



Inspiring Young People to Develop their Potential



Personal & Social Development Program

Shaftesbury Residential

Shaftesbury have been offering residential to local schools for the past 10 years. Creating a challenging, engaging and fun environment is our aim. All activities are led by fully qualified instructors and supervised by Shaftesbury staff. Over the 3 days each participant will engage in a range of adventurous activities which will help develop their skills such as team working, communication and listening skills. Participants will also learn camp craft and cooking skills and work with our staff to build their self confidence. All Shaftesbury staff that supervise the residential are qualified tutors and mentors and can help with a range of issues that any young person is experiencing.

Planned Timetable

	Morning	Afternoon	Evening
Day 1	Leave Shaftes at 10:00am, arrive at campsite 11:30am. Set up tents and equipment	Local routed walk	Rock climbing
Day 2	Kayaking & Raft Building	Cave Bus & Archery	Team building
Day 3	Pack away equipment and clean site. Aim to be back at Shaftesbury for 12:00pm		



1 Day Personal Development Program

Shaftesbury currently offers Personal & Social development programs to local Wirral schools. We have selected activities from our existing programs to create a 1 day Personal Development which focuses on building self confidence, looking at emotional well-being and building team work skills through a range of activities. All activities and tasks have been developed by our experienced staff who have years experience working with NEET and hard to reach young people.



Planned Timetable

9.00am – 9.30am	9.30am – 11.00am	11.00am- 11.15am	11.15am – 12:00pm	12:00pm – 12:30pm	12:30pm – 2:00pm	2:00pm – 3:00pm
Breakfast club	Induction to the course & club / icebreakers/ personal development tasks	BREAK	Team building exercises	LUNCH	Personal development activities	Sport/ fitness

Local Wirral Walks

Local Routed walks taking in some of the sight's and scenery of the Wirral and learning about your local area. Widely used as part of our accredited personal development program to give young people the opportunity to unwind, relax and learn about themselves and others.

Here are a few local walks;

- Heswall Dales
- Storton Woods
- Parkgate & Gayton
- Shotwick Village
- Bidston Village & Hill
- Neston & Little Neston
- Frankby & Fields



Disability Awareness Training

The aim of the course is to give young people the opportunity to experience and understand the challenges faced by disabled people.

The course is based on practical examples and will give them an insight into the barriers disabled people encounter everyday.

Some of the examples of the experiences include using a wheelchair in their local environment, the differing types of visual impairment, hearing impairment and learning disability with examples of communication problems.

The course will also tackle the issues of negativity associated with being disabled and to promote a “Can do” mentality demonstrated by the such positive images as portrayed by such events as the Paralympics.

Certificates of Attendance will be presented on completion of the course



Facilities for Hire

Here at Shaftesbury we have a range of facilities available to hire to the community and local businesses.



Astro Turfs



Classroom & Conference
Facilities



Common &
Games Room



Sports Hall



Mini Bus Hire with Driver

12 Week Accredited Personal & Social Development Program

About the course:

Previously known as the qualification gained in our 'Chance for Change' program. This is the ideal qualification for any student who needs to develop themselves mentally, emotionally and physically. The aim of this qualification is to give learners the opportunity to develop an understanding of issues contributing to their own and others personal and social development. The course will include opportunities of adventurous activities, getting fit, gaining a 1 day First Aid qualification, workshops, talks with local organisations.

What it prepares you for:

After the course, pupils will have a greater understanding of themselves and have developed skills and confidence to make a difference in their own lives.

Our Aim

Improve Behaviour

Improve Employability

Raise Aspirations

Increase Self Awareness

Tackle Substance Misuse

Develop Self awareness

Improve Emotional Wellbeing



Proposed units

- **Unit 4 Developing Self** - This unit aims to introduce learners to ways in which they can reflect on their personal development and how their skills, abilities and behaviours can be improved.
- **Unit 12 Healthy Lifestyles** - The aim of this unit is to explore emotional health and wellbeing and the factors that can influence this. Units will cover drugs, alcohol and sexual health with visits from the Brook and Response.
- **Unit 11 Understanding Personal Identity** - The aim of this unit is to encourage learners to value themselves, understand what can influence self-esteem and have a positive sense of personal identity.
- **Unit 14 Personal and Social Relationships** - The aim of this unit is to examine the nature of complex relationships and the importance of social skills in developing and maintaining complex personal and social relationships. Learners will be encouraged to examine ways of managing their feelings in different situations.
- **Unit 33 Exploring Career Choices** - The aim of this unit is to increase learners understanding of the skills required in the changing world of work. Learners will research careers and identify options open to them.

*All learners will be required to complete a small work pack per unit along with practical activities.

	Planned Timetable
Week 1	Introduction to course – Induction paperwork, Icebreakers, team building activities.
Week 2	Unit 11 Understanding Personal Identity unit, combination of practical work and written work.
Week 3	Response/ Brook workshop day – Sexual health and Drugs & Alcohol
Week 4	Unit 12 Healthy Lifestyles Morning – Written work Afternoon – Fitness activities (sport/keeping fit)
Week 5	1 Day First Aid Accredited Course
Week 6	Unit 14 Personal and Social Relationships unit, combination of practical and written work
Week 7	Outdoor Education Activity (Gorge walk)
Week 8	Unit 4 Developing Self unit, combination of practical and written work
Week 9	Outdoor activities (Archery, shooting, team building activities)
Week 10	Unit 27 Opportunities in Learning and Work (year 10) Unit 33 Exploring Career Choices (year 11), combination of practical and written work
Week 11	Morning – Unit written work Afternoon – Career Talks (future careers/Connexions)
Week 12	Celebration Event/Meal