

KEEP  
DOING  
GOOD

NCS





# What Is NCS?

## THE SUMMER THAT TURNS 'NO YOU CAN'T' INTO 'NO WE CAN'

Designed specifically for 16 and 17 year olds, the NCS experience will give young people a clear idea of what they want from their future.

NCS will help them to realise that big, exciting things come from feeling a little bit overwhelmed...

...No seriously, it's all good! Remember... **No We Can.**

On NCS, young people will mix with a new crowd and take on fresh challenges together – before they know it, they'll be rooting for each other – as they tackle their own little hurdles.

Along the way, they'll also get a taste for independence and pick up skills that will help them smash their future goals.

And if that is not enough, they'll also be given a platform to have their voice heard and pursue a 'passion project'.

The NCS experience might last just a few weeks but the impact... that lasts a lot longer!

With over 600,000 young people already having done the programme, that makes NCS the fastest growing youth movement in the UK.

A 'traditional' NCS programme takes place over 3-4 weeks, consisting of an outdoor activity residential, a skills building residential at a university and delivery of a social action project that is designed to benefit the local community.

Young people get the chance to meet new people, take on new challenges, push themselves outside of their comfort zone, learn new skills, fast forward their future, boost their CV, make a difference and most importantly... have FUN!

Once a young person becomes an NCS graduate, that is not the end of their journey. There are lots of opportunities for them to get involved with locally, regionally and nationally as part of NCS' Do More phase.



For summer 2020 (and autumn 2020) – as we live in a world shaped by COVID-19 – NCS has had to go under some very difficult but exciting changes in order to make sure that we are able to deliver a safe and responsible programme for everyone involved.

The changes that we have made to our programme can be found in the Keep Doing Good, Programme Overview & FAQs section of this guide or you can learn more at [www.wearencs.com](http://www.wearencs.com).

But that does not mean that young people get to miss out on the 'traditional' NCS experience. By taking part in summer 2020's Keep Doing Good programme, they **WILL** still be eligible to take part in autumn 2020's Moving Forward programme and also summer 2021 – as long as they are still under 18!





Life.

It's full of people telling you 'No You Can't'.

No you can't do that.

No you can't change anything.

No, no, no.

Soon, you've heard so many no's you start believing them.

But what if we said no to the no's?

Said no we can create a movement that shapes the future of this country.

No we can incite the next generation to claim their independence.

So now whenever people tell us 'No You Can't' we're going to say 'No We Can'.

NCS.

No We Can.







# Who Are Sport 4 Life UK?

## CHANGING LIVES THROUGH THE POWER OF SPORT

Sport 4 Life UK is the leading sport for employment charity in the West Midlands. We offer young people 3 services that they can get involved with – NCS, training & mentoring.

Sport 4 Life UK will be the delivery partner who will be running Keep Doing Good for the young people of Birmingham in summer 2020.

Our sports themed personal development services are designed to bring out the best in our young people by providing them with high quality sessions, mentoring and guidance.

## WHY WE EXIST

We believe in a level playing field where every young person has the opportunity to create a better future for themselves.

Sport 4 Life UK is here to help young people (aged 11 to 29) move into sustained education, training and employment through sports-themed personal development by improving their employability and key life skills.

