



FCA North East Participation Guide

FCA North East run a variety of fun activities for all ages! But don't just take our word for it... take a look inside.



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1 General Activities

We always have lots of exciting activities available to everyone during the school holidays. These activities will give you the opportunity to develop and explore skills and interests that you already have, or even discover new ones. Activities range from days out at The Hub where you can try your hand at pottery, kayaking, freestyle biking and climbing to fun packed days at the beach.



2 Duke of Edinburgh Awards

The Duke of Edinburgh's Award programme is all about self development. It focuses on helping you improve existing skills and gain new talents, abilities and perspectives. You'll make new friends, develop social skills and increase your organisation, independence and self confidence. The Duke of Edinburgh's Award is available to all young people aged 13 years and older. There are three levels to the Duke of Edinburgh Awards, Bronze, Silver and Gold. At each level, four activities must be completed; a skill, a physical activity, a volunteering role and an expedition. Expeditions will usually take place during the summer holidays. The Duke of Edinburgh's Award looks great on your CV and University applications because it demonstrates commitment and motivation to succeed.





3 AQA Awards

All of our children and young people will be invited to complete a range of AQA awards that will support you with your confidence and self esteem. Some of the awards will be for completion at home with foster parents support while others will be completed via workshops and seminars. On completion you will receive a portfolio containing your AQA unit awards of evidence that will support you in your future.



4 Steps to Independence

Alongside your foster parents, we will support you with your transition to independence to ensure that you have all of the skills needed for your journey into adulthood. We offer a range of workshops and 1:1 support to help you with:

- Finances
- Home Skills
- Life Skills
- College/University
- Work Placement Opportunities





5 HYPA Sessions

14+ Group

This group is aimed at all young people aged 14 years and older. This is all about you and your voice. We start the session with you giving your opinions on any current topics within our service and then finish off with a trip to the cinema or bowling.

First Aid

You will have the opportunity to undertake a First Aid Course. Sessions include CPR, practical bandaging, treating burns and other first aid scenarios. You will receive a qualification at the end of this course which will strengthen your record of achievement, but more importantly set you up with vital life skills.

Barclays life skills

These workshops will help you develop the skills you need to succeed in future careers. From creating CV's to helping you with interview techniques.

Girls Groups

Connect with other girls about personal health and wellbeing.

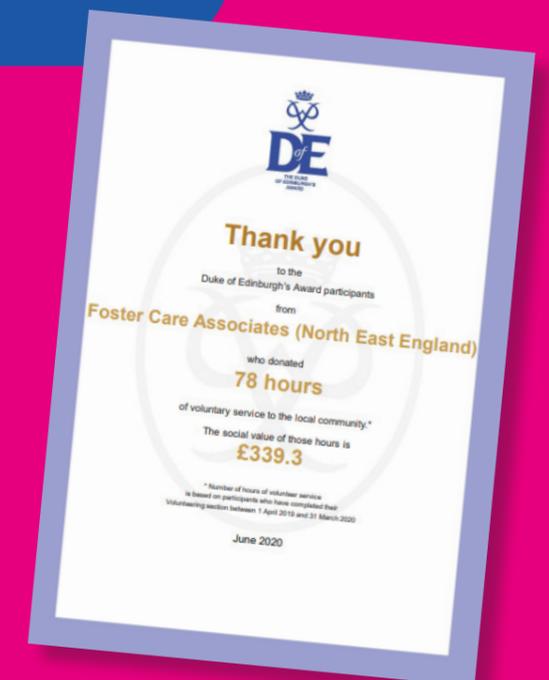
Lads Group

Meet with the boys to play online games and have a chat.



6 Charity & Donations

Throughout the year, we support a wide range of charities. We let you decide which charities you would like to support. In the past we have supported a variety of worthy causes including Stray Aid, The Hope, and local children's hospitals. We are also keen to connect with our local communities, and a significant number of our children and young people give their time as volunteers, whether it be at beach cleans or volunteering at Beamish Museum.





7 ECO Project

Our environment is our most precious legacy. Our goals are simple: cleaner water, support animals and wildlife to thrive and a cleaner greener country for us all. To tackle this we all need to reduce, reuse and recycle our waste and re-connect with our environment. At FCA North East we have held tree planting days, attended beach cleans and held workshops on how to ensure we protect our wildlife.



8

You said, We Did

We welcome and regularly seek feedback, comments and suggestions from all of our children and young people about services we are planning and currently deliver.



We want to hear your views and opinions on what is working well and what could be improved in the future. It is a key priority for us to keep you informed and updated about everything that's going on.

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