

**youthinspired**  
striving to fulfil potential



# *improving* **choices**

A person-centred course with a holistic approach  
to overcoming barriers to education and progression



## *The Facts:*

### **Course Length:**

1 to 3 years

### **Delivery Days:**

38 Weeks per year

### **Teaching takes place:**

Monday – Thursday  
for a full time placement

### **Times:**

Monday – 10am – 3pm  
Tuesday to Thursday – 9am – 3pm

### **Location:**

1 Newnham Street, Bedford MK40 3JR

### **Accreditations Available:**

Gateway Qualifications  
Industry Qualifications - Functional Skills  
Trinity College London - Arts Award  
European Computer Driving License (ECDL)

**Welcome Youth Inspired *Improving* Choices prospectus;**  
**your first step in deciding what to do next.**

If you have a learning difficulty or need extra support to help you improve your prospects and progress to further study or a career, this flexible programme will enable you to choose a range of subjects that best suit your individual needs and interests.

Improving choices is a course that can last between 1-3 years. You attend for up to 4 days per week and undertake study that is relevant to your personal needs and interests. A programme is built around you, making sure that your needs are met and that you are supported to progress to an area of interest to you. We are a small and flexible organisation that can make changes to meet your needs, meaning that your learning is always accessible and relevant to you.



*Vision*

**Youth Inspired recognises that some people find it harder than others to develop and progress in life.** For many people things that others take for granted, such as going out independently or interacting in a social environment, can be very difficult. As a result these difficulties can present huge barriers to personal growth, making activities such as accessing education, going to work or living independently all but impossible. To support people who face these challenges Youth Inspired seeks to work alongside each person as an individual, looking at what their personal needs are and identifying ways to enable them to overcome the barriers they face.

# Mission

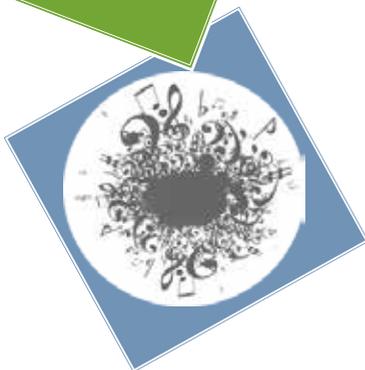
## **We will achieve our vision by:**

- Providing courses that meet the individual needs of each student
- Building self-esteem
- Providing and maintaining strong boundaries
- Differentiating our teaching and learning strategies to meet the needs of every individual
- Raising self-awareness
- Improving the learners' ability to think independently
- Providing a safe environment where the learners feel valued, respected and included
- Developing relationships and tolerance towards others
- Monitoring and supporting progression
- Enabling learners to attain accreditation at the highest possible level
- Developing and supporting transition into further education, employment or training
- Working with partner agencies to ensure our service is to the highest standard
- Keeping staff knowledge and training up to date



# Subjects we offer

**We offer a range of subjects to suit the needs and interests of every individual. Our courses are offered from Pre Entry to level 2 and can be adapted to suit any learning need:**



English  
ICT  
Vocational Development  
Cooking  
Independent Living Skills  
Maths  
Accessing the Community  
Art  
Personal Development  
Social Skills  
Conflict Management  
Music  
Supported Work Experience  
Sport  
Social Enrichment

The list above is not exhaustive; we may be able to offer a course to suit your interests that are not listed. We accredit your learning through Gateway Qualifications, Industry Qualifications and The Chartered Institute For IT to provide you with qualifications that are nationally recognised by colleges and employers.

We work with a wide range of external agencies to make sure your experience at *Youth Inspired* is varied and enriching.



*Success!*

**We want every person who participates at Youth Inspired to achieve the goals they set for themselves.**

Here are some quotes and stories from people who have engaged at Youth Inspired.

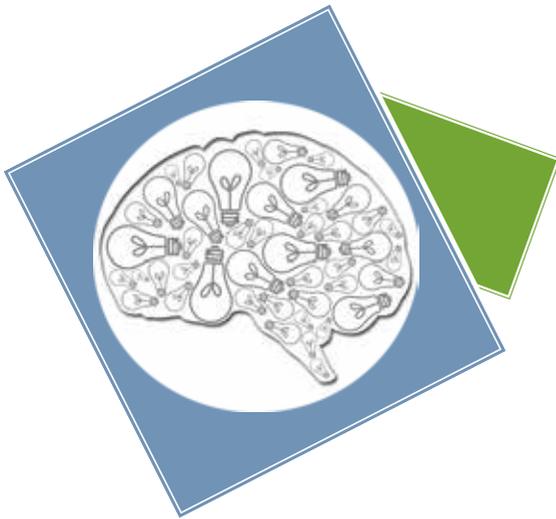
**Young man aged 21 having accessed Improving Choices explaining what he feels he has achieved...**

“...Cooking, the confidence to put travelling independently into practice, determination, communication, ICT, maturity, general independence... I feel I haven't gained any skills because I always had them but Youth Inspired has given me the key to unlock them”

**What he progressed onto...**

“...To Bedford College to study on a level 2 diploma course in I.T. Looking for a part time job”





### **Young man aged 22, after completion of Improving Choices course:**

“....The course is designed to be tailored to suit each individual young person. I would like to become a personal trainer and so I have a lesson on Anatomy and visits to a local gym. The tutors have arranged for me to gain work experience in a leisure centre to prepare me for work after leaving”.

He is now living in supported accommodation.

### **Young female, aged 20 with Selective Mutism, after completion of Improving Choices course:**

Having not previously engaged in any form of education or provision for some time and not speaking to anyone outside of her immediate family this young lady engaged for 2 years on Improving Choices. She developed good relationships with staff and improved her social interactions with fellow peers. Slowly she began to leave short answer phone messages, resulting in a long good bye message to staff before leaving the course.

Now in a long term relationship, she is verbally communicating with some people outside of her immediate family.





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