

Courses - running from July 2010 - April 2011:

Level 1 Award in Dance Leadership (Sports Leaders)

5 x 6 hour sessions - Age 14-18 Years

This course aims to teach generic skills such as leadership, organisation, planning, communication and teamwork through dance activities. It is a fun and practical qualification which has no entry requirements or exams to sit. There are 7 units covered in the course, each young person has to demonstrate 5 hours leadership to pass the course.

Level 1 in Developing Leadership Skills (OCN)

3 day residential - Age 15-21 years

This course will focus on development of personal leadership using various adventurous, problem solving, team building and exploratory activities. Young people will also take part in some theory sessions with other young people and experienced tutors. The course is accredited by the Open College Network and young people will need to complete volunteering hours to gain the accreditation.

Level 1 Award in Sports Leadership (Sports Leaders)

5 x 6 hour sessions - Age 14-18

This course aims to teach generic skills such as leadership, organisation, planning, communication and teamwork through sporting activities. It is a fun and practical qualification which has no entry requirements or exams to sit. There are 7 units covered in the course altogether and each young person has to demonstrate a minimum of 5 hours leadership with young people to pass the course.

Level 2 in Sports Leadership (Sports Leaders)

5 x 6 hour sessions - Age 16-25 years

This course is aimed at young people currently in a role of responsibility in their project, who lead their peers and wish to develop their sporting leadership skills. There are 8 units covered in the course altogether and each young person has to demonstrate 10-15 hours leadership with young people in a project to pass the course. Attendance on a First Aid course is also essential.

Level 2 Certificate in Youth Work and Community Work

(Accredited by ABC) 9 months - Age 16-25 years

This nationally recognised qualification is aimed at volunteers who wish to gain 'Support Worker' status and is a stepping stone into a professional career in Youth Work. It comprises of 12 fortnightly tutor sessions including 2 residential. The aim of this course is to enable youth work theory to be put into practice and to build confidence in working with young people.

As well as attending the course you will need to volunteer weekly in a young people's setting with 11-19 year olds and keep a record of your hours. But don't worry you won't be on your own! You'll have a designated mentor to support you from the start to finish. This course requires dedication and enthusiasm and if you are interested you will need to be volunteering in a project.

Level 2 Award in Playwork (CACHE) - 3 x 6 hour sessions - Age 16-25

This award forms the first part of a 3 stage Level 2 qualification. Within this 3 day intensive course, students will explore the areas of children's Play and Playwork, (working with 5-15 year olds) as well as how to plan and support Play. This course is ideal for those thinking of a career with children, or hoping to gain employment in play schemes / after school clubs in their local area. In addition to the course students will need to complete a work based placement of 20-30 hours and some self study. Pro-Action will organise the placements in your local area for you and any other support you may need.

Emergency Life Support (Red Cross) - 1 x 4 hour sessions - Age 14 upwards

This will give young people the skills to carry out emergency life support and an awareness of a number of different first aid skills:

- the minimum skills required to care for a casualty, management of the unconscious casualty
- resuscitation procedures for adults and children, controlling bleeding
- treating burns, caring for someone affected by shock, dealing with potential broken bones.

Additional Information

All courses will be **FREE** for young people to attend. Where necessary additional support can be given to students to ensure participation on a course (e.g. childcare support, expenses for travel, support worker on course)

Voluntary Placements

In addition to the courses, Pro-Action will assist young people in obtaining voluntary placements in the community (if they do not have one) in order to put their skills in practice.

Ongoing Accreditation

We will support any young person with continuing accreditation opportunities in volunteering by completing a Youth Achievement Award or Keystone Award to continue their personal development.

CRB checks

To ensure young people are suitable to work with children's and young people's groups Pro-Action will also CRB check each volunteer.



Become a Fan of Pro-Action Hertfordshire!

If you are interested in any of the courses, you just need to send your name, mobile number and e-mail address by visiting:

W: www.pro-actionherts.org
E: training@pro-actionherts.org
T: **01707 276859**

Pro-Action is the operating name of Pro-Action, Hertfordshire. Charity Commission No. 1127528. A company limited by guarantee. Registered in England & Wales No. 6653688. www.pro-actionherts.org