



# SPRINGBOARD PROSPECTUS



# CONTENTS

WELCOME FROM THE PRINCIPAL	1
THE NHC EXPERIENCE	2
OUR OFSTED REPORT	2
SPRINGBOARD	3
THE SPRINGBOARD COURSE	4
SPECIALIST THERAPIES	8
CASE STUDY	10
WHAT'S NEXT.	14
OUR CENTRES	14
OUR SUPPORT	15

# WELCOME FROM THE PRINCIPAL

This guide summarises our Ofsted Outstanding Springboard offer. You'll learn more about our courses, the guidance we provide to help you decide which course is right for you and how we'll support you throughout your time at North Hertfordshire College (NHC).

We're thrilled that our most recent Ofsted rating of 'Good with Outstanding features' is the best of any college in Hertfordshire and puts us among the top-rated further education colleges in the country. Ofsted confirmed that our Springboard students benefit from Outstanding provision at NHC meaning a very high proportion of our students excel and gain highly effective independent living skills.

We think there are five great reasons for you to choose Springboard at NHC:

1. Everything we do is about helping you get where you want to be in life: Springboard is about helping you to prepare for a successful future – building your knowledge, skills and confidence, living independently and realising your potential in the world of work. That's why we call it Springboard!
2. Our tutors and learning support staff are genuine experts, experienced in supporting students like you: our Springboard staff team are experts in working with young people with additional learning and support needs. We're there to help you to achieve your goals and aspirations.
3. We run Springboard at dedicated centres offsite: we know that the main College campus can be daunting. Springboard operates from two small, self-contained centres in Watford and Stevenage – each with the facilities to help you develop your employability, social and independent living skills as well as providing a range of opportunities to access the local community.
4. We work with local businesses to provide you with great work experience opportunities: we know that there's nothing quite like experiencing the real thing to help you develop your skills and get to know businesses that might one day be your employer. We have great relationships with local employers who have been working with Springboard for several years.
5. We'll offer you a really interesting, relevant, course! We know that your course has to be engaging, meaningful and fun. At Springboard we work really hard to make sure every session is a great one – whether it's a maths lesson or drama therapy session. When you're ready, you can also join classes at main College Campuses.

We hope this booklet gives you a flavour of the ways in which we can help you get where you want to be in life. You can find more information about our courses at [www.nhc.ac.uk](http://www.nhc.ac.uk). You can also call, email and follow us on social media to find out what we're all about.

We really hope you choose Springboard with NHC and look forward to meeting you.



**Kit Davies** Principal, North Hertfordshire College.

# THE NHC EXPERIENCE

Your time at NHC is important to us. We want you to enjoy the experience, meet new people and try different activities as well as get the qualifications you need to progress.

Your course will include a huge range of different learning and work experiences to help you prepare for your future. Each course will include learning projects, work experience, guest speakers, events, visits and trips to help you develop your skills in preparation for adulthood or your

understanding of the sector you want to progress in. In each area, we work with local and national employers and partner organisations to make sure that we offer you the best possible NHC experience.



## WE'RE OUTSTANDING!

We're thrilled that in November 2017 Ofsted confirmed that courses delivered by North Hertfordshire College (NHC) and Hart Learning and Development (Hart L&D) are Good with Outstanding features. What's more, Ofsted confirmed that our Springboard students benefit from Outstanding provision at NHC – meaning a very high proportion of our Springboard students excel and gain highly effective independent living skills.

Among the many highlights, the Ofsted report confirmed that:

- Our Springboard course helps students gain independent living skills and prepare them for what they want to do next – whether that's an apprenticeship, a job or further learning.
- Our Springboard students benefit from well-planned and meaningful work experience.
- Our Springboard course helps our students gain confidence in every day, real-life situations within their local community and in the workplace.
- Our incredible Springboard tutors help our students gain confidence and tailor courses to meet each student's individual, diverse and often complex needs.

# SPRINGBOARD

## WHAT IS SPRINGBOARD?

Springboard is a full time personalised course which provides students with the support, knowledge, skills and confidence to become more independent, make informed decisions and ultimately to progress in to work. The course is delivered in self-contained teaching centres in Watford and Stevenage.

## WHO IS SPRINGBOARD FOR?

Springboard is for young people aged 16-24 who require additional specialist support before progressing to a mainstream college course or employment. Many of our students have a diagnosis or traits of Autistic Spectrum Disorder, typically Asperger Syndrome or High Functioning Autism. Many have associated emotional, behavioural and mental health needs that require specialist and bespoke support before they can move on and make a successful transition to adulthood.

Our students may also have low confidence and self-esteem, experience social anxiety, or have missed some education and have underachieved at school. Some of our students have a learning difficulty in one area but high ability in others and they are supported to realise their full potential.

Students need to meet an assessment criteria in order to access the provision although individual needs are always considered and decisions are made on a case by case basis.

## WHAT DOES SPRINGBOARD PROVIDE?

- Specialist teachers and learning support staff
- Small teaching groups
- Regular progress reviews
- Experienced therapists
- Intensive individual mentoring
- Collaboration with specialist agencies
- Parental liaison and support
- Effective transition arrangements prior to and on leaving the programme

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Leaders, managers and teachers ensure that each element of a learner’s programme meets their often individual, diverse and complex requirements. Most learners make excellent progress towards realising their independence and achievement of relevant qualifications and skills.

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Ofsted, November 2017

# THE SPRINGBOARD COURSE

## PERSONAL & SOCIAL DEVELOPMENT

An important part of the course is to help you gain more self-confidence and feel more comfortable with other people. You'll practise social skills, learn how to start a conversation and keep a conversation going as well as use language to suit different social situations. You'll be taught how to recognise and use appropriate body language such as facial expressions, gestures and tone of voice.

Understanding that other people may see things differently from you can sometimes be difficult and it's important to be able to show interest in other people's hobbies and interests as well as your own. Making healthy choices about food and making sure you get enough exercise are also important for your personal wellbeing. You'll also learn about relationships, sexual awareness, how to recognise when you may be bullied or taken advantage of and how to stay safe when using the internet.

You'll cover the following topics:

- Social communication skills
- Developing and maintaining positive relationships
- Sexual health
- Team-working
- Physical and emotional health
- Staying safe on the internet
- Making informed choices and decisions

## INDEPENDENCE

The course aims to prepare you for life as an independent young adult. For example, you'll be supported to travel independently on public transport, go to local shops and use facilities in the community. You'll also be set targets around developing life skills that are particularly important to you. In the classroom you'll be encouraged to ask for help when you need it but to work more independently and to use self-help strategies to improve your study skills.

You'll be supported to:

- Travel on public transport independently
- Understand risks and stay safe
- Use facilities and services in the community
- Manage your money

- Take care of your appearance and personal hygiene
- Use self-help strategies in the classroom
- Develop effective independent study skills

## QUALIFICATIONS

You'll study for a qualification in employability skills at Level 1 or Level 2. You'll also have the chance to improve your Functional Skills in maths and English at Entry Level 3, Level 1 or Level 2. Previous qualifications will be taken into consideration and thorough assessments will be carried out to determine areas for improvement. Progress is monitored effectively and activities are adapted according to your needs. The additional qualifications you achieve will help you when you apply for a further college course and increase your prospects of future employment.

## EMPLOYABILITY & WORK EXPERIENCE

The Springboard course aims to prepare you for employment which may be part-time while you're studying or once you have completed the course. You'll learn important employability skills such as working in a team, having a positive attitude and displaying appropriate behaviour. You'll be able to practise the skills you develop during your work experience placement. You'll also analyse your skills and qualities, write a CV, learn how to apply for jobs and practise interview skills. In addition, you'll learn about the rights and responsibilities of both employees and employers.

