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**NCS Summer 2015**

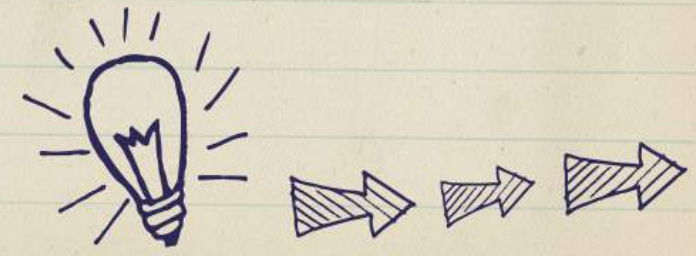


# About NCS



NCS is a way for 15 to 17 year olds living in England and Northern Ireland to make extraordinary friendships, learn the skills they don't teach you in class and create unforgettable memories. NCS takes place outside of term time in spring, summer and autumn.

Our summer NCS programme provided an amazing opportunity for 152 young people to build their confidence and independence whilst spending two weeks away from home and delivering a project for their local community. This is their story...



# Away Residential

Each team spent five days away from home at an outward bound activity centre in Northumberland.



"I enjoyed Ghyll Scrambling as my team provided great motivation and encouragement to everyone in our team to tackle each of the challenges in the Ghyll, from jumping the waterfalls to sliding down them." Oliver (Participant)



# Home Residential

During the home residential participants took responsibility for planning and cooking their own meals. They also attended workshops focussing on first aid, mental defence and goal setting.

*"Meeting up with the other teams for a party with water balloons hidden in our coats and seeing the look of horror on their faces as the inevitable was about to happen was by far one of my favourite moments"*  
Andrew (Participant)

At the end of the home residential each team pitched their Social Action Project idea to an audience of business people, community leaders and other NCS participants at a unique Soup Dragon event.

*"I was really impressed with the confidence and passion of the young people"*

*"It was great to see young people display social conscience"*

*"It helps improve my communication and confidence and it is good experience for when we have to do job interviews"*



# Social Action Projects

## TEAM 1

Mad Hatter and Friends tea party inspiring more young people to read, including fancy dress, arts and crafts, treasure hunts and group reading. The team also donated books to the Shiremoor community centre and gave free books to those who attended the tea party.



"Our event went so well yesterday I am so incredibly proud of our team! NCS is probs one of the best things I have chosen to do, I've met the nicest bunch of people ever that I have had such a laugh with and I love them to pieces!"

"So so sad NCS is over still in tears now, I'm going to miss all of my team so much I never thought I'd cry over this but all the memories we've made together and all the things we've done I never would have thought I could do and I probably couldn't have done it without all your support!"



Some amazing Social Action Projects were delivered by each of the teams

idea

## TEAM 2

Re-vamping the outdoor space of Heatherfield Mews Respite Unit in Annitsford. The team repainting an eight foot high fence in a child-friendly, colourful style. The centre is for children with profound disabilities.



"So proud of my NCS team for creating this underwater theme garden for the artistic children at Heatherfield Mews residential home"

## TEAM 3

Pop-up restaurant, raising over £500 for the North Tyneside Disability Forum (NTDF). The restaurant was based at the Rising Sun Farm where young people created oriental dishes and asked the guests to pay however much they thought the food was worth.



"We had to cook our own food during the home residential phase. This gave us an idea to take these new found skills further and create a pop-up restaurant."

"I didn't think I'd be spending my summer holiday organising a meal for local business people... but I am, and it's been so worthwhile! I am thinking about applying to university and go down a nursing route and everything I've experienced on NCS will come in really handy."



Family Fun day raising awareness of, and funds for, the MS Society.

