

# MPCT™

ENGAGE • MOTIVATE • EDUCATE

# PROSPECTUS

ACHIEVE  
LEARN  
SUCCEED  
IMAGINE  
EXPLORE  
DREAM  
LIVE  
INSPIRE  
CREATE



**BY FAILING TO PREPARE, YOU ARE PREPARING TO FAIL...**



# Message

**From Huw Lewis MBE  
Founder of MPCT**

**S**INCE its conception MPCT has, for me, confirmed that young people from all types of backgrounds can and do succeed in the right environment. It has been my privilege to witness young people make the very difficult transition from childhood to adulthood and develop into positive, productive role models in their own right. They become members of their communities and are able to contribute emotionally and economically.

Teamwork, personal pride, physical and mental robustness, duty, community spirit, confidence and humility are the qualities that MPCT endeavours to teach its learners. By using an holistic approach to training and focusing on what are essential skills for employment, learners find that they are able to achieve their goals.

Most gain far more than they ever felt possible. With this newfound set of skills and qualifications, doors are now open to them, which were previously firmly closed.

MPCT is committed to engaging young people and preparing them for training, further education and employment.

MPCT's motto is :

**By failing to prepare, you are preparing to fail...**

Remember this and you will achieve your aim.

Good luck !



R. H. Lewis MBE  
Managing Director





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# MPCT™ Traineeships 2013

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## Is MPCT for Me ?

**T**HE course is designed for anyone 16 to 18 years of age who wishes to increase their vocational skills and improve their personal qualities.



MPCT provides an environment in which our learners can make a fresh start. We are proud of our commitment to work with young people from all backgrounds.

Experienced tutors provide support and mentoring using a flexible programme, which is tailored to each individual's need. Through this personalised approach, learners are offered the best possible support and guidance on their vocational pathway.

MPCT focuses on creating an environment in which learners are self-motivated and have a desire to achieve their individual goals. Tutors utilise the most effective learning and support processes to provide learners with the self-confidence to broaden their horizons and embrace the future. Learners leave MPCT with increased self-confidence, improved understanding of the importance of a healthy lifestyle, enhanced academic abilities and a broader understanding of the opportunities available to them.



MPCT recognises the potential in every one of our learners. We are proud to be making a difference to the lives of so many young people in realising their ambitions and embarking on rewarding careers.

# Mission

To engage, motivate and educate to achieve excellence for all.



# Training Objectives

To improve learners' personal, social and health education

To improve learners' health and emotional wellbeing

To improve learners' citizenship and sustainable skills

To improve learners' moral and spiritual values

To improve learners' economic competencies

To improve learners' preparation for employment

# Ethos

The ethos of MPCT is to create an environment that is caring, safe, supportive and positive.



# The Learning Pathway

**L**EARNERS receive regular individual mentoring sessions with their tutors to help them identify and achieve their aims and objectives as they progress through the course and move towards fulfilling their personal goals. This support is continued at every step of the learner's journey, to help them make the right choices on their learning pathway.



MPCT offers a flexible programme that develops learners' knowledge of the training and employment options available to them in their local areas. Learners benefit from a number of work tasters and experiences that meet their individual needs.

The flexible structure of the course enables learners to choose a number of areas to focus on which will develop both their wider employability skills, such as communication, problem-solving and team work, as well as other vitally important skills including adaptability, empathy, cooperation and maintaining a robust attitude in challenging situations.



“What a measure of the success of your College it is that people are coming from overseas to learn about the core values of teamwork, personal pride, physical and mental robustness, a sense of duty and community spirit, confidence and humility. These are principles, values and skills which I can't value highly enough.”



*John Coughlan CBE, Director of Children's Services,  
Hampshire County Council*

# Frequently Asked Questions

## Will I wear a uniform?

Yes. Further details are available on page 7.

## Do I have to be fit to join the course?

No. Your fitness will increase on the course through daily physical training tailored to your own fitness level.

## Will the course help me choose a career?

You will receive individual careers advice whilst on the course to help you with your vocational choices.

## Do I need to bring my own food?

Meals are not provided by MPCT. You can either bring a packed lunch or use local facilities.

## Will my travel costs get paid?

You will be supported with your travel costs and there is additional funding available for learners who require financial support.

## Will I get any qualifications?

No matter what course you do at MPCT, you will gain recognised qualifications.

## What will I do on the course?

The programme assists learners in achieving vocational skills to enable them to make the right career choices.