You'll learn about:

- Positive attitudes and behaviour in the work place
- Working in a team
- Searching for a job
- Producing a CV
- Applying for a job
- Interview skills
- Enterprise

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Springboard go to great lengths to support our young people to be successful in both transition onto and off the Springboard programme

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Team leader at Youth Connexions (YC)



## CITIZENSHIP

As a young adult you need to be aware of your rights and responsibilities as a citizen. This includes recognising and practising British values and making a contribution to society.

During the course you'll participate in a range of activities that'll help you to become a responsible adult, including volunteering in the community or working on charity projects. Through visits and guest speakers you'll also learn about a wide range of social and ethical issues.

You'll learn about:

- Beliefs and values
- Equality and diversity
- Rights and responsibilities
- Helping in the community
- Contributing to society

## ENRICHMENT

As well as working towards qualifications and employability, you'll have the opportunity to take part in other activities that support your personal development and enable you to experience different aspects of life. This could be in the form of taking part in sports and team-building activities, planning a visit to a theme park or going to the cinema or theatre. You'll also have guest speakers coming to talk to you about issues that are important to your safety such as drug and alcohol awareness, sexual health and conflict resolution.

## PROGRESSION PLANNING

As soon as you start at Springboard you'll start to think about your future progression path, whether it's a further college course, an apprenticeship or traineeship, or employment.

You'll work with an advisor to consider a range of possibilities and will be supported to apply for courses and at interview. The Springboard team will ensure all your support needs are communicated to the relevant staff at college.

You'll benefit from:

- Portfolio building
- Personal career planning
- Interview preparation
- Support at interview
- Coordinated transition
- Independent advice and guidance from a YC personal advisor

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I feel I have now gained the confidence and maturity to move on from Springboard to my new course at college. Springboard has been the best thing that has happened to me in the last year.

”

Springboard student



# SPECIALIST THERAPIES

You'll take part in weekly drama and art therapy sessions with a specialist, experienced therapist.

## DRAMATHERAPY

The aim of dramatherapy is to offer a safe environment for you to work on your communication skills, improve confidence and develop self-esteem, trust in yourself and others. It's also about having fun, sharing and listening to others.

Dramatherapy provides a safe space to develop and explore reality-based situations or improvisations. Working with different characters from stories and enactments provides an opportunity to experience unfamiliar roles. It's through these experiences that you can begin to explore behavioural and emotional changes, providing you with an opportunity to discover your identity within a group by giving and receiving feedback and developing the capacity to be with others.

## ART THERAPY

Art therapy is designed to help you understand and work through your emotions and you do not need to have previous experience or skills in art. The aim is to enable you to change and grow on a personal level through the use of art materials in a safe environment. It offers the opportunity for expression and communication and can be particularly helpful to people who find it hard to express their thoughts and feelings verbally.





“

Through dramatherapy he has learnt how to deal with social situations including how to cope with people who annoy him or behave differently. He has learnt appropriate language and behaviours.

”

Parent of a Springboard student

# CASE STUDY

## CHARLIE B.

Charlie has a diagnosis of Autistic Spectrum Disorder and ADHD. Prior to starting at Springboard at the age of 17, Charlie had struggled at school and had very little formal secondary education despite having strong academic potential.

He had been at home in his bedroom for several years before he visited Springboard and at first he refused to talk to or even look at staff. However, the team did not give up on him and invited him back several times to get used to the environment and build up the confidence to engage.

Finally, after three visits Charlie felt comfortable enough to speak and he expressed a desire to change his life. He was bored of being in his bedroom and completely isolated from anyone except his mother and brother. He admitted that he had no interests and no idea of what he wanted to do in the future.

