



FEEL UNSTOPPABLE

Dear Parent/Guardian,

Inspire Suffolk will be delivering a presentation at your child's school over the coming weeks to talk about the exciting opportunities available through the National Citizens Service which we will be running during the summer holidays in partnership with the school.

You can now get all 3 weeks of NCS for just £35 providing you sign up within 7 days of our visit; after this time the participation fee will increase to £50, so we hope that you will take advantage of this early bird offer to secure your child's space!

National Citizen Service (NCS) is a once-in-a-lifetime experience, run by your local charity Inspire Suffolk, for all 16 – 17 year olds and builds skills, confidence and helps them to prepare for work and life.

The programme also helps young people to connect with their local community through planning and delivering social action projects designed and delivered by young people. Now in its seventh year, with young people from nearly 3,000 schools participating, our ambition is to ensure as many young people as possible, regardless of background, ability or ambitions, get the chance to experience and reap the rewards of NCS.

It's important to us that all young people get to take part - so the programme takes place in the summer holidays of 2019. With the backing of the government, participation fees are capped at just £50. This small contribution covers food, accommodation, transport, NCS staff and resources throughout the programme.

There are a number of compelling benefits to taking part. NCS will improve your child's CV by giving them important skills for work and life that are hard to teach in the classroom alone. If your child is planning to move onto university then by completing NCS, they will be able to use the experience to gain valuable UCAS points. The programme will help your child contribute to their local community and in so doing, meet new people from different backgrounds and develop important social skills.

The programme consists of 4 parts:

1. **Phase 1 Adventure:** Spending time away from home can be daunting but rest assured it's all about having fun in a safe and supportive environment. We have put together an action packed programme, relevant to their curriculum and consisting of exciting, comfort zone expanding and enjoyable instructor-led group activities such as climbing, high ropes, raft building, mud runs, Search & Rescue, camping and various team building activities, before returning home later in the week for a quick pit stop, before getting ready for the following day's Phase 2 Activities..
2. **Phase 2 Discovery:** This phase will be delivered out of the beautiful setting of Framlingham Prep school and is all about learning new skills and opening their eyes to a range of local and national community projects, organisations and businesses before finishing off with a bang and getting prepared for the final phase of the project, social action, which will be delivered in their local community.
3. **Phase 3 Social Action:** The focus is all about the local community, planning, preparing and delivering projects ranging from raising money for a chosen charity, raising awareness of local issues, or regenerating public spaces all in just 4 days.
4. **Phase 4 – Celebration:** A celebration for all of their amazing achievements and receiving a certificate signed by the Prime Minister herself. As part of the NCS Graduate Programme they get access to unique opportunities to continue volunteering, find employment, join a national or regional youth board to have their say on important issues impacting young people. If nothing else, it's all about staying connected with new friends and feeling part of their local community.

As your local provider, we at Inspire Suffolk ask for your support in giving your child the chance to sign up and allow them to take part alongside the thousands of other teens across the country that will be benefiting from NCS this year. You can sign up before we visit by visiting www.inspiresuffolk.org.uk or by contacting us on the below details.

Any problems or any questions you may have further, you are welcome to contact **Chloe Foster, NCS Administrator** NCS@inspiresuffolk.org.uk Inspire Suffolk.



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