**ALL THAT WE DO IS FOCUSED ON CHANGING THE LIVES OF YOUNG PEOPLE.**

## OUR IMPACT

294

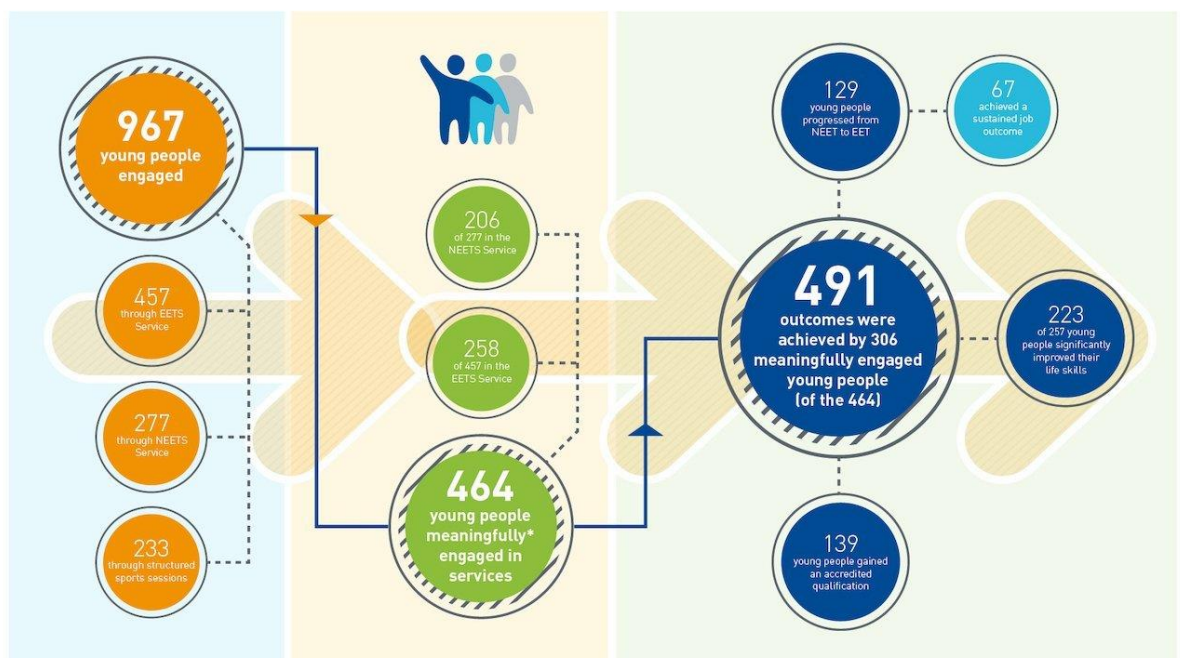
Female

673

Male

83%

BAME



Sport 4 Life UK's monitoring and Evaluation work is supported by the University of Wolverhampton to ensure validity and reliability. \*EETS Service - attended 7 or more sessions / NEETS Service - achieved an outcome or attended a training service



# Keep Doing Good

With the country starting to get back on its feet and lockdown being slowly lifted, everyone - from national organisations to local food banks, charities to corner shops, your neighbours to care homes - is going to need a little bit more help to get back to whatever 'normal' is going to be.

Keep Doing Good is young people's chance to help get the country back to business, once it's safe to do so. Young people have pledged some of their time through July/August and they can decide what their community needs by delivering their own social action project. However they choose to help, they'll pick up new skills, help rebuild communities, create positive change and get all of our futures off to a good start.

## ONE MILLION HOURS OF DOING GOOD

Nationally, NCS are aiming to pledge 1 million hours of social action delivered by young people in their local communities.

Individually, NCS have set each young person a target of delivering a minimum of 16 hours of social action. But why stop there? Over the course of the 2-week Keep Doing Good programme, they will have the opportunity to carry out 40 hours' worth of positive change in your local community!



## STAYING CONNECTED

Whilst young people are waiting for Keep Doing Good to begin and whilst social distancing is necessary, they can check out our Staying Connected hub (<https://wearencs.com/staying-connected>).



# Social Action

## WHAT IS YOUTH SOCIAL ACTION

Youth social action refers to activities that young people do to make a positive difference to others or the environment.

There are lots of ways in which young people can take practical action to make a positive difference. It can take place in a range of contexts and can mean formal and informal activities. These include volunteering, fundraising, campaigning or supporting peers.

Young people don't have to try and save the world on their own. Taking small positive actions to improve your home, school or local community can all make a big difference.

## BENEFITS OF YOUTH SOCIAL ACTION



1. Organisations benefit from the energy, ideas and capacity of young people to create positive change by gaining a different perspective and opening new ways of working
2. Communities benefit when young people feel valued, engaged and involved by creating a greater sense of community and boosting social cohesion and integration
3. Young people develop their character and confidence including experiencing higher levels of wellbeing that can help improve their mental resilience

## PRINCIPLES OF SOCIAL ACTION

- Youth Led
- Challenging
- Progressive
- Socially Impactful
- Embedded
- Reflective

The higher the quality of the social action project, the more likely it is to benefit both the young people involved and the communities or causes that they are trying to help

Find out more about youth social action [here](#)



# Programme Overview

As mentioned earlier, NCS in summer 2020 is all about rebuilding communities and getting charities, businesses and people's lives back to whatever the new 'normal' is going to be.

Keep Doing Good is a 2-week social action focused programme where young people get to be a part of the community rebuilding effort that is being led nationally by NCS.