## Do you get any holidays?

Yes, however the timetable doesn't follow the traditional school system where holidays are concerned. This topic will be covered in your induction.



## Can I still live at home whilst I am on the course?

Yes. This is not a residential course, so you will still live at home.

## Any other questions?

Please contact the College. See contact details on the website [www.mpct.co.uk](http://www.mpct.co.uk)





# Is The Military Preparation College for Me?



**T**HE Military Preparation College is designed for anyone 16 to 18 years of age who wishes to gain essential and vocational skills which will prepare them for a career in the Armed Forces or Public Services.

The course provides an environment in which learners can make a fresh start. MPCT is proud of its commitment to work with learners from all backgrounds.

Experienced tutors support and mentor learners using a flexible programme which is tailored to each individual's needs. Through this personalised approach, learners are offered the best possible support and guidance on their vocational pathway.

The focus is on creating an environment in which learners are self-motivated and have a desire to achieve their individual goals. Tutors utilise the most effective learning and support processes to provide learners with the self-confidence to broaden their horizons and embrace the future.

We recognise the potential in every one of the learners on the course and are proud to be making a difference to the lives of so many young people by helping them achieve success.



**THE UK'S  
LARGEST  
MILITARY  
PREPARATION  
PROGRAMME**



# About the Course

**T**HE course is an extremely effective preparation for the Armed Forces and Public Services. Our learners finish the course with the skills necessary to embark on a rewarding career or continue with education and training.



Many of them wouldn't have gained the self-confidence to develop themselves in such a positive manner if it weren't for the unique partnership between the local Public Services & Armed Forces, the College and our local careers services.

The pioneering programme at MPCT fuses physical training, vocational instruction, academic work and personal development.



MPCT operates a roll-on roll-off programme with a regular intake of learners throughout the entire year. All academic work and physical training is tailored to each individual, ensuring that learners progress at a rate which is suited to them. Learners wear a personalised uniform whilst on the course.

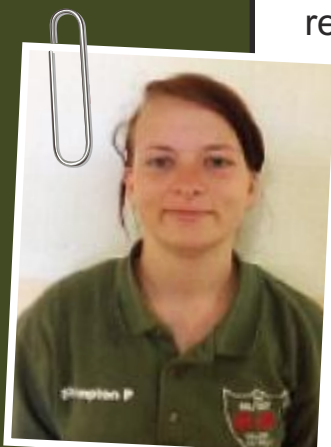
To promote teamwork and enthuse learners with a competitive spirit, there are sections with their own section commander, which compete against one another. Each section does the same activities, but gains points for outstanding performance, which count towards the weekly section competition.

All of the activities on the course are designed to prepare our learners for the challenges of a worthwhile career in the Armed Forces or Public Services. They leave MPCT equipped to make informed decisions in unfamiliar environments and situations, able to play an important role in their chosen career path.



# Military & Public Services Training

**M** PCT maintains a close working relationship with the Armed Forces Careers Offices and Public Sector recruitment services in its regions. This enables us to provide targeted assistance to learners in order to ensure that they receive the best vocational information as soon as they start their course.

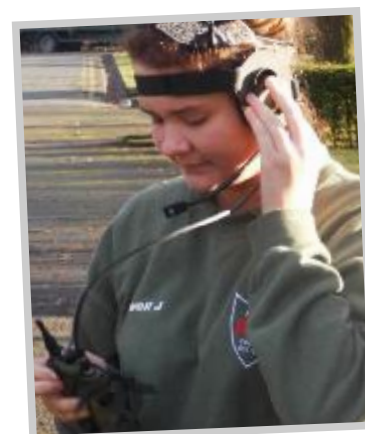


*"Since joining MPCT I have passed my whole application process for the Royal Navy and have received my start date. I have also gained confidence, self-discipline and improved my fitness to the level required by the Royal Navy."*

*Paige Shrimpton, 18, Portsmouth*

Instruction is delivered by ex-military or ex-public services personnel. Learners are encouraged to improve their knowledge of all aspects of their chosen vocational route through visits to military establishments and workplaces associated with the public services.

Each learner participates in a residential week, where they spend time living, sleeping and eating with the Armed Forces. This provides a military based opportunity to practise all of the skills learned on the course. The programme is designed to encourage the learners to think for themselves and make decisions in a challenging environment.



The training prepares learners mentally and physically for military selection or their application for the Public Services, and provides them with an appetite to take full advantage of the many and varied opportunities on offer for their chosen career.

