

## Tackling change

Helping young people achieve their goals

### Inside

Taking the reins on our first Get Started with Horses course

xl club and rugby make a perfect match



The Prince's Trust is working with the Premier League and PFA to use the power of football to inspire young people

# Football

## Achieving goals



Young people tour West Bromwich's grounds as part of the course



The Get Started with Football course helps develop new skills and builds confidence

Anthony McArdle

### Young people from the West Midlands get in on the action and learn new skills, all thanks to the beautiful game

Eleven unemployed young people from the West Midlands got the chance to combine learning valuable life skills with sport by attending a Get Started with Football course at West Bromwich Albion Football Club.

The programme was run through The Prince's Trust in partnership with The Albion Foundation, a registered charity that works closely with the club and delivers sporting and educational opportunities to local young people.

As part of the course, the young people took a tour of West Bromwich's grounds and met player and Prince's Trust Ambassador Steven Reid to find out about his football career. All participants took part in the FA Level One coaching qualification, and they also developed a number of life skills, including communication, teamwork, perseverance, determination, time management, planning and setting goals. The overall feedback from the day was very positive.

"Get Started with Football is a great chance for young people to develop new skills and build their confidence," said Neil Parker, Prince's Trust Programme Manager. "West Bromwich Albion provides an engaging and positive programme to challenge the young

**"All those who took part proved that they are able to achieve their goals"**

**Neil Parker, Programme Manager**

people, and all those who took part have proved to themselves that they are able to achieve their goals – while having fun."

Helen Marshall, Prince's Trust Programme Executive, agreed. "Completing the programme gave the young people a big boost. The personal confidence they gained helped them realise they can have future successes if they are determined and put their minds to it." ●

# Football

## A perfect match

### Reading FC and The Prince's Trust team up to change young peoples' lives through sport

Tackling change for young people was on the cards for Reading Football Club last year, when they raised almost £1,500 for The Prince's Trust at one of their fixtures.

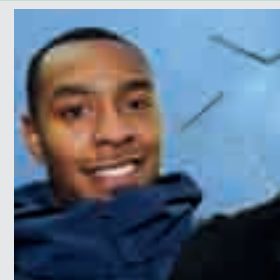
Reading FC Community Trust has supported The Prince's Trust programmes for several years. A day dedicated to The Trust raised awareness of this partnership through a series of activities, including a feature in a match-day programme, volunteers collecting donations around the stadium, and a radio interview between Reading 107fm and a young person helped by the partnership – Liam Springer.

Liam came into contact with The Prince's Trust in 2008 as a result of the recession, after losing his job as an architect's assistant. Failure to find work affected his confidence, but after responding to a newspaper advert to take part in Get Started with Football, Liam's life started to take a turn for the better.



The course, delivered with Reading FC Community Trust, gave Liam a real confidence boost and impressed the football club so much that they offered him a volunteer coaching position. Since then, Liam has been helped by both groups to gain football and youth work qualifications. He is now a Young Ambassador for The Prince's Trust, speaking at events on how the charity helped him turn his life around.

"If I hadn't gone on the course, I wouldn't be where I am today," he said. "I feel positive



Liam Springer was recognised for his achievements after completing the Get Started with Football course

about my future and proud of what I have achieved."

Liam now has a full-time job and has had his achievements recognised at The Trust's regional Celebrate Success Awards 2010, which honour disadvantaged young people who have succeeded against the odds. Liam was awarded the title of Young Achiever of the Year for the London and South East region.

### Word up

The young people taking part in the Get Started with Football course shared their thoughts...

"I really enjoyed meeting all the new people. The Prince's Trust has done a great job." Malcolm

"Get Started with Football was great, with lots of fun activities that kept us entertained." Thomas

"Excellent facilities, excellent staff!" Craig

"What I enjoyed the most was playing football and learning to coach others – I've never coached anyone before." Tony

"It was fantastic all week." Leimah

### Positive partnership



London Irish player Ryan Lamb

The Prince's Trust has been chosen as one of the benefiting charity partners of London Irish Rugby Club for the next two seasons.

