



Groundwork London
18-21 Morley St
London
SE1 7QZ
020 3827 6192
www.groundworkncs.org

Dear Parent/Guardian,

I hope this letter finds you well.

This autumn term Alperton Community School have partnered up with the National Citizen Service (NCS) to give our Year 12 students an exciting and exclusive opportunity to take part in the NCS programme for free.

NCS will be running 6 days' worth of outdoor activities and workshops, all specially designed to help boost your young person's confidence, take them out of their comfort zone and give them skills to support their personal and professional development.

The programme will run from the **4th - 6th October and 11th - 13th October.**

During the first three days of the programme, we will be taking the students off the school site where they will take part in outdoor activities. On day one they will be visiting Go Ape at Alexandra Palace. On day two they will be taking part in Delta Force Paintballing, and for their final day they will learn some exciting bush craft skills with London Bushcraft! Please find the full programme timetable attached.

As NCS will be taking the students off school site, they will require medical forms to be filled in by parents/guardians before the young person can attend the activities. A link will be sent to your email address which will take you to an online form. **If the medical form is not filled in, your young person will not be able to take part in the programme.**

Please ensure that this medical form is completed as soon as possible, the deadline for these to be completed is the **28th September**. This is so that they can be processed and any medical follow up calls can be made before they start on the 4th October.

If you are having any issues with filling in this form or have not received your form, please contact the NCS call center on **0800 197 8010** or email their customer service lead Shannon, on: s.donaldson@groundworkldn.partners.ncstrust.org.uk. If you are unable to access an online form, NCS can also do this over the phone with you, please contact them to book a slot should you need to.

We will be sharing Welcome Packs with you soon and this will give you more information about the programme. NCS will also be running an assembly with the students on Tuesday, 28th September to get them excited for the programme and answer any questions that they may have!

We are very much looking forward to deliver this exciting opportunity to the students!

Mr. A. Rayleigh
Head of Careers
In partnership with NCS Groundwork Engagement Team

Week Timetable Overview:

Phase 1			Phase 2			Phase 3
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	
Meet and Travel to Activity Centre	Meet and Travel to Activity Centre	Meet and Travel to Activity Centre	Enterprise Community Challenge	Public Speaking, Community Mapping and Listening Campaign	Pitch Preparation	30 Hours of Social Action
Go Ape	Delta Force Paintball	Bushcraft			Social Action Pitch	
			Pitch Feedback and Reflection			
Travel Home	Travel Home	Travel Home	Your Voice Matters – Democracy and Me	Showcase and Celebration – A Month to make it matter		

*subject to change

PROJECT	LOCATION	INFORMATION	
Go Ape	Alexandra Palace	Monday - Meet at school for 8:30am coach pick up	Return to school approximately 5:00pm
Delta Force	Hemel Hempstead	Tuesday - Meet at school for 8:30am coach pick up	Return to school approximately 5:00pm
Bushcraft	Croydon	Wednesday - Meet at school for 8:15 am coach pick up	Return to school approximately 5:45pm
Phase 2	Alperton Community School	Meet at school at 8:30am	Finish 4:30pm