## TEAM 4



"So proud of each and everyone of my team who raised nearly £600 for MS society, they're such an amazing bunch of weirdos love yous all" ❤️



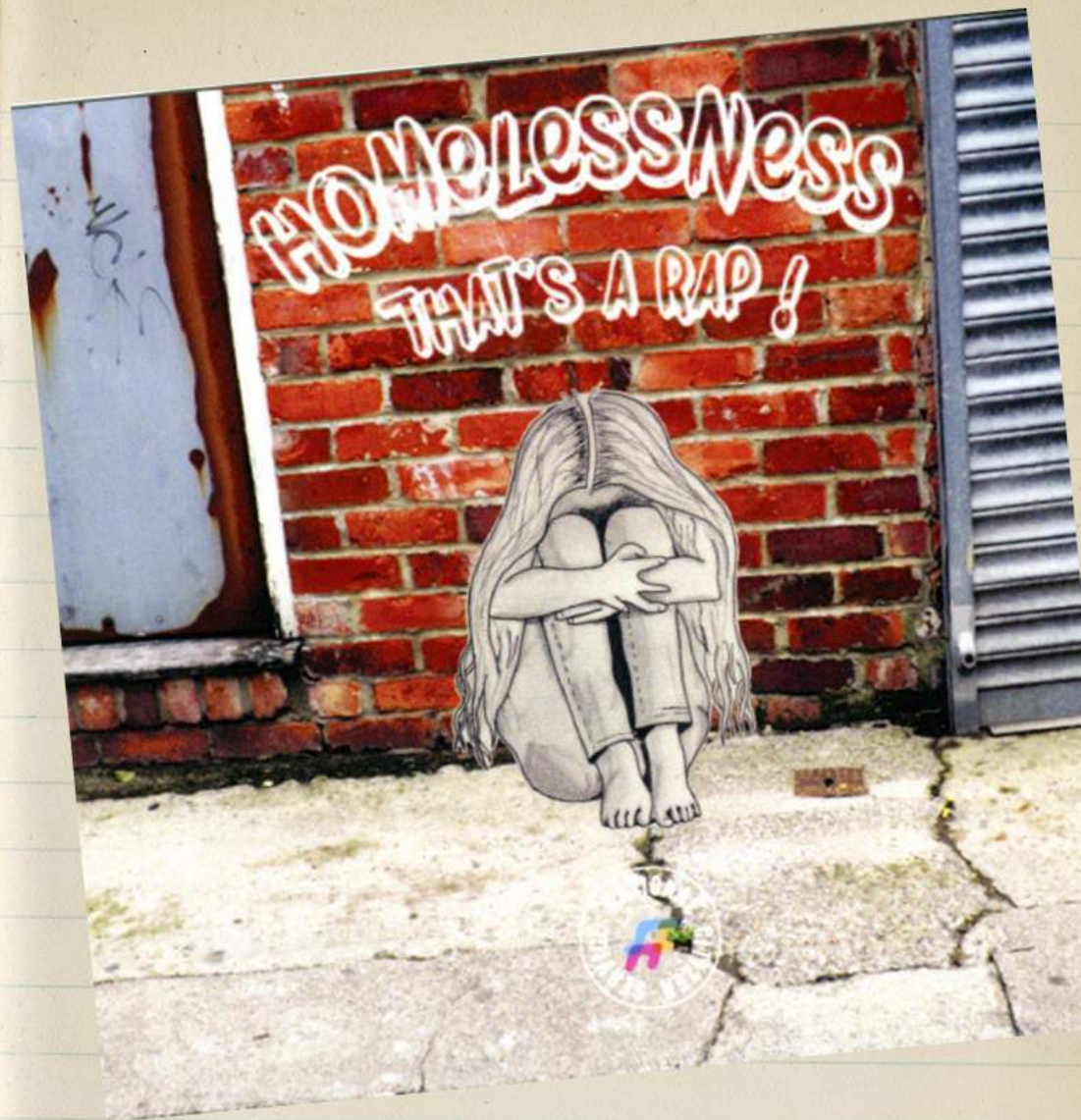
Running a Summer Ball for elderly residents of North Tyneside including food stalls, music, dancing and a raffle.

