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The Challenge Network Registered Charity No. 1129239 Company No. 6845451



## Quotes from parents of 2016 NCS graduates

"If anyone is having any doubts about this, put them to the back of your mind - in my daughter's group, every single one of them absolutely loved it and they made lots of friends who they are still in touch with."

Cathy

"My son has just completed the first week and said 'it's been the best experience of his life.'"

Heidi

"My son is on his second week and is absolutely loving it. Came home after his first week and couldn't wait to get back to meet up with his new friends he made. Would highly recommend sending your kids."

Julie





# National Citizen Service (NCS) is a once-in-a-lifetime opportunity that helps young people build skills for work and life, embark on new challenges, meet new people and contribute to their local community.

NCS is open to 15-17\* year-olds across England and Northern Ireland.

NCS is an incredible experience where young people take part in adrenaline-fuelled activities, build confidence, gain independence and develop the skills employers value such as teamwork, decision making and leadership.

NCS also allows teenagers to connect with their local community through social action projects designed and delivered by the young people themselves. NCS graduates have already dedicated five million social action hours to their communities.

Over 275,000 teenagers have already benefited from taking part in NCS. Government backing ensures that each participant pays no more than £50 for the programme.

No one should ever be prevented from taking part in NCS for financial reasons. We believe NCS is something every young person should have the chance to do, which is why financial assistance is available. We also provide support for young people with additional needs.

Programmes are delivered by a network of quality-assured youth and community organisations. All activities are comprehensively risk-assessed and overseen by carefully selected trained instructors and mentors who all undergo enhanced DBS checks.

*"We want **stronger** communities and confident and engaged young adults. That's why I am proud to support National Citizen Service. It brings young people from different backgrounds together and helps them develop new skills. I'd encourage everyone to get involved."*

Rt Hon David Blunkett MP  
Non-Exec Director, NCS Trust.



\*Please contact us for more information on our age policy.





## NCS develops practical skills for work and life.

On every programme, students will experience four phases that focus on personal and social development, including teamwork and communication skills. They will also join local businesses and social leaders to discover how they can make a difference in their community.

NCS helps job and college applications stand out and is recommended by UCAS.

UCAS recommends students include NCS in their personal statement. NCS gives a positive framework to showcase their skills for their applications and during interviews.

NCS complements other youth and volunteering programmes.

NCS works alongside youth and voluntary programmes such as the Duke of Edinburgh's Award. NCS encourages social mixing and regular guided reflection, making it a truly unique experience.

***"I would like to** commend NCS on its work to help young people to obtain the employability skills that are so important to their futures as employees – skills that employers are saying are needed. I would urge schools and colleges to work with NCS and together we can help prepare and develop young people for the future."*

Brian Lightman,  
Former General Secretary, ASCL  
Patron, NCS

**ASCL** Association  
of School and  
College Leaders



# THE IMPACT OF NCS

## SOCIAL MOBILITY

NCS GRADS ARE MORE CONFIDENT **LEADING AND WORKING IN TEAMS**



**7 IN 10** ARE MORE CONFIDENT ABOUT GETTING A **JOB** AS A RESULT OF NCS



NCS LOWERS ANXIETY AND BOOSTS RESILIENCE



## SOCIAL COHESION

OVER **8 IN 10** HAVE KEPT IN TOUCH WITH PEOPLE THEY MET ON NCS



NCS INCREASES CONFIDENCE IN MEETING NEW PEOPLE



**8 IN 10** FINISHED NCS FEELING MORE POSITIVE TOWARDS PEOPLE FROM DIFFERENT BACKGR UNDS



## SOCIAL ENGAGEMENT

NCS GRADS **GIVE BACK** TO THEIR COMMUNITY AN ADDITIONAL **6 HOURS** PER MONTH



NCS LEAVES GRADS FEELING MORE ABLE TO HAVE AN

**IMPACT**



ON THE WORLD AROUND THEM

NCS GRADS ARE MORE LIKELY TO **VOTE**



## POPULARITY AND GROWTH

OVER **200,000** YOUNG PEOPLE HAVE NOW **TAKEN PART** IN NCS

  


**9 IN 10** CONSISTENTLY SAY



THEY WOULD **RECOMMEND**



NCS TO OTHERS

**9 IN 10** CONSISTENTLY RATE THEIR NCS EXPERIENCE AS **WORTHWHILE**

Independent evaluation shows NCS is tackling key social challenges by building a movement of young people who are more capable, connected and compassionate.

To find out more, go to [NCSTHECHALLENGE.ORG](https://NCSTHECHALLENGE.ORG)



# NCS programme in your area:

Young people can take part in NCS during the Autumn or there's a choice of several start dates during the summer holidays.

## Part 1 - Get Active

Staying away from home in the countryside taking part in outdoor activities.

## Part 2 - Get Involved

Young people work together to learn a new skill in sport, media, photography, music, drama, enterprise or art.

## Part 3 - Make Your Mark

Young people will design a social action project to make a difference in their local community and then pitch for funding for it. They then use this funding to bring their project to life.

To find out more about NCS, visit [NCSTHECHALLENGE.ORG](http://NCSTHECHALLENGE.ORG) or contact us on [contact@ncsthechallenge.org](mailto:contact@ncsthechallenge.org).

You can also call us on 020 3542 2400.

We are also happy to attend parents' and or careers evenings.

## Our Other Programmes

### The Challenge Society

The Challenge Society (TCS) aims to ensure ongoing and long-lasting impact of the NCS programme on young people and their communities in the UK. TCS works with a network of local and national organisations to deliver opportunities for young people to build on the skills and characteristics developed on NCS. We offer NCS graduates support for personal and professional development, as well as opportunities to remain involved in social action which benefits them and their communities.

[www.the-challenge.org](http://www.the-challenge.org)

### HeadStart

HeadStart is an exciting programme supporting 16-18 year olds through volunteering in their local community for a minimum of 16 hours. Their progress is supported by skills building workshops and their volunteering guarantees them an interview for a paid part-time or seasonal employment opportunity or paid internship. If you're interested in becoming a HeadStart community partner, offering volunteering opportunities, please email [headstart@the-challenge.org](mailto:headstart@the-challenge.org)

### Step Forward

Step Forward is a school leavers programme open to a wide range of applicants. It supports a mixed group of learners, who are just starting out in their careers, to develop core employability skills and build a professional network of people from a broad range of backgrounds.

[www.stepforward.uk.com](http://www.stepforward.uk.com)

***"NCS is absolutely brilliant.  
I learnt so much about  
myself and made so many  
new friends."***

Young person from 2016 programme

### The Challenge

The Challenge is the local provider in London, Surrey, Buckinghamshire, Berkshire, West Midlands, Greater Manchester and parts of Lancashire and parts of Yorkshire. We have successfully been delivering the programme since an initial pilot in 2009.

POWERED BY





“Where is my son and what have you done with him? Four weeks ago he was pale and uninteresting. Today he’s a social animal with too many friends to count and never at home. What a transformation!

I cannot thank you enough. It has truly been the making of him. He now has a social circle of friends and a feeling of belonging. Born in Watford General... Made on NCS.”

Parent of NCS Graduate







FAST TRACK THEIR FUTURE:  
A GUIDE TO NCS



AN EXPERIENCE TO CHANGE THEIR LIFE

[NCSTHECHALLENGE.ORG](http://NCSTHECHALLENGE.ORG)