Once learners have attended MPCT, many of them return and keep in contact, letting us know about their current successes.

# Lewis Coombes

**W**HEN I was at school, I was stuck in a classroom most the day and I feel that I did not work well in this environment. As a result of this I did not achieve any grades in any of my GCSEs.

The MPCT has had a massive impact on my life. I now keep out of trouble and attending the MPCT has put me back onto the right path. When I left school I knew I wanted to join the army, but I just didn't know how to get there. MPCT pointed me in the right direction and have supported me ever since. When I was at school there I just wanted to leave but now I enjoy getting up in the morning to go to college. The college has helped me achieve an A grade at selection and the Colonel phoned the college to inform me and the staff that I was one of the best juniors that they have ever had attend there.

The staff at my college are role models and they definitely prepare you for a career within the Armed Forces. I start my basic training date for the Parachute Regiment 15/09/13. I will go to Harrogate in North Yorkshire for 42 weeks then will move on to Catterick for a further 28 weeks to complete my Paratrooper Infantry training.

# Amy Milner

**I** have always had a keen interest in joining the Army. I have found difficulty in life with confidence and team skills. This is part of the reason I joined MPCT.

The staff have supported me all the way through my recruitment into the Army. To support me in developing my confidence they have practiced icebreakers with me and also asked me to be one of the Chief Speakers on the North Wales Awards Ceremony. Many activities at the college are team based with all students supporting each other. This has also helped me a lot. Our military coordinator has been very helpful with advising me about my application and job choice.

I recently began training as a Royal Logistics Corps, Communications Operator. I have recently finished my 1st Phase Training and have started training to complete my job role. My plans are to stay in the Army for as long as possible.



*“Attending the MPCT has put me back onto the right path. I enjoy getting up in the morning to go to college.”*

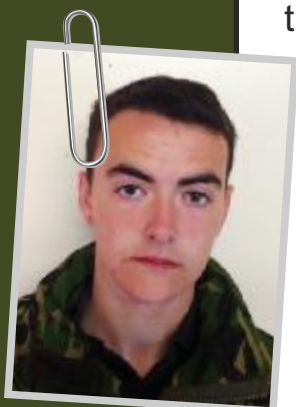


*“Many activities at the college are team based with all students supporting each other. This has also helped me a lot.”*



# What Will I Learn & Achieve ?

**T**HE course is made up of a varied programme of lessons and activities both inside and outside the classroom, all with a vocationally relevant theme. MPCT has an outdoor training facility where learners take part in overnight camouflage and concealment exercises to improve team-working skills, as well as familiarising themselves with military tactics and life in the field.



*“Joining the MPCT has been the making of me! I am now fitter than I ever imagined. My confidence was low before but now I can take charge of a team. Without the MPCT I would never have passed selection for the Army.”*

*Ieuan John,  
18, Bridgend*

The College’s IT facilities are a valuable learning tool which can be used to research careers in the services, learn more about different regiments and to keep up to date on developments in the military.

Self-confidence is increased through presentation skills and by taking on the role of Section Commander.

Learners spend half of each day taking part in physical training with MPCT’s own instructors. The majority of training takes place outdoors and consists of a varied programme of activities designed to improve physical fitness and stamina. The training is individually tailored to each learner, based on the requirements of their particular job choice, and their level of fitness when they start the course. All learners are encouraged and motivated by the instructors, and their progress is closely monitored to ensure continuous improvement.





# Dutch Exchange



*Dutch learners 'storm' an Isle of Wight beach*

**M**PCT hosts an annual exchange visit with our Dutch partner, Landstede Military Preparation College. The aim of the two-week exchange is to raise learners' awareness of inter-cultural differences, improve international communications between MPCT and Landstede military colleges and

engage the learners in activities which improve their personal development and partnership-working skills.

The initiative has the support of Deputy Minister for Skills and Technology, Jeff Cuthbert AM, who has visited the learners and was rewarded with a small sample of their field rations. He said: "I am pleased to have seen the exchange programme first hand. It was a real pleasure to meet with some of the Dutch students and their trainers and welcome them to Wales."



A huge variety of activities take place during the exchange, including mountain hiking, delivering outdoor lessons, diving, gun runs, battle and assault tactics, 5k runs, potted sports, rafting, rock climbing, museum visits, gym competitions, rowing challenge, tyre flips, functional skills quizzes and battles of culinary skills!