## TEAM 5



"It was truly amazing to see young people embracing the older community. They really should be proud of themselves"

Emma, Volunteer Leader.



## TEAM 6

Creating a music video about the causes and effects of youth homelessness. The team also handed out goodie bags of toiletries to charities supporting homeless people in the borough.

## TEAM 7

Delivering arts and crafts activities and a Pirates and Princesses party for disabled children at the Tim Lamb Centre.



Working on an allotment belonging to Age UK, cutting down trees, getting rid of weeds and litter, and painting the fence.

## TEAM 8

"I found the whole experience really fun despite not enjoying gardening, I had my team with me which made it so much better. I loved it so much that I'd really like to get involved with more volunteering."



## TEAM 9

Assembling 45 boxes of 'Life's Necessities' in partnership with the Bay Food Bank. They also set up a website to reduce the stigma associated with accessing food banks.



"We really want to continue to provide this service and therefore, continue our work after the end of NCS. This is a great cause and the Mango's want to make sure we can take this issue further and help more families."



## TEAM 10

A project aimed at promoting and teaching young people about the importance of recycling. The project, delivered at Richardson Dees Park, included an art installation, fashion show and arts and crafts activities all using recycled materials.



"So proud of our team! Our family fun day was a massive success and the final plaque looks amazing!"

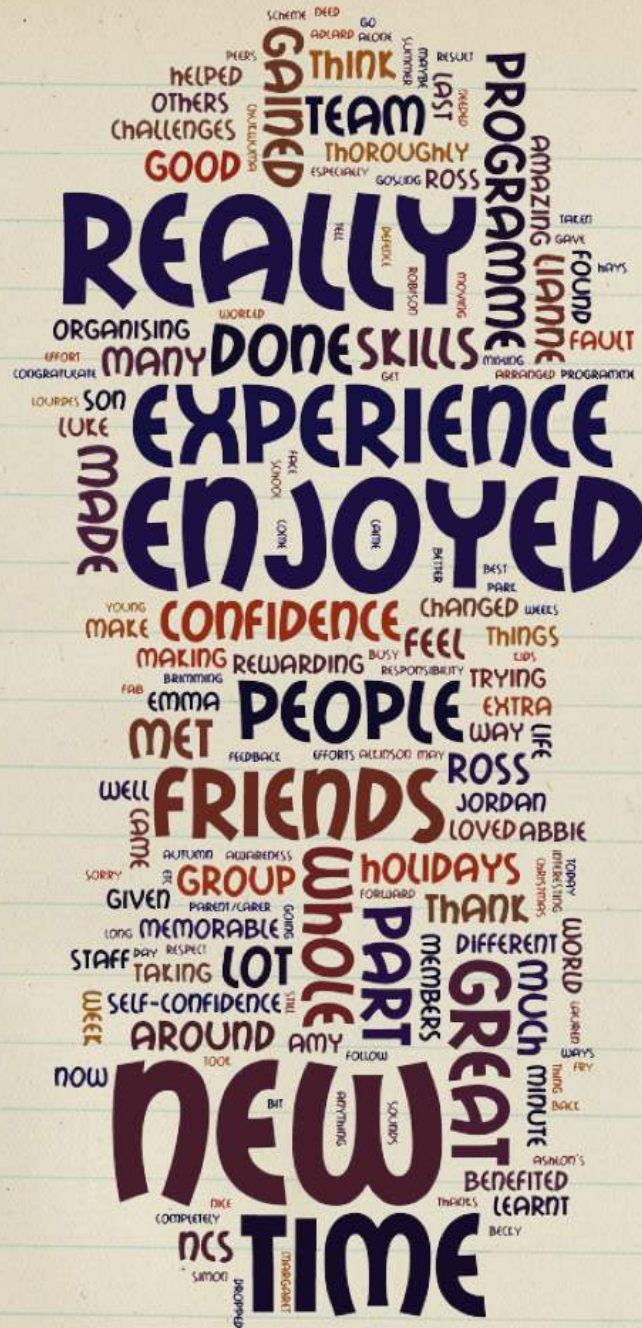


# TEAM 11



Providing social activities for older people living in supported accommodation. The young people interacted with the residents and organised a jazz band and cakes.