During week 1, they will learn vital key skills around social action and getting involved in their community – including project management, budgeting, community research, leadership communication, team work and many more important skills. Meeting locations will be confirmed as soon as possible.

During week 2, this will be where they will deliver their planned social action project that is going to make a positive change on their local community and make a difference to the area that they live. This will be youth-led and this is what makes NCS a **'youth programme like no other'**.

In summer 2020, we are focusing our efforts on post COVID-19 regeneration of communities and would love to see their social action projects go some way to help tackle these current issues.

## DATES

JULY                      Monday 20<sup>th</sup> July – Friday 31<sup>st</sup> July  
AUGUST                 Monday 17<sup>th</sup> August – Friday 28<sup>th</sup> August

The programme will run Monday to Friday on both week 1 & 2 of Keep Doing Good. Each day will run from 10am – 4pm on week 1 and week 2 will also be based on similar times but will be dependent on what the young people plan for their social action projects.

Young people are expected to attend all days of Keep Doing Good unless otherwise agreed with NCS.

## WEEK ONE (W/C 20<sup>th</sup> JULY & 17<sup>th</sup> AUGUST)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b> 10am – 12:30pm (approx)	Team Building	Your Voice Matters	Delivering A Campaign	Social Action Best Practice	Community Mapping
<b>Afternoon</b> 1pm – 4pm (approx)	Introduction to Social Action		Delivering Positive Action	Community Mapping	
<b>Additional Activity</b>				Social Action Recording	



**Team Building:** Young people will get the opportunity to kick off Keep Doing Good by taking part in a morning of team building activities where they will meet new people, get to know other members of their NCS team & their assigned delivery staff and also get a feel of what NCS is all about

**Introduction To Social Action:** Young people will start to understand what social action is, why it is important and why it is included within NCS

**Your Voice Matters:** Young people will take part in a live debate that focusses on societal issues in their local community. Based on pre-researched facts, young people will be able to get their voice heard on a number of topics as well as sharing their ideas for tackling these

**Delivering A Campaign:** Young people will learn how to deliver an effective campaign and will get the chance to plan a 'mock' campaign

**Delivering Positive Action:** Young people will learn how to deliver an effective positive action and will get the chance to plan a 'mock' action project

**Social Action Best Practice:** Young people will be able to learn best practice tips from experienced social action delivers

**Community Mapping:** Young people will start to explore their local area further in order to design their own social action project

**Social Action Recording:** Young people will be supplied with a social action reflection journal where they can record their social action experiences to help further develop the skills that they have learnt

**WEEK TWO (W/C 27<sup>TH</sup> JULY & 24<sup>TH</sup> AUGUST)**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b> 10am – 12:30pm (approx)	Social Action Delivery				Social Action Review
<b>Afternoon</b> 1pm – 4pm (approx)					Celebration
<b>Additional Activity</b>	Social Action Recording				

**Social Action Delivery:** Young people will deliver the social action project that they have designed during week one to have a positive impact on their local community

**Social Action Review:** Young people will review their Keep Doing Good experience

**Celebration:** Young people will get the chance to celebrate their successes and achievements during Keep Doing Good

**Social Action Recording:** Young people will be supplied with a social action reflection journal where they can record their social action experiences to help further develop the skills that they have learnt



# COVID-19 Guidelines

As you will be aware, NCS has had to undergo major repurposing of its 'traditional' summer programmes in order to create a safe delivery method for summer 2020 that still has a benefit to both the young people taking part and their local communities.

Below is a list of COVID-19 guidelines and how NCS & Sport 4 Life UK are going to work within these to deliver a safe, enjoyable & beneficial experience for all people involved.

## MEETING IN GROUPS

At present (30/06), the government guidance currently states that meetings of no more than 6 people from any household can take place outside. Therefore, young people will be placed in smaller NCS teams that include no more than 6 people including staff.

## SOCIAL DISTANCING

All activities planned will take place under the latest social distancing guidelines of 1 meter (as of 04/07). If appropriate, we will introduce staggered start and finish times for young people and delivery staff in order to reduce crowding in and out of any venues that are used and also introduce one way systems inside venues where possible.

## EQUIPMENT

We will limit the amount of equipment that is needed to be used during activities and also reduce the amount of equipment that is needed to be shared during Keep Doing Good. Where possible, we will supply each individual with their own equipment i.e. stationery. If this is not possible for specific equipment i.e. gardening tools for a social action project, we will ensure that disposable gloves are available for all young people and delivery staff to use as well as appropriate cleaning products which will have to be used on the equipment before and after use. Hand sanitizing stations will be provided in all of the venues that are to be used.

