YMCA

September 2024



KS3 ALTERNATIVE PROVISION

PARK VIEW EDUCATION HUB WHALLEY RANGE.

Our Services:

- Education
- Mentoring
- Intervention Programmes
- Group Work
- One-to-One Support



YMCA MANCHESTER

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Who We Are

Manchester YMCA has been supporting young people since its establishment in 1846 with the aim to work holistically to nurture the mind, body and spirit. In recent years we have focused increasingly on young people's education and mental health, and we have over 18 years' experience of working with mainstream schools and colleges, providing support to young people facing particularly acute and complex challenges. We are proud of the professional relationships we have already developed with many schools in the Manchester area.

In response to growing demand, we are now extending the ethos that has successfully underpinned our work with older age groups to offer alternative provision to KS3 students.

We recognise that schools are doing incredible work meeting the emotional and social needs of students whilst navigating the academic curriculum and Ofsted requirements. Our KS3 alternative provision offer has been extensively trialled in a school setting and has been designed to integrate seamlessly with the work of schools to plan and support a sustainable transition back to mainstream school provision.

The Team



Nicole Joseph
Head of Youth Community Services

Professional Background:

- Over 30 years' experience in the public sector, focusing on vulnerable youth and families.
- Extensive management of multi-agency teams for strategic and operational solutions.
- Skilled in commissioning, marketing, and funding strategies.

Specialist Areas:

- Expertise in trauma, resilience, mental health, and personal development in SEND contexts.



Gemma Scotland-Sarsfield
Sport and English Tutor

Professional Background:

- Joined YMCA in February 2018 with nearly ten years in education.
- Started as a Sports Lecturer after completing a degree in Physical Education and a PGDE.
- Worked in South Africa with underprivileged children; now oversees sports vocational qualifications for ages 11-18 at YMCA.

Specialist Areas:

- Expertise in Anatomy and Physiology, Early Intervention for Mental Health.
- Focus on Challenging Behaviour, SEND, SEMH, and Sports Coaching.
- Qualified personal trainer - level 3



Abigail Hutchison
Higher Level Teaching Assistant and Mentor

Professional Background:

- Higher-level teaching assistant and mentor at YMCA Manchester since October 2023.
- Previous experience at YMCA Nottingham and in educational roles focusing on English attainment.
- Pursuing an undergraduate diploma at the University of Cambridge in advanced fiction and writing for performance.

Specialist Areas and Interests:

- Specialises in spoken word poetry, therapeutic approaches, English, and supporting SEND individuals.



Luke Pritchard
Deputy Head of Youth and Community Services &
Centre Manager for Whalley Range.

Professional Background

- Over 10 years in sport and education, joined YMCA Manchester in June 2022.
- Completed Sports Science degree at the University of Hull in 2014.
- Experience includes cover supervising in schools, pastoral coordination, PE teaching, and coaching at an SEND school.
- Qualified gym instructor - level 2

Specialist Areas

- Pastoral care, autism, SEND, sports injury, fitness testing and training
- Mental health and childhood trauma

How We Work

Our work with young people is grounded in the concepts of empowerment and equity, with the express aim to equip young people with the skills and confidence to transition to mainstream education and succeed in life. Relational practice is embedded in everything we do from curriculum design, to the co-designing of personal development action plans with students and our partnership work with stakeholders.

Within this framework we use the Human Givens approach to identify and profile unmet needs and how we can support and empower young people to address them.

We know that stress, anxiety, anger, depression, and addiction can be the result of innate needs not being met, either due to environmental factors, harmful conditioning, or a misuse of imagination which manifests as worrying and anxiety. Thus, by working with students to highlight areas in their life where their essential needs are not being adequately met, we can co-design strategies to address unmet need.





Emotional Needs Audit

Under the supervision of an educational psychologist, an Emotional Needs Audit represents the starting point of our work. It is designed to help students identify how their innate emotional needs are being met and what actions can be taken to meet those needs that remain unmet and are hindering their development.

We use the Emotional Needs Audit, as defined by Mindfields College (2007) to hypothesise on the different dimensions of a student's emotional needs. Personal profiles are informed through a combination of direct questioning, discussions during sessions/social time and material elicited from students' work-books.

This Audit, which is co-designed with the student, is used to inform the transition plan back into mainstream school and identifies quantifiable and measurable steps, goals, and milestones. We provide weekly updates to the referring school and a careful handover is presented to teaching staff at a transition meeting. Transition can also include YMCA staff accompanying students back to school initially, if required.

KS3 Alternative Provision

Our KS3 programme is evidence-based and uses five pathways to wellbeing as its framework, whilst adopting the transtheoretical model of the Human Givens approach to facilitate change.

Identity and Community
Who we are and how we connect

Services and Support
Self-help / self-management



Breaking the Vicious Cycle
Looking at the process of change



Self-efficacy and Belonging
Self and collective responsibility



Overview of Strategies / Interventions

Flexible Delivery

We recognise that each young person has unique needs and our programme offers the flexibility to adapt to a range of settings and delivery modes.

YMCA Manchester can offer Personalised Mentoring programmes to KS3 and KS4 students and post-16 support. Specialised mentoring is available to foster personal development and tackle barriers to learning such as education avoidance, low attendance and persistent disruptive behaviour.

Flexible tuition is available in the core subjects of Maths, English, History, and Science with delivery options at home, in the community, or at Park View Education Hub.

Practical learning offers a hands-on approach to core subjects aligned with the national KS3 curriculum

Central to our KS3 offer is the 12-week early intervention programme, which is based at the Park View Education Hub

12-Week Early Intervention Programme

The 12-week early intervention programme includes a combination of small group work and one-to-one sessions with Maths, English and Science interwoven into each. Subjects include arts, cooking, gardening, and outdoor sports, along with Maths, English and Science.

Transition is facilitated via a bespoke plan, which is co-designed with the student with input from school staff and is overseen and supervised by an educational psychologist and includes measurable progress indicators.

On completion of the intervention, it is our intention that the student is fully prepared for re-integration back into mainstream school provision. Regular weekly contact is maintained with schools to update on progress and prepare for this to happen. If the student requires longer than 12 weeks, this will be agreed with the school.

The **curriculum** of the **12-week early intervention programme** focuses on the development of five core competencies for social and emotional learning: self-awareness, self-management, social awareness, relationship management and responsible decision-making.

The overarching learning objectives are:

- Have a greater sense of self
- Have a greater understanding of the process of change
- Understand and appreciate the power of choice

Park View Education Hub

We are delighted to introduce our new purpose-built premises at Demesne Road, Whalley Range which have been specifically designed to support KS3 interventions. We also offer delivery at home or in community settings.

Facilities at the Park View Education Hub support a wide range of enrichment activities that promote wellbeing and resilience.







Park View Education Hub



The art room offers a creative space for emotional regulation and students can learn about nutrition and cookery in the student-friendly kitchen. The sensory room provides a calm and secure environment to support emotional well-being and also houses our reading nest.





Our gardens offer hands-on experience of gardening and horticulture while the backdrop of Alexandra Park has many opportunities for outdoor sports activities

Costs

Intervention cost per unit/ Number of students



Intervention	Cost per unit	Number of students per teacher
12-week early Intervention	£150 per pupil per day	4 students. Maximum 6 in a group
12 weeks intensive one-to-one intervention	£210 per day	1 student
Tuition and mentoring	£50 per student per hour	1 student

YMCA Manchester

Contact Us

For more information on Manchester YMCA's educational services, contact Nicole Joseph.

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