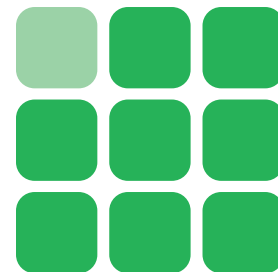


Enabling young adults to thrive



# SWRAC

Specialist Independent College

Specialist independent college and alternative education provider in Dorset, Sefton & Liverpool.



[www.swrac.ac.uk](http://www.swrac.ac.uk)

# WHO ARE SWRAC?

**SWRAC started its life in May 1996 as a commercial training organisation supporting those in the environmental management industry.**

Over the years our focus has evolved towards supporting those with Special Educational Needs & Disabilities (SEND), low-level physical disabilities and/or low-level mental health concerns and for those whom mainstream education is not a right fit.

We have a fantastic team of more than 80 people, from our experienced Advisory Board Members and specialist tutors through to engagement, SENCO, CEIAG Advisors, Engagement Officers, administration and Internal Quality Assurance- some of whom have Special Educational Needs & Disabilities within their own families.

Together, they work extremely hard in partnership with local authorities and employers to deliver quality & relevant education programmes and work experience to our learners.



# OUR VALUES

To help young adults realise their potential and be the best they can be by being:



**Ethical**



**Understanding**



**Open**



**Supportive**



**Caring**



**Encouraging**



**Genuine**



**Relaxed**

# WHAT WE DO

We work with young adults aged between 16 and 25 with Special Educational Needs & Disabilities (SEND) and with young adults who are 16-18 who require an alternative education provision to mainstream school or college.

Our SEND Programmes (Prepare for Life, Prepare for Work, Supported Internship and Thrive) cater for young people who –

- Are aged between 16 and 25 (Thrive programme up to the age of 30).
- Have an Education, Health and Care Plan (EHCP) already or are under assessment by the Local Authority for this.
- Have learning difficulties, low-level physical disabilities and/or low-level mental health concerns.

Our alternative education programmes (Vocational Studies, Routes to Employment and the SPEED-You-UP Project) are suitable for young people who – Are aged between 16 & 18 or up to 25 if they have an EHCP.

- Are aged between 16 & 18 or who have an EHCP.
- Are able to succeed in a more tailored, relaxed and inclusive environment.



We understand every individual has varying needs and capabilities and we deliver flexible programmes that are inclusive for all- whether they need a helping hand or intense support.

In addition to providing real-life skills that enable young people to work & live independently, we also pride ourselves on:

- Developing resilience, self-confidence and self-esteem.
- Providing purpose and focus.
- Delivering employment and meaningful activity opportunities.



*“I’ve enjoyed making friends here and learning new things. I am settled here.”*  
Scott

*“I enjoy SWRAC because it’s more relaxed than mainstream college. It has smaller groups and is less chaotic. I come to get an education. I feel safe.”*  
George

*“SWRAC is really nice. The teachers are really different, they make the learning easy to understand and they are very helpful & sweet. I’m here to gain independence and work skills for when I leave.”*  
James

*“You learn a lot more here because of the classes being small. I am a lot more confident now and have the confidence to ask when I need help. I come here to learn and be ready for work.”*  
Jade

*“It’s a nice environment, because everyone is so friendly and that’s nice. My tutor & LSA are very supportive, very nice and good at helping us. Staff and my friends here, make me feel safe.”*  
Joshua

# OUR FACILITIES & PROGRAMMES

We support around 200 young adults every year across Dorset, Sefton & Liverpool through our educational programmes.

Our centres act as the bases for our education provision. Each centre has excellent facilities to aid practical learning & socialising, such as break-out areas, games rooms and fully equipped kitchens.

We also utilise other indoor & outdoor sites in the local communities for physical activity and hands-on experience.

## Personal Aspirations

The personal aspirations and needs of each individual as well as their EHCP outcomes, where applicable, are at the heart of the curriculum.

- + Prepare for Life
- + Prepare for Work
- + Supported Internship
- + Thrive
- + Vocational Study Programme
- + Routes to Employment Programme
- + SPEED-You-UP Project



## All programmes include:

### Maths & English

Maths and English learning is delivered in dedicated lessons as well as being embedded throughout the curriculum, linked to the areas of study.