At the end of the exchanges, the learners from both colleges can really see the benefits of international liaison and cooperation, which is a vital element of today's military tactics, where diplomacy, empathy and understanding are of paramount importance.

*"This type of exchange programme can prove very beneficial to both Welsh and Dutch students, enabling them to gain a greater understanding of our cultural differences."*

*Jeff Cuthbert AM, Deputy Minister for Education and Technology*



# Steps to Employment

## What is Steps to Employment?

**S**TEPS to Employment is a new learning programme in Wales. It aims to help unemployed adults aged 18 or over, who are in receipt of Department for Work and Pensions benefit, to access purposeful training and work experience opportunities in preparation for employment or further training.



## What routes are available at MPCT?

MPCT offers 3 unique routes that will develop a learner's personal qualities and give them the necessary skills to find employment or further learning. These routes are:

- MPCT's **Engagement** Programme is designed to engage learners in various environments to help them progress in a positive manner.
- The **Military & Public Services** course offers a recognised BTEC qualification through a structured programme, assisting learners with their application into the Armed Forces or other public services.
- The **Sports Academy** offers a BTEC qualification and assists its learners in finding employment in today's leading sports sector.

## How will it help me?



The course is particularly suitable for people who wish to address any barriers to learning or who need to confirm an occupational focus in order for them to take part in employment or further training.



## Where will it get me?

Steps to Employment will give you the support, skills and qualifications you need to progress into employment, an apprenticeship or go into further training. Also, the learning development undertaken will help you with obtaining employment.



## How many hours a week will I do?

Steps to Employment is designed to meet the needs of each individual, therefore it will take as long as is right for you. Learners must attend for a minimum of 16 hours and not exceed 40 hours in any 7 day period.

## How much will I get paid?

Learners will continue to receive an amount equivalent to their benefit and may also be entitled to a training premium. Learners may be eligible to receive a contribution towards travel costs in excess of £5 per week. Childcare support is available to lone parents.



## How do I join the course?

To enter the programme you will need to undertake a pre-eligibility check with Jobcentre Plus. Learning opportunities will be offered in a range of settings and consideration is given to preferred learning styles and interests.

## What do I need to do next?

Please visit your local Jobcentre Plus and quote reference 21761 or GAB 3965 to enrol on one of MPCT's courses.



# Referral Agencies

**T**HE programme has been designed as a partnership project with careers and welfare advisors, who work hard to help young people access education and training by providing an impartial support, guidance and mentoring service which addresses learners' individual needs.

At MPCT, we work hard to identify and overcome any barriers to education and progression. MPCT tutors work with learners to agree personal goals and targets to help them develop the skills needed to continue to engage in education, training or employment.

During the programme, MPCT tutors and learners work together to help learners achieve high attendance levels, improve punctuality and develop their soft skills.

MPCT tutors and learners regularly discuss and review the progress and development that has been made, ensuring that any support needs of the learners are met. Learners are encouraged to become involved in all stages of their learning journey. This prepares them for grasping the opportunities which are available after

leaving MPCT. Regardless of chosen vocational route, all learners have access to a wide range of facilities and services at MPCT, all there to assist them as they move forwards.



*"MPCT has helped me to gain confidence and make decisions on my own. I have developed my thinking skills and learnt more about the military and public services."*

*Bertie Morton-King,  
17, Hastings*



# Rewarding Success

**T**HE learners at MPCT are rewarded for their success right from the start of the course. A success to one individual can be totally different to another; it could be that just attending every day for one student would be a success and the completing of all qualifications would be a success to another.



Learners are rewarded daily, weekly and on completion of the course. We believe that rewarding learners empowers them to respect themselves and others, builds their self-confidence and engages them in their individual development.

Upon completion of the course, all learners take part in a 'Rewarding Success' evening. Friends and families are invited to the event to celebrate the learners' successes and achievements. Awards are presented for outstanding effort in various categories.



MPCT believes that every learner who attends the course deserves recognition of the new skills which they have learned and for the steps they have taken towards achieving their goals. To reward this effort, all are presented with a portfolio containing certificates of achievement. This is a useful record which shows their accomplishments at MPCT.



# Skills

LITERACY and numeracy underpin virtually all the other skills needed in daily life.

MPCT provides a quality learning environment, which is both supportive and dynamic for all learners in our care. We have developed a unique and successful programme where learners are involved in new learning strategies rather than traditional classroom techniques.