"Overall the day was a massive success as everyone joined in .... but most importantly smiled. I have really enjoyed this once in a life time experience - a real eye opener to Society?"



Words used by parents and carers to describe the NCS programme

NCS Summer 2015

## The Journal

REGIONAL NEWSPAPER OF THE YEAR  
Friday, August 14, 2015 www.thejournal.co.uk 70p (subscription price 56p)

### MAKING THE MOST OF THEIR SUMMER

LEARNING LIFE SKILLS IN THE CITIZEN SERVICE: J2, PAGE 19

PROSECCO CORKS POPPING, CAMERA PHONES FLASHING – NOT QUITE AS THE BARD INTENDED  
DAVID BANKS, PAGE 21



Dean Phiri, 16, serves tea at the pop-up restaurant at the Rising Sun Farm in Wallsend.



Students give chef Michael O'Keefe surprise food for his restaurant.

## Youth citizenship in action

FOR Millie Young, it was a once-in-a-lifetime opportunity - a chance to make new friends, learn skills you are not taught in school and create unforgettable memories.

The Whitley Bay 16-year-old signed up to a National Citizen Service summer programme run by North Tyneside VODA, the voluntary organisations development agency, and achieved everything it promised.

The Government-backed scheme, available across the country, is open to 16 and 17-year-olds and includes a string of activities over a four-week period.

Participants spend a week at an outdoor centre, carrying out physical challenges like climbing, orienteer-

Dozens of teenagers have been learning new skills as well as helping the community as part of the National Citizen Service. SONIA SHARMA discovered how the scheme is benefiting youngsters in the North East

ing, ghill scrambling and archery. During the second week the youngsters live away from home, in places like community centres, where they are given a shopping budget and learn skills such as cookery.

The final two weeks are spent planning and delivering a project that would benefit the community at large - and this year youngsters on the programme came up with a string of innovative ideas.

The teens were split into groups

and organised events such as an Alice in Wonderland tea party at the Tim Lamb Children's Centre in North Tyneside, a family fun day raising over £500 for the MS Society, and a summer ball for older people at Forest Hall.

One team created a colourful underwater-themed mural on a fence at a children's respite centre in Anandalee, while another filmed a music video to raise awareness of youth homelessness.

Other youngsters decided to open a pop-up restaurant at the Rising Sun farm and country park in Wallsend and raised more than £500 for North Tyneside Disability Forum.

Millie says the programme gave her invaluable experiences and she came away with skills she will be able to use throughout her life.

"I joined NCS as it was something different from a very busy two years studying for GCSE exams," she said. "It was more of a stress-free cool-

down adventure. During my four weeks, we were tasked with three main challenges.

"For the adventure phase, we went to the Kingswood centre in Yorkdale and we had a fully-packed 12-hour schedule of activities including aerobics, archery, bouldering, bush craft, campfire making, climbing, raft building, and a lot more.

"Then we had a home residential week in our teams of 13 to 16 people. We went to the Blue Flames Sports Facility in Berran, where we set up our camp beds.

"There we were challenged to budget our weekly food shop. A sum of £250 had to last us from Monday to Friday between 15 people.

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Causing a stir... Antonia Slater, 16, and Zea Arcillas, 16, prepare the food.

Dean Phiri, 16, and Sophie Reid, 16, at the pop-up restaurant at Rising Sun farm in Wallsend.

Customers wait for their meals.

Thursday, August 6, 2015 www.newsguardian.co.uk

## LOCAL NEWS

COMMUNITY

### Project helps cook up a hit

BY DAVID SEDGWICK  
david.sedgwick@press.co.uk  
Tel: 01960 531576

A tasty treat was in store for visitors to a farm. Youngsters on the National Citizen Service (NCS) opened a pop-up restaurant at the Rising Sun Farm, Wallsend, as part of the programme.

