



**YMCA MANCHESTER**

# Welcome to the **YMCA Manchester Education Department**

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 13-24 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.

We look forward to welcoming you to our establishment so that you can see for yourself what makes YMCA Manchester so special.

# YMCA

**YMCA** Manchester has been providing educational programmes and personal development opportunities for vulnerable and marginalised young people for over **175 years**.



## What makes us different?

- Our Environment - Our learners respond well to the relaxed, quieter atmosphere and being out of the school environment.
- Our Facilities - We have full use of all Y Club facilities, including the recently refurbished gym, multi-use sport-hall, running track, dance studio, swimming pool and 2 Rugby Fives courts.
- Our Provision - We provide each student with breakfast and lunch at our restaurant, giving learners the energy they need to reach their full potential.
- We develop and build young people's confidence by embedding independent and team building activities into their daily routine.
- We develop student's self-efficacy through 1:1 tuition and a tailored curriculum that best suits their needs.
- We are flexible and listen to our young people, creating a timetable that best suits their needs.
- We allow students to set their own goals and choose their own rewards.
- We develop relationships with parents, schools and caregivers via constant communication; detailed feedback is sent out at the conclusion of each day.
- We create a safe, welcoming environment for young people to express themselves without judgement. Time is set aside at the beginning and middle of the day for pupils to have meaningful conversations with their tutors.

## Focus

The focus of our work is physical activity and health and wellbeing; using a holistic young person centred approach we address, mental health, body image, physical fitness, self-esteem, communication and leadership skills. This is delivered via our multi-disciplinary team made up of qualified teachers, youth workers and coaches who specialise in SEND, Challenging Behaviour, Health, Fitness and Physical Activity.





## Sports Qualifications

	Pearson BTEC <b>Level 1 Certificate in Sport &amp; Active Leisure</b>	Pearson BTEC <b>Level 1 Diploma in Sport &amp; Active Leisure</b>	Pearson BTEC <b>Level 2 Certificate in Leadership through Sport</b>	Pearson BTEC <b>Level 2 Diploma in Leadership through Sport</b>
<b>Duration</b>	<b>1 Year</b>	<b>2 Years</b>	<b>1 Year</b>	<b>2 Years</b>
<b>Programme Structure</b>	<b>4 Units</b>	<b>10 Units</b>	<b>3 Units</b>	<b>5 Units</b>
	<p>How the Body Works</p> <p>Planning Your Own Fitness Programme</p> <p>Assisting a Leader</p> <p>Investigating Rights &amp; Responsibilities</p>	<p>Taking Part in Sport</p> <p>Taking Part in Exercise and Fitness</p> <p>How the Body Works</p> <p>Planning Your Own Fitness Programme</p> <p>Working in Sport and Active Leisure</p> <p>Assisting a Leader</p> <p>Job opportunities in Sport and Active Leisure</p> <p>Assisting at a Sport or Active Leisure Event</p> <p>Working in a Team</p> <p>Physical Activities for Children</p>	<p>Planning and Leading Sports Activities</p> <p>Nutrition for Sports Performance</p> <p>Technical Skills and Tactical Awareness for Sport</p>	<p>Planning and Leading Sports Activities</p> <p>Nutrition for Sports Performance</p> <p>Technical Skills and Tactical Awareness for Sport</p> <p>Injury in Sport</p> <p>Business Skills in Sport or Psychology for Sports Performance</p>



## Additional Qualification

	<b>NCFE Level 1 Certificate in Business and Enterprise</b>	
<b>Duration</b>	<b>1 Year</b>	
<b>Programme Structure</b>	<b>4 Units</b>	
	<p>Introduction to Business and Enterprise</p> <p>Marketing for Business and Enterprise</p>	<p>Finance for Business and Enterprise</p> <p>Plan, Outline and Take Part in a Business or Enterprise Project</p>



## Functional Skills Qualifications

	Pearson Edexcel <b>Functional Skills English (Entry 3)</b>	Pearson Edexcel <b>Functional Skills English (Level 1)</b>	Pearson Edexcel <b>Functional Skills English (Level 2)</b>	Pearson Edexcel <b>GCSE English</b>
<b>Duration</b>	<b>1 Year</b>	<b>1 Year</b>	<b>1 Year</b>	<b>1 Year</b>
	Pearson Edexcel <b>Functional Skills Maths (Entry 3)</b>	Pearson Edexcel <b>Functional Skills Maths (Level 1)</b>	Pearson Edexcel <b>Functional Skills Maths (Level 2)</b>	Pearson Edexcel <b>GCSE Maths</b>
<b>Duration</b>	<b>1 Year</b>	<b>1 Year</b>	<b>1 Year</b>	<b>1 Year</b>

## MEET THE TEAM

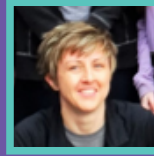


**NICOLE JOSEPH** (nicole@ymcamanchester.org.uk)

**Role:** Head of Targeted Youth Service & Education

**Specialist Areas:** Trauma & Resilience, Mental Health & Wellbeing, Creativity and Personal Development within a SEND context

**Interests:** Communication and Connectivity, Cycling, Outdoor Swimming



**GEMMA SARSFIELD** (gemmas@ymcamanchester.org.uk)

**Role:** Lead Tutor

**Specialist Areas:** Anatomy and Physiology, Early Intervention for Mental Health, Challenging Behaviour, SEND, SEMH, Sports Coaching

**Interests:** Bodybuilding, Rugby Fives, Basketball



**DYLAN GAIR**

**Role:** Tutor

**Specialist Areas:** Sports Coaching and Development, Psychology of Sport, SEND, SEMH

**Interests:** Football, Cricket, Triathlon



**MICHAEL CORNEILLE**

**Role:** Tutor

**Specialist Areas:** Mentoring and Personal Development, SEND, SEMH, Curriculum Development

**Interests:** Football, Cycling, Boxing



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## Feedback from our Young People



"It has given me so much to study at the YMCA; I am like a different person from who I was 2 years ago. I was lacking confidence in myself as a person and in my ability to learn and achieve"

"YMCA Tutors have helped me feel better about myself because they gave me self-belief. They did this by showing they care, by listening to me and by helping me with my work. The staff always explain things in a way that makes sense and they make the theory session seem easy by breaking things down into small steps"

"The atmosphere here is relaxed, free from tension, free from stress and I feel safe to be myself. You are accepted for who you are made to feel like who you are is good enough."

"I was lonely and didn't have friends before I came here. By coming here I have made friends for life. We have bonded. We have learnt that caring for, and supporting each other, is important. We have been taught how to give each other praise"



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.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION