



Contact Us



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ALTERNATIVE EDUCATION PROVISION
MANCHESTER YMCA

2023 - 2024

Our Approach

Our work sits within the human givens approach. The understanding that learning is about perceiving that human beings have needs to be met. Many of our students have negative self-talk and perceptions of themselves. We retrain them to perceive themselves and others in a more positive light.

Alongside the human givens approach, we have adapted youth work practice and the neuroscience of the traumatised brain into our work with young people.

We have the following different options for schools to refer young people to.

01. One-to-One work, a mentoring and therapeutic intervention within an academic programme.

02. Small group work (up to 4-5 young people) – working around a common interest or issue, this is a 6 - 12 weeks personal development programme. This is accredited by Pearson and contributes to a BTEC.

03. Short bespoke early intervention and respite placements. The focus being on therapeutic activity to settle and restore trust in relationships.

All placements are assessed for need. Review and reflection periods are built into the programme so that students can assess impact and progress.

About Us

We are an alternative education provision who offer a range of accredited education and skills-based training programmes in Sports, Fitness, Employability, Personal Development and Functional Skills. We work with young people aged 11-24 that may be at risk of exclusion, struggling in a school setting, have SEND, face SEMH challenges, are a young carer or living in care. However, our mentoring service is available also to primary schools. We have been delivering these services for more than 15 years and have adapted our delivery and approach over this time so that it best meets the needs of young people.

We are a multi-disciplinary team comprising of six qualified youth workers, coaches and teachers who specialise in SEND, Challenging Behaviour, Health, Fitness and Physical Activity. All staff receive clinical supervision with our Educational Psychologist.

At Manchester YMCA we see behaviour as a form of communication. We believe that if a need is not being noticed, children and young people will do something to make it more noticeable, and this can escalate if not recognised. Staff have learned how to work therapeutically through creative and physical activity, and employ restorative practice when required.

Programmes are co-designed with each student, maximising the strengths and attributes that we want to encourage. Students are encouraged to own their choices and to revisit it. Our offer is delivered in high quality leisure facilities which include gym, swimming pool, dance studio and sports hall. We use sport to build confidence through goal setting as well as use practical examples to embed learning. View our facilities at www.yclub.org.uk

YMCA

Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE

One-to-One

This is a bespoke One-to-One tailored therapeutic and academic programme. It can be one day a week up to four days per week. The times are negotiated with the school, for example where a student may have been out of education for some time, and we suggest a facilitated transition into education.

The Offer

- One-to-One tuition and a tailored curriculum that meets their needs.
- Co-design with students' goals and rewards.
- Therapeutic sessions.
- Physical activity sessions.
- Detailed feedback is sent out at the conclusion of each day.
- Time is set aside at the beginning and middle of the day for pupils to have meaningful conversations with their keyworkers.
- A focus on transitions with the students such as independent living and travel, transitioning back into school, transitioning into high school or college, preparation for work (interview preparation, cv writing, filling out applications etc), or essentially into adulthood.

One-to-one provision, allows us to use the time to build, nurture, and respond to the needs of the individual in a timely manner.

Through our therapeutic work and specialism in mental health we pay particular attention to supporting young people with their mental health and wellbeing and identifying helpful strategies to deal with life's challenges. We are flexible in our approach particularly for those with SEND/SEMH and those that struggle to manage within certain environments.

Cost: £210 per day

Qualifications

Functional Skills:

- Pearson Functional Skills Maths Entry Level 1
- Pearson Functional Skills Maths Entry Level 2
- Pearson Functional Skills Maths Entry Level 3
- Pearson Functional Skills Maths Level 1
- Pearson Functional Skills Maths Level 2
- Pearson Functional Skills English Entry Level 1
- Pearson Functional Skills English Entry Level 2
- Pearson Functional Skills English Entry Level 3
- Pearson Functional Skills English Level 1
- Pearson Functional Skills English Level 2
- Pearson Functional Skills ICT Level 1
- Pearson Functional Skills ICT Level 2

BTEC:

- Pearson BTEC Level 2 Certificate Leadership Through Sport
- Pearson BTEC Level 2 Diploma Leadership Through Sport
- Pearson BTEC Level 2 Subsidiary Award Personal Growth & Wellbeing
- Pearson BTEC Level 2 Award Personal Growth & Wellbeing
- Pearson BTEC Level 2 Certificate Personal Growth & Wellbeing
- Pearson BTEC Level 3 National Extended Certificate Sports Coaching

NCFE:

- NCFE Level 2 Award in Employability Skills
- NCFE Level 2 Certificate in Employability Skills

Outreach Mentoring

Bespoke preventative programme mentoring support in the formal setting. Days/times/hours to be arranged with the referrer.

The Aims

- Develop strategies and tools to manage issues more effectively.
- Coaching methods to assist and implement positive change.
- Develop self-confidence, awareness, belief and value.
- Moving forward from past decisions, behaviours, or experiences.

The Offer

Tailored support package that is delivered within the education setting. This focuses on improving the young person's engagement in education, through developing self-regulating strategies, and developing self-esteem and resilience. The work is in collaboration with the setting to identify targets, supporting young people to reach their full potential using an asset-based approach, relationship building, and positive role modelling. Together we implement clear expectations of the support and how this is reviewed and measured. We work within a multi-agency way to support holistic planning.

Induction/initial meeting with young person- off timetable in the setting, getting to know the young person and their thoughts around the support they need, and how best to support them. This is used in conjunction with information shared by parents, carers, and professionals.

Cost: £50 per hour

Meet The Team



LUKE



AMELIA



KIERAN



DYLAN

The Teams area of expertise:

- Youth work
- Post-16 mentors
- Teaching
- Sports coaching
- Counselling and mentoring
- SEND specialists
- Mental health specialists
- Dance and drama teaching

Tailored Outreach Programme For A Whole School Approach

A school can have two workers in for the day they can run small group work sessions on specific PSHE topics, run accredited personal development programmes, deliver lunchtime drop-in sessions and or run mindfulness sessions. These bespoke packages can be co designed with the school to meet your need.

Cost for 2 workers for one day £320

Outreach Small Group Work

Bespoke targeted outreach intervention. To be agreed within the referral process. Example - 2hrs per week over a half term period. Minimum of 6 weeks provision.

The Aims

- Develop team building skills and learn coping mechanisms.
- Awareness of mental health and wellbeing.
- Exploration of wellbeing strategies.
- A sense of unity, achievement and increased confidence.
- A chance for exploration into different issues.
- An opportunity to share their ideas.
- Engage in peer-to-peer praise, rather than peer pressure.
- Develop their communication and performance skills.
- A chance to boost their self-confidence and self- esteem.