Diners chose from a lunch-time or early evening sitting with starters of udon noodles or vegetable miso soup, a main dish of Japanese honey katsu curry and a desert of mango cream crumble.

They were given the option of deciding how much they thought the meal was worth with the proceeds going to North Tyneside Disability Forum.

Zea Arcillas, 16, said: "We chose to support North Tyneside Disability Forum be-



The pop-up restaurant.

cause we wanted the money we raise to be of a real benefit to our area.

"We had to cook our own food during the home residential phase. This gave us an idea to take these new found skills further and create a pop-up restaurant."

## Teens serve up a treat for charity

By Sonia Sharma  
Reporter  
sonia.sharma@northyork.com

A GROUP of teenagers helped to raise cash for people with disabilities by setting up a pop-up restaurant.

The youngsters, aged 16 and 17, carried out the project as part of North Tyneside Voda's (Voluntary Organisations Development Agency) National Citizen Service programme.

The restaurant, at the Rising Sun Farm in Wallsend, offered oriental cuisine to customers. The diners, including business people and residents, were able to choose from a lunchtime or early evening meal. The menu offered starters of udon noodles or vegetable miso soup, a main dish of Japanese honey katsu curry and a dessert of mango cream crumble.

At the end, people were given the option of deciding how much they thought their meal was worth. The venture raised around £470 for the North Tyneside Disability Forum.

Sophie Reid, 16, of Blyth, Northumberland, who took part in the scheme, said: "I've really enjoyed the programme so far.

"I have met lots of new people, improved my communication skills and had loads of fun.

"We were working in a busy kitchen so lots of skills like leadership, time-keeping and general organisation skills that I've developed over the first two weeks of NCS have been really useful."

Michael O'Day, 16, from Howdon, North Tyneside, a student at St Thomas More RC Academy, added: "We had a meeting with North Tyneside Disability Forum and they were thrilled that we wanted to support their cause. They gave us T-shirts, banners and flyers so that we could raise awareness into the great work that they do."

And 16-year-old Zea Arcillas, of Tynemouth, said: "We were tasked with creating a social action project that benefited our local community and we chose to support North Tyneside Disability Forum because we wanted the money we raise to be of a real benefit to our area."

"We had to cook our own food during the home residential phase of NCS,

which we really enjoyed. This gave us an idea to take these new found skills further and create a pop-up restaurant.

"We want to thank all of the kind people for their donations".

Among those who enjoyed the lunchtime treats was Lisa Goodwin, chief executive of VODA.

She said: "I had a lovely afternoon. The young people were fantastic and they created a friendly atmosphere. The food was really tasty and the service second to none. You could tell they really cared about making this a success."

National Citizen Service (NCS) is open to 16 and 17-year-olds. The Government-backed programme encourages participants to spend 30 hours on a community project that benefits young people and society.

■ The next NCS will run during the October half-term break and is open to Year 12 and 13 students. To find out more or to register an interest, call 0191 259 4796 or visit www.ncsinspired-nya.co.uk



► Dean Phiri and Sophie Reid, both 16, at the their 'pop-up' restaurant at Rising Sun Farm in Wallsend

# Teenagers serve up a real treat for charity

By **Sonia Sharma**  
Reporter  
sonia.sharma@trinitymirror.com

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*We were tasked with creating a social action project that benefitted our local community*

**Zea Arcillas**

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Antonia Slavov and Zea Arcillas, both 16, prepare food at their pop-up restaurant at the Rising Sun in Wallsend.

From Page 19

"I thought this would be easy. However, the problems were that some people had food requirements such as being a vegetarian or being unable to pay certain types of food."

"After one or two hours of compromising, we eventually came up with themed nights such as American and Mexican, where everyone was happy. We also set up groups so one team was looking after a breakfast of bread, eggs and cereals and one had lunch, serving sandwiches, salads and crisps."