To help ease his transition back in to full-time education Charlie attended for one day a week for one term. Initially he found it difficult to adjust to the expectations at Springboard in terms of behaviour and participation. At first he would not engage with staff or his peers but gradually he started to respond to questions in class and join in discussions. During this time he was set specific targets around behaviour and attitude that he would have to achieve if he wanted to attend the full-time programme. Charlie rose to the challenge and managed to achieve all the targets he was set.

In September 2015 Charlie started the full-time Springboard course and made exceptional progress. Everything seemed to fall in to place and he gained a real sense of purpose, enjoying having something tangible to work towards.

He attempted everything he was asked to do and his confidence in his ability went from strength to strength. He was able to moderate his behaviour according to the environment, whether he was in the classroom, a therapy session, at his work experience placement or socialising during break times. He became one of the most sociable and popular members of the group which, for someone who had been socially isolated for many years, was a remarkable achievement.

Charlie left Springboard a happy, motivated and hardworking young man. As well as knowing how to manage his anxiety when approaching new tasks or experiences, he now understands that he is responsible for his own learning and academic progress. Charlie achieved Functional Skills Level 1 in English and maths as well as a Level 1 Certificate in Employability and an Award in Personal Wellbeing. Furthermore, at the end of the year celebration he was presented with an award for Outstanding Achievement.

Charlie said: "Without Springboard I would probably still be sitting in my room. I didn't know how to talk to people before but now I feel happy and confident about myself. I have made some good friends, I know what I want to do in the future and that I can achieve anything I want if I try."

Charlie's mother is very grateful for the work that the Springboard team has done with her son. She said: "It broke my heart when a few years ago Charlie said he did not think he had a future.

"What impressed me so much about Springboard was that they did not do it all for him; they enabled him to develop the confidence and the tools to go out and get his own future."

Charlie is now in his second year of an animal management course and is popular member of his group.



# CASE STUDY

## THOMAS M.

Before Thomas came to Springboard at the age of 18, he had been out of education for over four years. He attended a mainstream secondary school, but became a school refuser in year 9 because he was bullied by his peers and did not feel understood or supported by staff. Although he tried attending other settings none were successful and he became increasingly anxious and withdrawn. Eventually he became so socially isolated, he did not leave the house at all and became very depressed.

He realised that something must be wrong and that he needed to take action. He approached his GP who referred him to CAMHS where eventually he was given a late diagnosis of Asperger Syndrome, at the age of 17. This gave Thomas a reason for the difficulties he had experienced and why he had not been given the support or understanding he needed. It was from this point that he decided to move forward with his life.

He said: "Springboard was recommended by Youth Connexions. I hoped that Springboard would help my anxiety and to be less isolated. I really hoped to gain some qualifications so that I could get back into society after spending four years at home.

"The first week at Springboard was a settling in period. Everyone was finding out who's who, as we really didn't know each other. Very quickly, I formed friendships with a few other people in my group, which helped me to feel comfortable.

"Springboard has helped me to gain some qualifications so I can move on to college. I feel considerably more confident since coming here, I have tried new things, like giving presentations and speeches which I could not have done before.

"I have made good friendships, downloaded WhatsApp and have been able to socialise outside of college.

