jobs. At Nacro learning is in small, informal groups and one-to-one sessions, so you can progress at your own pace without feeling pressured.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>English at Entry Level</td>
<td>E1-3</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>English</td>
<td>1 &amp; 2</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Maths at Entry Level</td>
<td>E1-3</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Maths</td>
<td>1 &amp; 2</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>IT at Entry Level</td>
<td>E1-3</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>IT</td>
<td>1 &amp; 2</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

What will I learn?

Functional English and maths skills that are needed in work and daily life.

What qualification will I have?

You’ll have a certificate in the course you take.

How do I complete the course?

You’ll be assessed through a portfolio and an exam.

What can I do next?

With your qualification, you’ll be in a position to apply for many jobs. You can also do other courses at Nacro, including GCSE English and maths.
## GCSE English and maths

We can help you to get a GCSE grade 4 or above. This is an essential qualification for many jobs, as well as for further and higher education or training. Our courses will help you to develop a positive attitude and apply these subjects in the real world with confidence.

### What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>GCSE English</td>
<td>(8700)</td>
<td>Award or certificate</td>
<td>AQA</td>
</tr>
<tr>
<td>GCSE Mathematics</td>
<td>(8300)</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

### Can I do this course?

Yes, if you have a functional skills qualification at Level 2 or a GCSE grade D.

### What will I learn?

<table>
<thead>
<tr>
<th>GCSE English</th>
<th>GCSE Mathematics</th>
</tr>
</thead>
<tbody>
<tr>
<td>oral communication</td>
<td>applying maths in context</td>
</tr>
<tr>
<td>language</td>
<td>problem solving</td>
</tr>
<tr>
<td>reading</td>
<td>reasoning</td>
</tr>
<tr>
<td>creative writing</td>
<td>functioning mathematically in the world</td>
</tr>
</tbody>
</table>

### Awarding body

AQA

### How do I complete the course?

You will be assessed through a speaking and listening task and by two written exams.

### Course dates

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>September - June 2019</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>November 2019</td>
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<td></td>
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</tbody>
</table>

### Resits

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 2019</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>
Health and social care

If you'd like to care for people, then a job in health or social care can be very rewarding. At Nacro you can choose to learn about the industry as a whole, or specialise in areas like caring for the elderly, people with disabilities or people with learning disabilities. Our courses are all very practical and you don’t need any qualifications to apply.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Health, Social Care and Children and Young People Settings</td>
<td>1</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Community Development</td>
<td>1</td>
<td>Award</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Preparing to Work in Health and Social Care</td>
<td>1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

What will I learn?

To start with, you'll learn about:

• what a health or social care worker does
• health and safety
• equality and inclusion
• personal development

Depending on the options you choose, you may also learn about:

• administering medication
• supporting people with disabilities
• working with young people
• helping people to eat and drink

What qualification will I have?

Depending on which course you take, you'll have an award or a certificate.

How do I complete the course?

You'll be assessed through an assignment.

What can I do next?

With your qualification, you could apply for jobs in:

• residential care
• community and primary care
• hospitals
• home care or home help
• community care
• private care

Alternatively you can take a related course at a higher level.

Hospitality and catering

If you've ever thought about working in a restaurant, cafe or hotel, why not join one of our hospitality and catering courses? At Nacro you can learn all about preparing food and drink, serving customers and taking bookings. You'll be able to try out recipes for yourself, practice making drinks and prepare yourself for a really enjoyable job.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Culinary Skills</td>
<td>2</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>General Food and Beverage Service</td>
<td>1</td>
<td>Certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Introduction to Culinary Skills</td>
<td>1</td>
<td>Award or certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Introduction to the Hospitality Industry</td>
<td>E3 &amp; 1</td>
<td>Award or certificate</td>
<td>City &amp; Guilds</td>
</tr>
<tr>
<td>Professional Food and Beverage Service Skills</td>
<td>2</td>
<td>Award or certificate</td>
<td>City &amp; Guilds</td>
</tr>
</tbody>
</table>

What will I learn?