## RISK ASSESSMENTS

We have currently undertaken a rewriting process of all of our risk assessments to include COVID-19 restrictions and considerations. These will be continually monitored as we approach programme delivery and updated accordingly. All venues that are to be used during Keep Doing Good will have been visited when completing the risk assessment and we will ensure that they are able to comply with the latest social distancing guidelines.

## PUBLIC TRANSPORT

We will try to limit the amount of public transport use that is needed by young people and delivery staff. To do this, we will find a centralized venue that is accessible for all people that are involved in Keep Doing Good. If a young person or delivery staff member does need to use public transport during Keep Doing Good, we would advise them to follow the latest government guidelines in regards to the wearing of PPE. If you are unable to get access to these then we will be able to provide these for you.

## PERSONAL ITEMS

We will be asking young people and delivery staff to reduce the amount of personal items that they bring with them on Keep Doing Good. Any personal items that are brought and not essential to the running of the planned activities i.e. backpacks, these will have their own designated storage area that will be of an adequate size in order to remove the need to stack personal items and reduce the need to handle another person's items.

## WORKING AREAS

Floor markings will be used in order to help young people and delivery staff comply with the latest social distancing guidelines. We will limit the need for people to be going between different working areas but if not possible, cleaning and sanitizing procedures will be in place. Any equipment in the working area i.e. chairs will be sanitized at the start and end of each day and will remain in the same place overnight so that young people and delivery staff can use the same equipment for the following days. The working areas will be named so that people have their own designated working area during the programme. Where possible, we will try to hold all activities outdoors but this is weather dependent.

## FOOD

We would encourage all young people and delivery staff to bring their own packed lunches for Keep Doing Good. This will reduce the risk of contamination and also reduce the risk of young people and delivery staff having to interact with people from outside of the NCS bubble before returning to their bubble and increasing the likelihood of transmitting the virus. Any food and drink that is brought will be for the use of that person only and not to be shared.

## FIRST AID

Where appropriate, young people will be encouraged to administer basic first aid to themselves with the guidance of a qualified first aider whilst maintaining social distancing guidelines i.e. applying a plaster. Where necessary, a qualified first aider will breach the social distancing guidelines in order to administer the appropriate first aid treatment. Each NCS bubble will include a qualified first aider in order to reduce the need for delivery staff to move between different NCS bubbles.

## PROGRAMME VISITS

Any non-agreed, external visitors to NCS programmes will not be permitted unless for emergency situations. Young people and delivery staff will interact with an external stakeholder in order to deliver their social action project but visits will be limited to any pre-arranged visits from NCS & Sport 4 Life UK staff members for quality auditing purposes. Any non-agreed visitors will not be allowed on programme.

## COVID-19 SYMPTOMS

Any young person or delivery staff member who displays symptoms of coronavirus will be advised to stay at home and follow the latest government guidance ([https://www.gov.uk/coronavirus?gclid=EAlaIQobChMIh\\_nngPqr6gIVWe7tCh0dhQYsEAAYA\\_SAAEgLAGfD\\_BwE](https://www.gov.uk/coronavirus?gclid=EAlaIQobChMIh_nngPqr6gIVWe7tCh0dhQYsEAAYA_SAAEgLAGfD_BwE)). If a young person or delivery staff member tests positive for coronavirus, their NCS bubble will be asked to remain at home and follow the latest government guidance alongside any other person that the infected individual may have had contact with.



# Do More

There are a lot of opportunities that young people can get involved with once they have completed Keep Doing Good.

## AUTUMN 2020

For autumn 2020, residential has been cancelled due to the ongoing uncertainty about meeting in larger groups and safety of running youth residential & activity programmes. In response to this, Sport 4 Life UK are looking to deliver a week long programme that includes activity days in the local area, skills building, social action and then culminating in a NCS festival. By taking part in Keep Doing Good, young people will still be eligible to take part in NCS autumn 2020 programmes.

## SUMMER 2021

Hopefully by summer 2021, NCS will be able to return to its new 'normal' and we will know what NCS will look like going forward. By taking part in Keep Doing Good, young people will still be eligible to take part in NCS summer 2021 programmes – whatever they look like!