### British Values

SWRAC are committed to promoting fundamental British Values embedded into the core curriculum and Health & Wellbeing sessions. This enables learners to acquire a broad general knowledge of, and respect for, different cultures, beliefs, traditions and the Rule of Law promoting respect & tolerance so that learners can contribute positively to their local communities and wider society.

### Careers, Education, Information, Advice & Guidance (CEIAG)

All learners receive one-to-one time with our CEIAG Advisors. CEIAG is also embedded in all of our programmes. We are committed to equip our learners with the knowledge, skills and opportunities to enhance their employability profile and prepare them for their next steps.

### Health & Wellbeing Sessions

These sessions are timetabled for extra-curriculum activities to support learner's health & wellbeing and personal development. Sessions include a range of activities such as; exercise & fitness, mindfulness activities, drama, music, art and healthy eating etc.



## Prepare for Life

This year long programme will focus on developing your personal and life skills.

This programme concentrates on the behaviours, attitudes, skills, knowledge & understanding needed to lead a fulfilled life and to deal with everyday life experiences. The programme is tailored to meet your individual needs as identified in SWRAC's base line assessment and in your EHCP outcomes focusing on the required areas such as; preparing a simple meal, travelling independently, using money, making a bed, using a dishwasher etc.

Whilst on Prepare for Life you will also study the following:

- Using Microsoft Word
- Personal Safety
- Personal Hygiene
- An Introduction to Addiction
- Exploring Mental Health Awareness
- Your Digital Profile
- Safeguarding/Prevent



- Personal Development
- Sustainability
- Concepts of Community
- Body Image and Self-Esteem
- Sexual Harassment, Abuse and Assault



- Exploring Lifestyle Choices
- Using Email
- Relationships, Sex & Health Education
- Bank Accounts and Personal Finance
- My Values / Unhealthy Relationships
- Maths & English

## Prepare for Work

This year long programme develops your employability skills. This is often the next step after achieving the 'Prepare for Life' programme.

This programme concentrates on the work-related behaviours, attitudes, skills, knowledge and understanding needed for you to progress onto the next stages of your education or into a work setting.

The programme is tailored to meet your individual needs as identified in SWRAC's base line assessment and in your EHCP outcomes focusing on the required areas such as; how to fill in forms, knowing what personal space is and how to respect the personal space of others, problem solving, team work skills etc.



Whilst on Prepare for Work programme you will also study the following:

- Using Microsoft PowerPoint
- Work Readiness
- Developing Mental Health Awareness
- Relationships, Sex & Health Education
- Workplace Procedures
- Sector Skills Standards
- English Tourism
- Budgeting and Housekeeping
- Using Microsoft Excel
- Local Job Market
- Safeguarding/Prevent
- Sustainability
- Work Experience Skills
- Sexual Harassment, Abuse & Assault
- Workplace Health & Safety
- Enterprise
- Maths & English



## Supported Internship

This year long programme is heavily work focused and would be suitable if you already have many of the skills required to enter the world of work. Often you would progress onto this after completing our 'Prepare for Work' programme.

This programme concentrates on the behaviours, attitudes, skills, knowledge and the understanding necessary to search for work, apply for jobs, take part in interviews and to carrying out meaningful work activities. During this programme you will complete a range of work experience activities in real work settings. This, along with the classroom learning, will give you the tools needed in your future work settings.