You will learn a combination of theory and practical skills like:

• food service
• food safety
• handling payments
• taking bookings
• serving hot and cold drinks
• bar service
• menu design

What can I do next?

With your qualification, you can apply for jobs including:

• food server, waiter or chef
• barista in a coffee shop
• bar person
• hotel manager

What qualification will I have?

Depending on which course you take, you'll have an award or a certificate.

How do I complete the course?

On most courses you'll be assessed through an assignment or a portfolio.

What can I do next?

With your qualification, you can apply for jobs including:

• food server, waiter or chef
• barista in a coffee shop
• bar person
• hotel manager

Alternatively you can take a related course at a higher level or apply for an apprenticeship in a related work area.
Mechanics and Engineering

A mechanics and engineering course with Nacro is an ideal stepping stone into a job as a mechanic. You can learn the skills that most garages are looking for. We’ll take you through the basics of vehicle maintenance, help you improve your knowledge of components and part fitting, and give you plenty of hands-on experience.

What courses can I choose?

<table>
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<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Vehicle Maintenance</td>
<td>E3, 1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>IMI</td>
</tr>
<tr>
<td>Service and Maintenance Engineering</td>
<td>E3, 1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>IMI</td>
</tr>
</tbody>
</table>

What will I learn?

- Health and safety around vehicles
- Removal and fitting of parts
- Using tools and materials
- Engine, suspension, braking, electrical and exhaust systems
- Inspection, repair and replacement of high performance vehicles

What qualification will I have?

Depending on which course you take, you’ll have an award, a certificate or a diploma.

How do I complete the course?

You’ll be assessed through an online test, an assignment or an oral assessment.

What can I do next?

With your qualification, you can apply for a job as a:

- mechanic
- tyre fitter
- panel beater
- roadside assistance mechanic
- car valet

Alternatively you can learn a related course at a higher level or apply for an apprenticeship in a related work area.

“I wanted to come to Nacro because I was interested in motor vehicle studies. I enjoyed working in the workshop because it helped me to gain experience working on real cars, as it is not all theory work. We have even been on a few trips to car factories. The trips were interesting because I wouldn’t have had the chance to see the production line of cars if I hadn’t come to Nacro.”
If you’re thinking about a job in retail, Nacro’s retail course will help you get there. Our course will give you the skills, the hands-on experience and the confidence you need to take your next step.

What courses can I choose?

<table>
<thead>
<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
<th>Awarding body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Retail Knowledge</td>
<td>1 &amp; 2</td>
<td>Award or certificate</td>
<td>City &amp; Guilds</td>
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<tr>
<td>Retail Skills</td>
<td>E3, 1 &amp; 2</td>
<td>Award, certificate or diploma</td>
<td>City &amp; Guilds</td>
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</tbody>
</table>

What will I learn?
As lots of retail jobs are in shops, you’ll learn about:
- selling
- customer service
- working in a team
- health and safety
- supervising and managing other staff

What qualification will I have?
Depending on which course you take, you’ll have an award, a certificate or a diploma.

How do I complete the course?
You’ll be assessed through an online test, an assignment or a portfolio.

What can I do next?
With your qualification, you can apply for a job as a:
- shop assistant in your local supermarket, high street store or retail park
- retail buyer
- retail manager

Alternatively you can take a related course at a higher level or apply for an apprenticeship in a related work area.

If you’ve ever thought about being a fitness instructor or a personal trainer then why not do a course in sport and leisure at Nacro? You’ll learn all about the physical side of this job, like how the body works and how injuries happen. We’ll also show you what it means to be your own boss – so you’ve got the confidence to start your own business or apply for a job in a gym.

What courses can I choose?