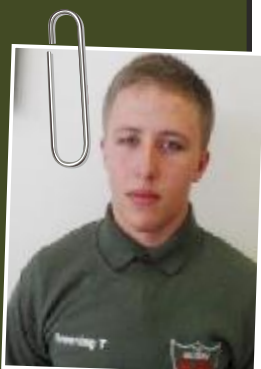
Vital skills are fully integrated into the syllabus through activities such as:

- ✓ Map reading
- ✓ Calculating run times
- ✓ Ice breakers
- ✓ Researching job choices
- ✓ Issuing military instructions



Learners complete tasks tailored to their own chosen vocational route. This work goes towards Skills qualifications in Maths, English and ICT.

Our Basic Skills strategy is an integral part of our Quality Improvement Plan for improving standards across the organisation as a whole. It is embedded in the curriculum in many ways and plays a vital role in ensuring that MPCT meets its strategic aims. The College is committed to raising the literacy and numeracy skills of our learners in order to give them the confidence to grasp life's future opportunities. MPCT has gained the prestigious Basic Skills Quality Standard Award.



*“MPCT has changed my life by helping my confidence which is important in the Army. It has made me think about my lifestyle and it has helped my fitness and strength.”*

*Travis Green,  
16, Rhymney*



# Qualifications & Awards



## Public Sector

- BTEC E3 & L1 in Public Services

## Essential & Functional Skills

- Entry Level, Level 1 Maths
- Entry Level, Level 1 English
- Entry Level, Level 1 ICT



## Active Leisure & Learning

- Entry 3 BTEC Award in Sport & Active leisure
- Level 1 BTEC Award in Sport & Active leisure
- Level 1 BTEC Certificate in Sport & Active leisure



# Health and Wellbeing

## Healthy Lifestyle



**L**EARNERS are empowered to make choices to promote the nutritional study of food and its physiological effects upon the human body. Healthy eating lessons improve learners' nutritional knowledge and enhance their decision-making regarding food selection.

## Active Lifestyle & Individual Wellbeing

**M**ANY types of active learning sessions take place, including indoor, outdoor, individual and team sport sessions. The course covers many different areas, some of which are shown below:



- ✓ Confidence and self-esteem
- ✓ Communication and teamwork
- ✓ Problem solving
- ✓ Individual responsibility and self-motivation
- ✓ Improving knowledge and skills to exercise safely

## Personal & Social Development

**L**EARNERS take part in sessions which tackle many issues such as the importance of a healthy lifestyle and how to manage personal relationships. MPCT also uses outside agencies to improve knowledge and understanding of the potential consequences of sexual activity, illegal drug taking, smoking and alcohol abuse.



- ✓ Illegal drugs awareness
- ✓ Effects of smoking
- ✓ Consequences of alcohol abuse
- ✓ Personal hygiene
- ✓ Managing personal relationships
- ✓ Financial planning



# What Did HMI Say About MPCT?

**M**PCT has recently been inspected by Her Majesty's Inspectorate (HMI) and was awarded a very impressive 8 Grade 1 scores for the outstanding work done in addressing the needs of young people and preparing them for rewarding, fulfilling futures. Here's what they said:



"MPCT learners make an outstanding contribution to their local communities. Learners' involvement with local school and charity events has raised significant amounts of money."

"MPCT promotes and practices very good recognition of success. An extensive awards and rewards system successfully encourages and motivates learners, and they value the system highly. Wall displays celebrate their achievements; medals are awarded for success in a range of activities. High profile awards ceremonies are held bi-annually."



"MPCT's partnership working is outstanding. MPCT has particularly strong and productive links with the Army which enhance learners' ability to meet the fitness standards required and understand military practice and expectations."

"The development in learners' fitness is outstanding. Physical training is undertaken daily, is adapted to individual capability, and covers a wide range of activities to build cardio-vascular, muscular and general physical fitness. Learners are tested to assess how well they meet armed service fitness requirements. Learners develop a very good awareness of nutrition health."



"MPCT's care, support and guidance for learners are outstanding. Staff provide excellent pastoral support. They are highly motivated and committed to supporting learners' achievement. Learners trust and respect MPCT staff."

