

The Prince's Trust xl clubs

Bringing Achievement to Life

“This is a brilliant scheme to get kids, who are otherwise quite disengaged, involved, learning new skills, learning team work and really pushing on in life. If we can stop kids who are on the edge of the tracks, then it's got to be good”.

Tom Loughton
Education Minister



**To find out more about The Prince's Trust
xl clubs, please visit:**
princes-trust.org.uk/xlclubs

or email: info@princes-trust.org.uk

or call: 0800 842 842



Prince's Trust

“The young people that we work with at Woodlands Education Centre come to us with many problems and often with negative experiences, resulting in low self-esteem and an inability to try new things or to make decisions. The work that we undertake with The Prince's Trust xl club enables them to become more independent and make positive choices. The flexibility of the programme is ideal for our young people as it allows them to achieve at their own level and to succeed.”

Suzanne Clough
Prince's Trust xl club Adviser
Woodlands Education Centre, Hampshire

Case Study



Dominic Grove's early life was quite unsettled. After signing up for The Prince's Trust xl club, he has gone from strength to strength.

Dominic was taken into care at the age of nine and was forced to move away from his family and friends. He could not settle in to school and was constantly being excluded. After starting secondary school, Dominic was moved from care home to care home and became known to the police because of the anti-social activities he was engaged in.

Dominic had been out of education for a number of years when he came to an alternative education provider, who signed him up for The Prince's Trust xl club.

At first he struggled to work with the other young people on the course. His self-esteem and confidence was very low and he

wouldn't engage in the team activities. But through the support of his Adviser and the other young people, he started to come out of his shell.

Through the course Dominic decided he wanted to pursue a career in media and applied to study Level 2 Media at the local college. He was accepted and has now completed the course and even won a college award. Next year he is going on to study for his Level 3 National Diploma in Media Studies.

Dominic Grove
Winner, Educational Achiever Award
The Prince's Trust Celebrate Success Awards 2011

Bringing Achievement to Life



The Prince's Trust xl clubs provide a personal development programme aimed at young people aged 13-19 at risk of underachievement or exclusion.

Rather than treat these young people as a challenge, The Prince's Trust makes them a priority.

A club could help your centre to:

- re-engage young people who are at risk of underachievement
- increase attendance and reduce exclusions
- improve behaviour, both in and beyond the classroom
- boost academic achievement
- make a positive contribution to the community

The Prince's Trust xl clubs add value by getting disengaged young people back into learning and success.

"The Prince's Trust xl club is the first time I've been able to relax, be myself and get on with my education. I'm really pleased with what I've achieved and I know I will go on and achieve so much more now."

Tia Tree

Who Could Benefit?



Many of the young people on The Prince's Trust xl clubs have experienced:

- difficulties with Maths and English
- underachievement in class
- distracting, disruptive or aggressive behaviour
- alienation, isolation or bullying
- a lack of parental support
- a record of truancy or absenteeism
- serious risk of exclusion

If these are issues in your centre, then The Prince's Trust could help.

"I used to be angry. I could easily have gone down the road of crime. Thanks to what I've learned, and the help of The Prince's Trust, I know what I want to be. I want to be proud of what I've achieved."

Robbie Canavan

Helping Change Young Lives



Young people can:

- discover a new way of learning
- enjoy working as part of a small team
- boost their aspiration, motivation and self-esteem
- improve confidence and communication
- develop enterprise and employability skills
- achieve an accredited qualification

"The Prince's Trust xl club really helped me calm down and realise what I wanted to do with my life. Before I would have never had the confidence to apply to college, now I feel I can achieve anything if I put my mind to it."

Dominic Grove

The Flexible Alternative



Prince's Trust xl clubs provide a flexible, alternative programme which can be tailored to your centre's needs.

There are five activity areas:

- Personal, Team and Interpersonal Skills
- Active Citizenship
- Entrepreneurship and Enterprise
- Preparation for Work
- Enrichment Projects

Young people join a small club of their peers from a variety of backgrounds who face different issues. Where possible, membership is fixed and young people benefit from a stable and trusting

environment, which helps them regain an appetite for learning.

Centres are able to determine the amount of time spent on the programme dependant on the specifics of their settings. In a full-time setting the club can complete the programme in as little as six weeks or choose to do it over two years. Guided by an Adviser, the club will have a wide range of units to work towards.

The Network



Each Prince's Trust xl club is a partnership between a centre and The Prince's Trust. Together they form a network of more than 900 clubs across the UK, supporting more than 10,000 young people.

The Prince's Trust will provide full training for your Adviser and you'll have a dedicated member of Trust staff as your regular contact.

The tried and tested programme is fully supported by materials which include lesson plans and activities. Advisers receive comprehensive training and teaching resources and each young person has their own Portfolio of Evidence.

With 35 years' experience of supporting disadvantaged young people into education, employment and training, The Prince's Trust has established itself as a positive choice for young people who may

have rejected other interventions. The Trust has also developed an unrivalled network of partner organisations who regularly support Prince's Trust xl clubs to achieve their best. These include the School Food Trust, the emergency services, corporate partners, plus cricket, football and rugby clubs. With their support, The Prince's Trust xl clubs are able to engage young people who might otherwise get left behind.

Where possible, members of the network meet together at celebration days and events. And, each year, The Prince's Trust recognises the outstanding achievement of young people through its Celebrate Success Awards which culminate in a high profile national event in the spring.

The Results



Prince's Trust xl clubs have proved their effectiveness in harnessing the potential of young people who might otherwise have been left behind.

Results can be seen in young people's attendance, attitude and attainment.

- 88 per cent of those that complete the programme progress into full time education, training or employment
- 94 per cent of young people would recommend it to others
- 89 per cent of young people showed personal development
- 90 per cent of young people show positive skills development across a range of areas

The Prince's Trust Qualification

In 2010 we launched our own, Ofqual accredited qualification, so that young

people can gain an Award, Certificate or Diploma backed by the reputation of The Prince's Trust.

The qualification is available at Entry 3, Level 1 and Level 2.

"I now have the confidence to take responsibility for myself and plan my future. I've overcome many problems and feel equipped to deal with any more that stand in my way."

William Hellier

How To Start



We aim to make it easy to establish a Prince's Trust xl club in your centre.

There are three key things to think about:

- Identify your Adviser - this is the person who will run the club. It's usually an existing member of staff
- Agree a timetable for delivery and promote to young people
- Create a positive space for the club to meet, using Prince's Trust materials and young people's own work

You won't need any special equipment, but if you do have access to IT, a kitchen or other facilities, then the programme will help you make good use of them.

“On The Prince's Trust xl club I was treated as an individual and given space to be myself. I know who I want to be now and things are looking up.”

Aaron Fox