## SOCIAL ACTION

Sport 4 Life UK offer year round social action opportunities, allowing young people to be able to continue with their social action experience. With over 80 active social action links in and around Birmingham, we will be able to partner young people up with opportunities that interest them and that they are passionate about – enabling them to take ownership and responsibility over their social action involvement.

## LOCAL ACTION GROUPS

Across Birmingham, NCS will be running monthly Local Action Groups where young people can join with previous graduates to deliver social action in and around Birmingham.





## WHO CAN TAKE PART IN KEEP DOING GOOD?

If a young person is living in England and is aged 15-17 years old (16 by 31<sup>st</sup> August 2020) or an 18 year old NCS graduate then they're good to go!

## DO YOUNG PEOPLE HAVE TO BE SIGNED UP TO NCS TO TAKE PART IN KEEP DOING GOOD?

Young people do not have to have previously signed up for NCS to take part in Keep Doing Good but they'll need to sign up to Keep Doing Good using the online registration form which can be found [here](#).

## IS THERE A MINIMUM AMOUNT OF SOCIAL ACTION HOURS THAT YOUNG PEOPLE NEED TO DO?

We're asking, at minimum, that young people pledge 16 hours of social action & volunteering. Of course, they're welcome to contribute more but this is their starting point.

## WILL YOUNG PEOPLE RECEIVE ANY FORMAL RECOGNITION FOR THEIR INVOLVEMENT IN KEEP DOING GOOD?

Of course! All their hard work getting the country back on its feet will be recognised and celebrated!

## HOW WILL THEIR SOCIAL ACTION HOURS BE RECORDED OR VERIFIED?

Their hours will be logged by NCS staff using a secure online platform.

## IS KEEP DOING GOOD ACCESSIBLE TO ALL YOUNG PEOPLE WHO ARE ELIGIBLE?

It's our job to make NCS accessible for everyone, so we'll do everything we can to accommodate all additional needs.

## CAN YOUNG PEOPLE TAKE PART IN KEEP DOING GOOD WITH THEIR FRIENDS?

Yes, young people and their friends are more than welcome to register and request to work together and Sport 4 Life UK will be able to help with that request

## WHAT DO YOUNG PEOPLE NEED TO DO AFTER SIGNING UP TO KEEP DOING GOOD?

Sport 4 Life UK – who will be delivering the Keep Doing Good programme – will be in touch to explain the next steps

## **A YOUNG PERSON HAS A HOLIDAY BOOKED FOR THE SUMMER – WHAT HAPPENS IF THIS CLASHES WITH THE KEEP DOING GOOD DATES?**

Keep Doing Good is running over two different dates this summer so they should be able to take part in one of the programmes offered

## **I KNOW OF CHARITIES OR ORGANISATIONS THAT WILL WANT TO GET INVOLVED WITH KEEP DOING GOOD – WHAT SHOULD I DO?**

That's great! Ask the interested charity or organisation to email [ncs@sport4life.org.uk](mailto:ncs@sport4life.org.uk) or call 01214561818 and we will take it from there.

## **WHAT MEASURES WILL BE PUT IN PLACE TO ENSURE THE SAFETY OF YOUNG PEOPLE?**

We want everyone involved in Keep Doing Good to be safe and healthy when taking part. Therefore, we will be following the COVID-19 guidelines listed in this document as well as updating this to align with the latest government guidance on a daily basis.

## **WHAT GOVERNMENT ADVICE WILL NCS BE FOLLOWING IN REGARDS TO COVID-19 AND SOCIAL DISTANCING MEASURES?**

See the COVID-19 Guidance section in the Programme Guide

## **WILL YOUNG PEOPLE AND DELIVERY STAFF NEED TO HAVE A CORONAVIRUS TEST BEFORE BEING ALLOWED TO TAKE PART IN KEEP DOING GOOD?**

There is no legal requirement for anyone to take a coronavirus test before taking part in Keep Doing Good.



# Contact Us

Sport 4 Life UK will be the Delivery Partner who will be running Keep Doing Good across Birmingham. Therefore, we will be your main point of contact from now and throughout Keep Doing Good.

## PHONE

Sport 4 Life UK:  
NCS National Contact Centre:

0121 456 1818 (8:30am – 4:30pm)  
0800 197 8010 (9am – 5:30pm)

## EMAIL

[ncs@sport4life.org.uk](mailto:ncs@sport4life.org.uk)

## LIVE CHAT

Live chat is available on both the [Sport 4 Life UK](#) & [NCS](#) website

## SOCIAL MEDIA



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