# Working for MPCT

**W**ORKING for MPCT is a rewarding experience. So far, MPCT staff have helped over 4,000 young people to progress to bright futures. As well as the satisfaction gained from changing people's lives for the better, there are many other reasons to work for MPCT:

*"The UK's largest Military Preparation Programme"*

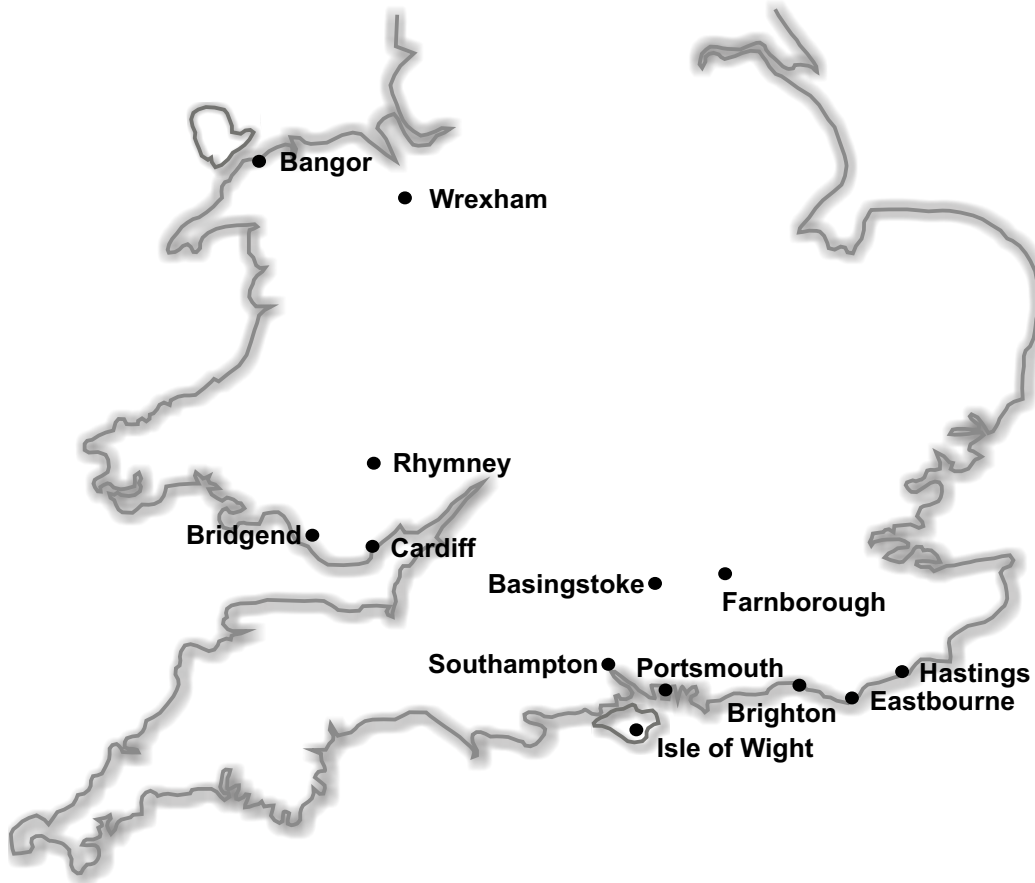
- ✓ Competitive Salary
- ✓ Free healthcare scheme
- ✓ 7 weeks' paid shutdown leave
- ✓ Excellent CPD opportunities
- ✓ Staff uniform allowance
- ✓ Monthly contribution to selected leisure activities
- ✓ Employee Recognition Scheme
- ✓ Childcare voucher system
- ✓ Award-winning HR system
- ✓ Pension Scheme
- ✓ 1st company in Wales to achieve Investors in People Gold Award



## Join the MPCT Team

- 100 employees
- 16 locations throughout England & Wales....

# Training Locations



	Military & Public Services	Sports Academy	Key Stage 4	Apprenticeships	Steps to Employment
Bangor	✓		✓		✓
Bridgend	✓	✓	✓		✓
Cardiff	✓	✓	✓	✓	✓
Rhymney	✓		✓		✓
Wrexham	✓	✓	✓		✓

	Military & Public Services	Key Stage 4
Basingstoke	✓	✓
Brighton	✓	✓
Eastbourne	✓	✓
Farnborough	✓	✓
Hastings	✓	✓
Isle of Wight	✓	✓
Portsmouth	✓	✓
Southampton	✓	✓



**MPCT**<sup>TM</sup>  
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*“The UK’s largest Military  
Preparation Programme”*

**Tel: 08442 438438**

**enquiries@mpct.co.uk**

**Text JOIN to 88008**

**www.mpct.co.uk**

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