"We also got a wide variety of drinks such as fresh orange and apple, cereal and cola."

"After we went shopping, we went back and did a rota of who was setting the table, cooking, cleaning, washing and drying."

The youngsters also learnt first aid and took part in workshops and talks.

Millie's team then decided to take on a project to help older people suffering from dementia.

They went on a dementia awareness course before staging an event at a care home. It involved playing music on a record player, dressing up in vintage clothing, bracelet-making and serving refreshments for the elderly residents.

They also held a cake sale and raised money for a vintage jazz band, the Dartin Dollies, to play at the home.

Millie said: "We made friendship

bunches and brought in cakes and beverages for the older citizens. It was slightly overwhelming at first but once the Dartin Dollies came and played their vintage movies it reconnected with the residents."

"Some of them even got up to sing and dance which was a terrific achievement as we were all smiling and having a great time."

"Some people just sat down and listened to the older citizens. They had very interesting stories of the past, from when they were younger. Overall, the day was a massive success."

"The thing that I enjoyed the most about NCS was meeting so many different people with so many different but interesting backgrounds and personalities."

"The scheme has benefited me as I have broadened my perceptions of society, and gained knowledge of university life - such as budgeting

and communication. I really enjoyed this once-in-a-life-time experience. It was a real eye-opener to society."

The NCS programme takes place three times a year. Around 160 people take part in the summer, 60 during the October half-term break, and 45 during the spring school break.

Across the country, there are 60,000 places up for grabs.

Robin Fry, of North Tyneside VODA, said: "When the youngsters start the scheme, many of them have never been away from home."

"You see that many don't make eye contact with anyone and they are worried about whether they will get on with other people."

"But once they go through this scheme, they get such a confidence boost - their transformation is incredible."

"They learn to work as a team, make new friends, learn things like budgeting, and they end up supporting each other."

"They learn good lessons in life and appreciate other people's lives as well."

"Some have been working with older people and others with those who have been homeless."

"It is incredible what young people can achieve in such a short space of time."

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*What I enjoyed most was meeting lots of different people with so many different backgrounds*

**Millie Young**



Youngsters got to grips with archery in Allendale, Northumberland, as part of the National Citizen Service scheme. Photo: Eye of the Tyne



Participants in the NCS scheme pitching their ideas for projects.



Community ideas were put forward at a National Citizen Service Dragons' Den-style event at Wallsend Memorial Hall.



Lianne Adlard, 16 and Zea Arcillas, both from Tynemouth, pitching their idea at the Dragons' Den-style event.

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Tom Barton  
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Zea Arillas  
Zoe Ritson

Volunteers

Cameron Reaveley  
Chloe Jackson  
Emma Ramshaw  
Helen Wilson  
Jade Scott  
Julie-Anne Henshall  
Kim Neasham  
Paul Dixon

Front cover image by  
Eye of the Type Photography

# Graduate info

**Once NCS has come to a close, the opportunities don't just stop there. NCS Graduates have the opportunity to stay involved to continue their legacy.**

Since their graduation a number of young people have continued to support those involved in the NCS programme through offering guidance, support and promoting the advantages and worth of the programme for the young people and to the local community.

A big role that one of the graduates had this year was to assist with the running of the Soup Dragon's event. Other areas have included photography, discussing opportunities of their social action projects and supporting with the graduation.

The NCS graduate scheme is of course a wider initiative providing lots of opportunities for graduates to stay involved with NCS and do more social action. Lots of graduates enjoy their social action experience and want to make more of a difference to their community. This can include getting further funding to continue their social action from a variety of sources. For instance, there is Unltd, vCashpoint, O2 Think Big, Starbucks Youth Action and the list goes on. Others may move on to do the International Citizen Service programme.

Speak to VODA or visit the NCS Opportunity Hub to find out more about Graduate activity  
[www.ncsyes.co.uk/opphub](http://www.ncsyes.co.uk/opphub)