The Offer

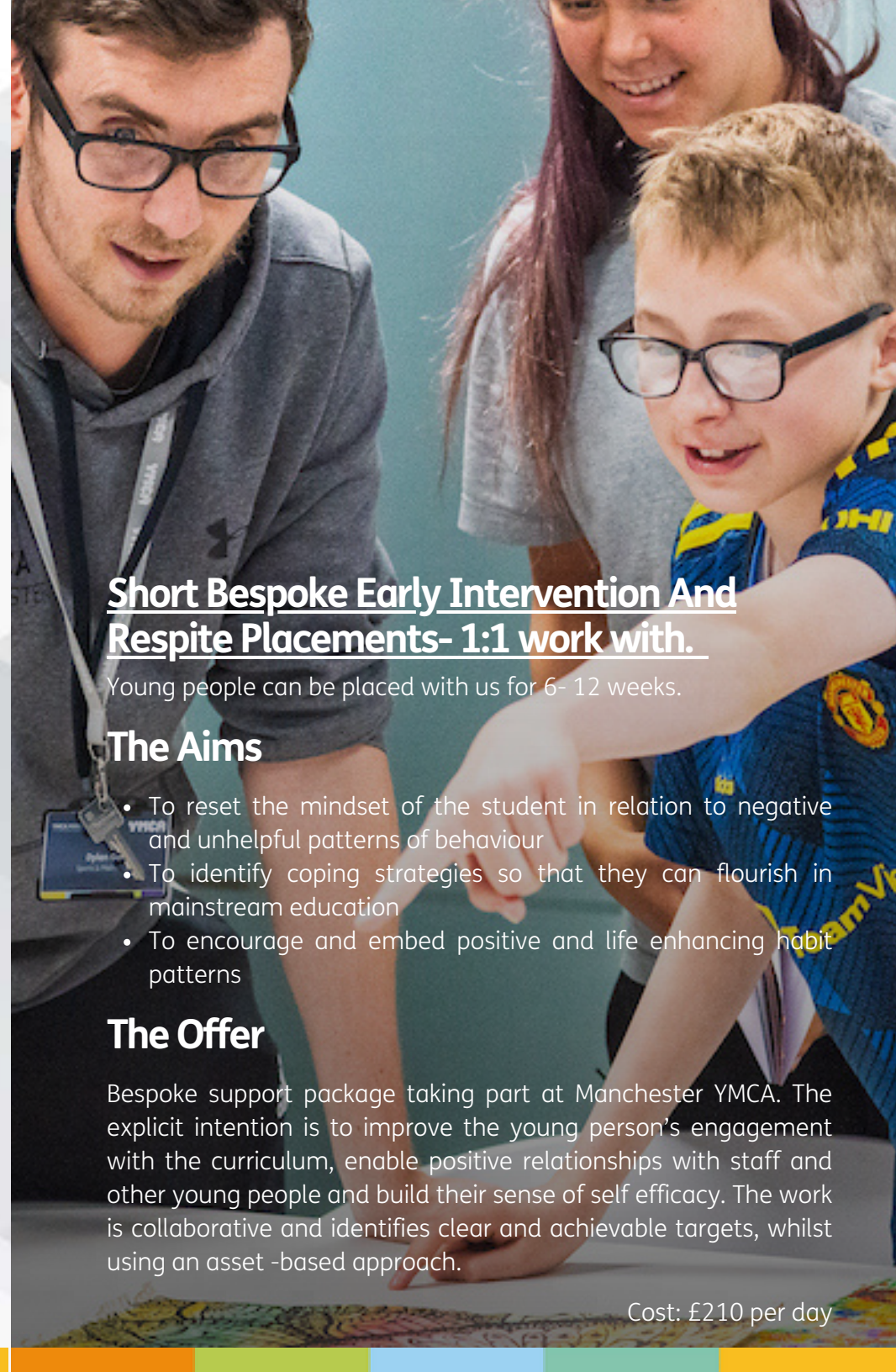
There is an agreed number of sessions and agreed outcomes between the referrer and Manchester YMCA.

Support through mentoring that encourages young people to maintain their place within the setting, as well as addressing needs or exploring barriers. The programme helps young people to engage, increase their confidence and provide motivation to identify future aspirations, and take the appropriate steps and actions to reach these.

Work is focussed around, but not limited to:

- Mental health and wellbeing support
- Access to positive activities
- Identification of self-worth/awareness
- Confidence building
- Independence building
- Social, emotional & mental health support
- Access to external service support
- Encouraging positive behaviour
- Self-reflection & understanding
- Relationship building amongst peers and adults
- Coping mechanisms.

Cost: £50 per hour



Short Bespoke Early Intervention And Respite Placements- 1:1 work with.

Young people can be placed with us for 6- 12 weeks.

The Aims

- To reset the mindset of the student in relation to negative and unhelpful patterns of behaviour
- To identify coping strategies so that they can flourish in mainstream education
- To encourage and embed positive and life enhancing habit patterns

The Offer

Bespoke support package taking part at Manchester YMCA. The explicit intention is to improve the young person's engagement with the curriculum, enable positive relationships with staff and other young people and build their sense of self efficacy. The work is collaborative and identifies clear and achievable targets, whilst using an asset -based approach.

Cost: £210 per day