Whilst on the Supported Internship you will also study the following:

- **City & Guilds Award in Employability Skills (Entry 3 - Level 2).**

**Focusing on:**

- Work Experience
- Health & Safety in the Workplace
- Customer Service
- Healthy Living
- **Maths & English**

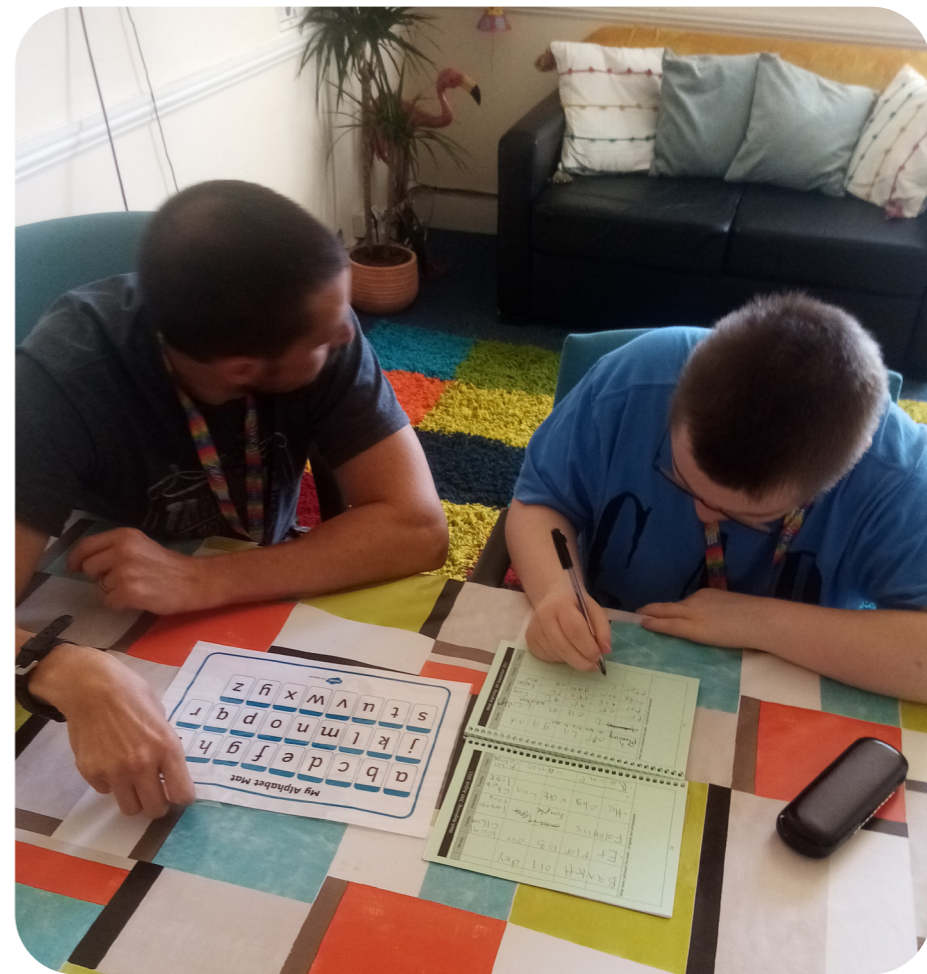


## Thrive

The 'Thrive' programme is for young adults (ages 16-30) with learning difficulties, low-level physical disabilities and/or low-level mental health concerns.

Through an informal and relaxed setting Thrive follows the Preparing for Adulthood outcomes to work towards independence, community, employment and health. We deliver tailored sessions to ensure we meet the needs of every individual.

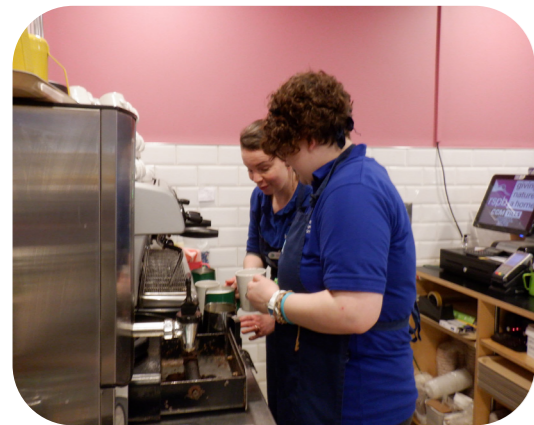
The programme is aimed to nurture independence with activities and education using tailored sessions to ensure we meet the needs of every individual to help them manage in today's society.



## Vocational Study Programme

During this academic year long programme you will learn about the industries with employment opportunities in your local community, which have been identified by the Local Skills Improvement Plan as being high need, growth and innovation sectors. You will also visit a variety of workplaces, have taster sessions and will undertake a period of work experience.