As part of the partnership, The Exiles donated the proceeds

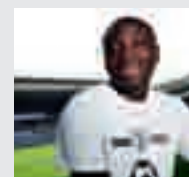
from four charity collections that were held at some of their highest-profile matches.

With plans to host a corporate Tag Rugby tournament and golf event next season, The Prince's Trust looks forward to reaching the fundraising target of £25,000.

### This issue's cover star

After completing his GCSEs, 16 year-old Tony Grant struggled to secure a place at college due to over-subscription in his chosen subject.

Instead, Tony joined the Archway Academy, an independent school for young people who have experienced difficulties with mainstream education. While there, he heard about The Prince's Trust Get Started with Football course, which has given Tony the belief that he can achieve his goals. Tony has now applied to college to study to be an electrician.



# Get Started with Horses

## Twelve young people saddle up for the launch of our first ever Horse Care course

This year saw the launch of the first ever Get Started with Horses course, with 12 young people completing the programme in May.

The British Horseracing Authority (BHA) teamed up with The Prince's Trust and the Northern Racing College in Doncaster to deliver the programme for unemployed young people with an interest in horses. The five-day course provided an introduction to horse riding and the racing industry, and gave the participants a chance to learn how to handle and groom horses, basic first aid, teamwork and presentation skills.

### Sense of purpose

"We had a fantastic response to the course," said Caroline Davis from The Prince's Trust. "The young people found it both fun and challenging, and the skills they gained will be invaluable when they move on to further education, training or employment."

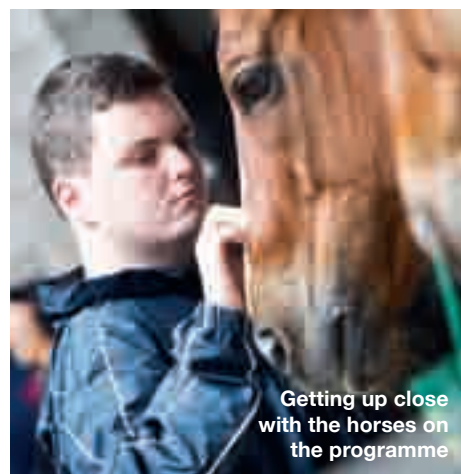
Sara Hay-Jahans from the BHA was

equally positive. "Together with the Northern Racing College, we are delighted to offer young people the opportunity to experience the fun and fulfilment of working with horses. Developing a relationship with a horse is similar to developing a relationship with a peer: it helps teach trust, empathy, responsibility and often gives a sense of purpose."

The Prince's Trust provides support for three months after the programme to help participants into employment, education or training. Last year, The Trust helped more than 4,492 young people in Yorkshire and the Humber, giving them the skills and confidence to find a job. More than three in four move into work, education or training. ●



**"Developing a relationship with a horse helps teach trust, empathy and responsibility"**  
**Sara Hay-Jahans, BHA**



Getting up close with the horses on the programme

The Get Started with Horses students celebrate their achievements



## Time to grow

“I wanted to make something of myself”



Kiera is 16 and is currently in care. Before getting involved with The Prince's Trust, she was struggling at school and didn't want to be there.

Things were difficult at home too. Kiera experienced a troubled family life and ended up in care, constantly shifting from place to place. She kept running away from the children's homes she was sent to, and was left feeling fed up with life.

Then Kiera's social worker told her about the Get Started with Horses programme. Before it started, Kiera felt excited, yet nervous and scared. “I was frightened at the thought of meeting lots of new people,” she said. “But I also really

wanted to give it a go and make something of myself.”

Kiera quickly made new friends and got to know the staff. She learned all about looking after horses, but Kiera believes her biggest lesson was discovering she could do things for herself and on her own sometimes, without always having to rely on others.