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<tr>
<th>Course</th>
<th>Level</th>
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<tr>
<td>Sport</td>
<td>1 &amp; 2</td>
<td>Award or certificate</td>
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<tr>
<td>Fitness Instructing</td>
<td>2</td>
<td>Certificate</td>
<td>Active IQ</td>
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<tr>
<td>Award in Fitness &amp; Physical Activity</td>
<td>1</td>
<td>Award</td>
<td>Active IQ</td>
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</tbody>
</table>

What will I learn?
- Healthy living
- Taking part in sport
- Sports injuries
- How the body works
- Disabilities and sport
- Running a business in sport and leisure
- Protecting children and young people in sport

What can I do next?
Depending on which course you take, you’ll have an award, a certificate or a diploma.

Alternatively you can take a related course at a higher level.

How do I complete the course?
You’ll be assessed through an assignment.

What can I do next?
With your qualification, you can apply for jobs including:
- leisure centre assistant
- sports development officer
- sports coach
- holiday centre manager
- personal trainer
- gym instructor
- coach

Alternatively you can take a related course at a higher level.
Warehousing and forklift truck training

In partnership with our employers, we are pleased to announce a brand new programme aimed at young people looking for work in the warehousing and logistics industries.

Through this Study Programme, you will undertake a work placement in a real warehouse and develop skills in a wide range of areas, including forklift truck driving, receiving and processing deliveries, order processing and customer deliveries.

What will I learn?
You will learn all of the skills necessary to get a job in a warehouse, as a forklift truck driver (age restrictions apply) or a driver’s mate. You will also develop your English, maths and employability skills, as these are critical in moving into work.

What qualification will I have?
- Safe Manual Handling
- Health & safety in the workplace
- Food hygiene
- Forklift truck license
- English & maths qualifications

How do I complete the Study Programme?
The Study Programme will be achieved upon the successful completion of the work placement and the appropriate additional qualifications.

What can I do next?
On completion of the Study Programme, we will support you with your progression into a permanent job in your chosen industry area. The work placement employer will also give you a reference that aids this and shows your new employer that you hold the required skills.

Young parents

If you’re about to become a young parent you probably have lots of questions about what to do in parenthood. Our Young Parents course has been designed specially for young people and is full of helpful advice. We’ll also help you to build up employment skills and experience in your area of interest, so that you can apply for a job when you’re ready.

What courses can I choose?

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<tr>
<th>Course</th>
<th>Level</th>
<th>Qualification</th>
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<td>Young Parents</td>
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<td>Nacro</td>
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<tr>
<td>Skills for Employment, Training &amp; Personal Development</td>
<td>E3, Levels 1 &amp; 2</td>
<td>Award, certificate or diploma</td>
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What will I learn?
- Health in pregnancy
- How to care for a baby in its first five years
- Responsibilities of parents
- How to get help with housing and claiming benefits
- What your options are for work or further education
- English, maths and employment skills

How do I complete the course?
You’ll be assessed through an assignment.

What can I do next?
By the end of the course, you’ll:
- understand more about pregnancy, birth and parenthood
- have met other mums-to-be
- know where to get help with childcare and other support services
- be in a position to apply for further education or training – with a view to getting into work
### Nacro centre

<table>
<thead>
<tr>
<th>Animal care</th>
<th>Building and construction</th>
<th>Business skills and customer service</th>
<th>Childcare and young parents</th>
<th>Employment skills</th>
<th>English, maths and IT</th>
<th>ESOL (English for speakers of other languages)</th>
<th>GCSE English and maths</th>
<th>Hair and beauty</th>
<th>Health and social care</th>
<th>Hospitality and catering</th>
<th>Motor vehicle</th>
<th>Retail</th>
<th>Sport and leisure, army</th>
<th>Warehousing</th>
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**Key**
- **14-16 year olds**
- **16-18 year olds**
- **19+**
- **16-24 year olds**

**Totton College**

Totton College, an education provider based near Southampton, joined Nacro’s education services in 2015. The college offers a wide range of courses for young people aged 14 upwards. For more information, visit totton.ac.uk

**Subcontractors**

We work with a range of carefully selected partners including other training providers, employers and charities to enhance and broaden our education offer across the country. To find out more visit nacro.org.uk/about-us/nacro-in-partnership.

*For full details of courses, contact your local centre for more information.*