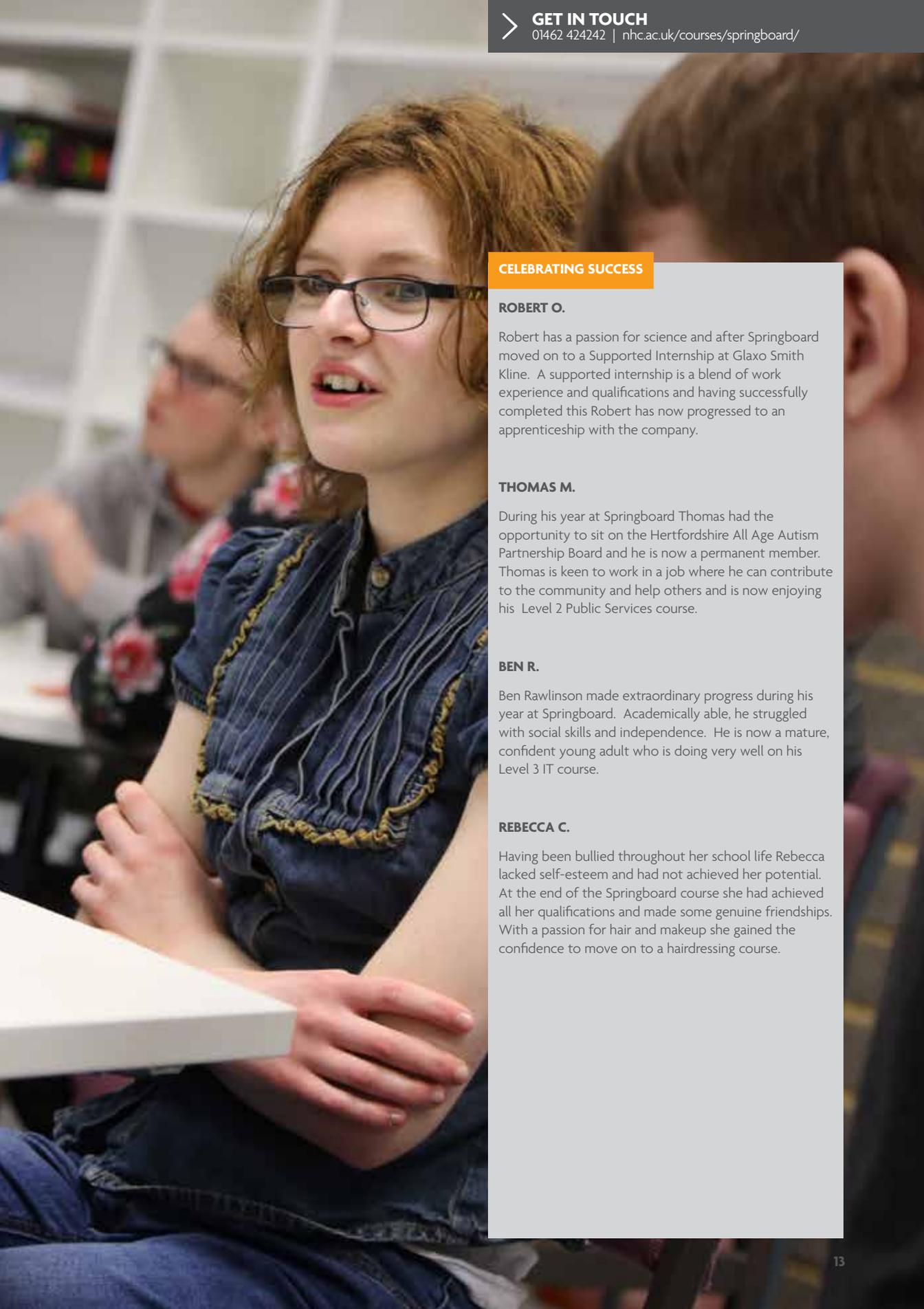
"The best thing about Springboard has been the progress I have made. I completed a week's work experience at Hemel Hempstead library. I attended this on my own and initially I felt quite anxious. As time went on my confidence grew. The library gave me a really positive reference and I have since used this to get a part-time paid job at the Co-op.

"In September, I am moving on to college to study ICT. I hope this course will give me greater skills and help me to identify a career route so I can make a more informed decision about my future."

Springboard was not always easy for Thomas as he was initially so scared of saying anything wrong, or even starting a task because he was not sure if he was doing it right. Furthermore, he had to travel an hour and a half by bus to and from the college every day. However, even when he was not feeling well he would attend and had just one day off in the whole year. His exceptional determination to succeed and get his life back on track was inspirational and a great influence on others in his group.