All the hard work paid off, and at the end of programme celebrations, the horse that Kiera had cared for was chosen as the best horse at the final parade by a representative of the British Horseracing Authority.

“If I hadn't taken part in the programme, I'd still be running away and not attending school,” she said. “I'm now taking my exams. In the future, I'd like to become a forensic scientist, but I loved working with horses so much that I'd like to carry on working with them – at least as a hobby.”

## Racing ahead

Students visit Ascot Racecourse for an exclusive behind-the-scenes day at the races



Jockey Tom Scudamore gives the students a lesson on the mechanical horses

A group of 14 students from Slough and Eton CE Business and Enterprise College enjoyed a visit to Ascot Racecourse in November last year, as the result of a partnership between The Prince's Trust and the British Horseracing Authority (BHA).

The students were given exclusive access to help develop their understanding of the horseracing industry, learn more about the opportunities available to them and to experience the thrill of Britain's most famous racecourse.

The day kicked off with an introduction from Ascot's Chief Executive Charles Barnett before they were taken out onto the track with Chris Stickels, Clerk of the Course. Next came the Weighing Room, where pupils learned about the important roles of the stewards and the

Clerk of the Scales, before moving on to meet leading jockey Tom Scudamore, who gave the students a lesson on the racecourse's brand-new mechanical horse.

The afternoon was filled with a spot of racing and autograph hunting. First, a visit to the Parade Ring to select a horse, then it was off to the Winning Post to cheer the horses and riders across the finish line. The day was wrapped up with autographs of the winning jockeys to take home as a memento.

## Since 2009

more than 120 young people across England and Wales have taken part in race experience days at 10 different racecourses.

# Rugby

## Catch the action

### Since 2004, The Prince's Trust and RBS have helped over 1,000 young people with the RBS 6 Nations initiative

Welsh xl clubs taking part in The Royal Bank of Scotland Group (RBS) 6 Nations with The Prince's Trust enjoyed a day at Cardiff's Millennium Stadium to watch the Captain's Run – the final training session of the Welsh Rugby team, led by the team captain. The students were also treated to a stadium tour, a question-and-answer session with Wales rugby legend Garin Jenkins, and the chance to meet the players.

"The Captain's Run is always such an extraordinary experience for the young people," said Gerry O'Sullivan, xl Programme Manager. "Being given this amazing opportunity is a fantastic way to celebrate their achievements at the end of the initiative."

RBS 6 Nations with The Prince's Trust offers xl club members an introduction to the game of rugby, access to educational materials and coaching on nutrition and achieving a healthy lifestyle. The initiative targets 14 to 16 year-olds who are struggling at school and harnesses the powerful appeal of rugby to keep young people in education, while using the game's team-based ethics to help build confidence and develop new skills. ●



Above: The students enjoy a day out at Millennium Stadium  
Right: Welsh rugby player Jamie Roberts with one of the xl club members

### Aiming for greater goals

Meeting top rugby players was all in a day's work for a group of xl club members from Chiswick Community School. The students attended the launch of a joint initiative with RBS 6 Nations and The Prince's Trust, and got to rub shoulders with the likes of England rugby player Lewis Moody and Wales captain Matthew Rees.

The initiative offers 14 to 16 year-olds who are at risk of underachieving an introduction to the game of rugby, as well as coaching from rugby union staff on nutrition and healthy lifestyles. RBS 6 Nations with The Prince's Trust is part of a long-term partnership between The Royal Bank of Scotland Group and The Trust.



# Rugby

## Get with the programme



### Helping young people take skills from the pitch into the workplace

Think of Wales, think of sport, and no doubt you'll come up with one word: rugby. To take the national game one step further, The Prince's Trust Cymru has teamed up with rugby stars The Scarlets in Llanelli to run a series of Get Started with Rugby programmes, designed to engage young unemployed people through the sport and to develop their skills to help them enter the world of work.

Each programme takes on 12 young people between the ages of 16 and 25, offering a packed week of activities, such

as coaching sessions, first-aid training, Tag Rugby leader training and other team-building challenges. Participants leave with increased motivation and confidence, and improved teamwork, reliability and communication skills.

"We are really pleased to be working with The Prince's Trust and believe that this programme gives young unemployed people a fantastic opportunity to get back into the world of work," said Justin Lloyd, Scarlets Community Officer. "The programme held here is informative, action-packed and, above all, fun. Teamwork is essential in rugby: you learn to build relationships with others and work as part of a team."

Kieron Richards, 19, from Llanelli, recently took part in the programme. "I gained so many new skills and a lot of confidence," he said. "I learned how to teach Tag Rugby to young people, as well as real leadership skills. I realised that I really want to become a youth worker and I now have a much better idea of how to achieve this." ●

# 3,000

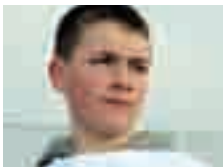
The Prince's Trust Cymru helps more than 3,000 young people every year into work, education or training.



The Get Started with Rugby programme teaches young people to work as part of a team

### Extra time

Young people taking part in The Prince's Trust xl club share their experiences



Shaun is full of praise for the initiative. "In the past, I've struggled to control my anger, but the xl club is a really relaxed

environment," he said. "I feel like I have learned more about the real world because of it.

"Rugby has been much more fun than I ever expected and it has really helped to provide evidence for my portfolio to show all the new skills I am learning."



Heading out onto the rugby pitch was the start of something positive for 14 year-old Hannah.

"I hadn't played rugby before we started having our coaching sessions – I never thought I'd be this good!" she said. "The xl club has been great fun, but on top of that we've been learning skills without even realising. It changes your life."



Tom is now building plans for the future. "I joined xl club as I lacked confidence in myself and wasn't

behaving at school," he said. "Sometimes my friends and I wouldn't go to our lessons, but xl is so much fun that we don't want to miss it! Our xl club Adviser has helped us a lot – because of him, we all want to go to college."

# Final whistle

## Sports roundup

**Get in touch:** Have you got something to say about The Result? Or a story to send in? Get in touch by emailing [result@princes-trust.org.uk](mailto:result@princes-trust.org.uk) or for more sport stories and updates go to [princes-trust.org.uk/sport](http://princes-trust.org.uk/sport)

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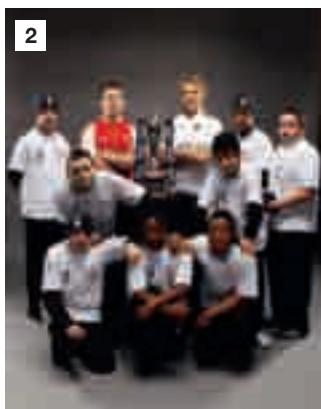
### Soundbites

**1** “There’s nothing better, in football and in life, than seeing a young person come through and make a success of themselves against all the odds. That’s why I feel very proud that we are one of the longest-standing partners of The Prince’s Trust.”

Gordon Taylor, Chief Executive of the Professional Footballers’ Association, speaking at The Prince’s Trust and L’Oréal Paris Celebrate Success Awards 2011

“It is an absolute honour and it is very humbling to be part of this event, as much as it is rewarding to be involved with The Prince’s Trust.”

Richard Scudamore, Chief Executive of the Premier League, speaking at The Prince’s Trust and L’Oréal Paris Celebrate Success Awards 2011



**2** “Thousands of kids struggle at school, often leaving with few or no qualifications. Sport can motivate them to make the most of their time at school.”  
England Rugby Union captain, Lewis Moody

**3** “xl club rugby takes young people beyond the sport to help them increase their confidence, self-esteem and outlook on their future. The young people I’ve met have a lot of potential and they can now see that for themselves.”  
England Rugby Union player, Fiona Pocock

**4** “These young people have turned their lives round and shown the kind of determination that will help them in the future.”  
Chelsea FC defender Paulo Ferreira after meeting 18 young people on The Prince’s Trust Team programme