Thomas recently came back to visit Springboard with a new friend he has made at college and told us how well he has settled into college and much he is enjoying his IT course. He is still working part time at the Co-op alongside his studies and has kept in touch with old friends from Springboard, whom he now sees socially.

Thomas's mother commented, "I remember buying Thomas a pair of trainers which he outgrew before he even wore them because he would not go out of the house. The change in him has been remarkable and I am delighted with all the support he received from Springboard."



**CELEBRATING SUCCESS**

**ROBERT O.**

Robert has a passion for science and after Springboard moved on to a Supported Internship at Glaxo Smith Kline. A supported internship is a blend of work experience and qualifications and having successfully completed this Robert has now progressed to an apprenticeship with the company.

**THOMAS M.**

During his year at Springboard Thomas had the opportunity to sit on the Hertfordshire All Age Autism Partnership Board and he is now a permanent member. Thomas is keen to work in a job where he can contribute to the community and help others and is now enjoying his Level 2 Public Services course.

**BEN R.**

Ben Rawlinson made extraordinary progress during his year at Springboard. Academically able, he struggled with social skills and independence. He is now a mature, confident young adult who is doing very well on his Level 3 IT course.

**REBECCA C.**

Having been bullied throughout her school life Rebecca lacked self-esteem and had not achieved her potential. At the end of the Springboard course she had achieved all her qualifications and made some genuine friendships. With a passion for hair and makeup she gained the confidence to move on to a hairdressing course.



# OUR SUPPORT

## STUDENT SUPPORT

At Springboard you'll be assigned an individual mentor who'll meet with you on a weekly basis to discuss your progress, set targets and provide any additional support you may need. If necessary other professionals can be brought in to work with you, for example Speech & Language Therapists or professional counsellors. Springboard works closely with parents/carers, education, health and social care professionals to ensure that appropriate levels and types of specialist support can be put in place for you.

You'll also have access to student support services and, if you qualify, may be entitled to financial support and assistance with travel costs.

In the classroom there'll be a Learning Support Assistant on hand to help you when you need it and additional support can be arranged if necessary.

Support is also provided during the transition period prior to starting Springboard and also when leaving the course to prepare all students for their next step whether this is a mainstream college course, an apprenticeship, traineeship or employment.

## COURSE FEES

We don't want money matters to get in the way of your learning with us. To find out exactly what the position is for the course you want to follow just have a chat with our team at an open day or evening, check out the website or give us a call.

The table below summarises what different students may need to contribute to the cost of their course.

SUPPORTED STUDIES COURSES	
16-18 years old on 31st August 2018	No course fees. Government fully funds your course.
19-25 years old on 31st August 2018	It's possible you won't need to pay any course fees; for example, if you have an EHCP, you won't be required to pay fees.

## HOW DO WE MEET OUR LEGAL OBLIGATIONS?

Students at Springboard may have an Education, Health and Care Plan (EHCP) which is reviewed annually. These plans contain specific aims relating to education, physical and emotional health, employment, independent living, friendships, relationships and full participation in society. The Springboard course incorporates all of these aspects to ensure positive outcomes for students and is therefore fully compliant with the duties and requirements of post-16 education providers for students with special educational needs and disabilities, as outlined in the Special Educational Needs and Disability Code of Practice.

## THE STUDENTS' UNION

The Students' Union (SU) is the officially recognised body that represents students at NHC. If you like to have your say and want to contribute to changes within the College, then the SU is for you. The SU exists to enhance the learning experiences of students and to drive improvements in day-to-day college life. This includes organising social and sporting activities, events and campaigns for student welfare and education.

## NUS MEMBERSHIP

As a student at NHC, you can apply for an NUS Extra card for just £12 to get access to loads of exclusive UK discounts in shops, cinemas and restaurants – both online and on the high street. To find out more, check out [www.nus.org](http://www.nus.org)



[www.nhc.ac.uk](http://www.nhc.ac.uk) | 01462 424242

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