Whilst on the Vocational Study Programme you will achieve the following:



- ASDAN Short Course 1 - Careers and Experiencing Work
- ASDAN Short Course 2 - Vocational Short Course of your choosing linked to employment opportunities in your local community
- ASDAN Short Course 3 - Vocational Short Course of your choosing linked to your career aspirations
- Relationships, Sex & Health Education
- Exploring Further Education Opportunities - including college and apprenticeship applications if appropriate
- Work Experience Placement
- Industry Specific Learning/Qualifications (Dependent on learner's career aspirations)
- Sustainability
- Maths & English



## Routes to Employment

This academic year long programme provides you with classroom and practical learning teaching you the behaviours, attitudes, skills, knowledge and understanding needed to be successful in your future work or education setting.

The programme will enable you to gain the Level 2 Extended Award in Employability and the Level 2 Health & Safety in the Workplace qualifications, as well as maths and English qualifications.

Whilst on the Routes to Employment Programme you will be working towards the achievement of the following employability qualification units:



- Effective skills, qualities and attitudes for learning and work
- Preparing for an interview
- Applying for a job
- Valuing customers
- Healthy living
- Dealing with challenges
- Introduction to sustainable development and global citizenship
- Team working skills
- Valuing equality and diversity
- Managing personal finance
- Understanding conflict at work

You will also carry out work experience in real work settings in line with your careers aspirations.



## SPEED-You-UP

This academic year long programme delivers training to young people around developing entrepreneurial skills.

Whilst on the programme you will develop behaviours, attitudes skills and knowledge necessary to be successful in business. You will also develop business ideas and practise practically by making a pop-up business, preferably with the aim of helping out in your community.

Whilst on the programme you will complete the following modules:

**Talent and Skills** - This module is designed to build confidence, self-efficacy, communication skills and decision-making abilities, which are essential skills for any entrepreneurial journey and in wider areas of life.

**Discovery** - The purpose of this module is to come up with an entrepreneurial idea that is community oriented.

**Dreaming** - The aim of this module is to develop a very first prototype of the service or project the group of young people has in mind, based on the idea that was developed in the discover phase.

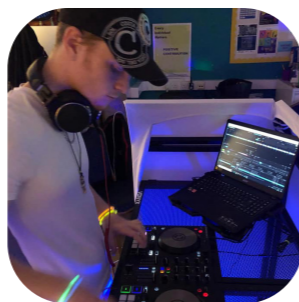
**Pitching** - In the dreaming phase, young people have been working on a prototype of their pop-up business. They might have actually piloted their product/service/activity, or they might have worked on a scale model. The goal of the pitching phase is to present their prototype to a wider audience and get input and feedback.

**Designing** - The goal of the design phase is to write an initial yet grounded business plan by making use of the information gathered in the previous two phases.

**Doing** - The purpose of this module is to let the young people continue to work on their entrepreneurial idea and then put it into practice.

You will also achieve the following qualifications:

- Level 2 Award in Employability Skills – Working for Yourself
- Level 2 Health & Safety in the Workplace
- Maths and English



## Case Study: SEND Programme

Jade's journey at SWRAC highlights the importance of providing individuals with the right support to achieve their goals. Like many individuals with additional needs, Jade initially lacked confidence and doubted herself. However, with the support of SWRAC, she gained resilience, confidence, and independence, allowing her to develop the skills necessary for employment and adulthood.

One of the key elements of Jade's journey was the assessment process which allows SWRAC to provide her with the necessary support to help her achieve her independence and employability goals.

This programme assesses the learner's starting point and ensures that they are receiving the right support to achieve their goals. By providing Jade with a supportive and nurturing environment, SWRAC helped her gain the confidence she needed to succeed.

The Prepare for Life programme was a critical component of Jade's journey, as it taught her essential life skills such as personal safety, lifestyle choices, personal hygiene etc. This course also provided individualised learning on areas of need, such as independent travel, food safety, and preparing simple meals, making it easier for Jade to live independently with the right support.

The Prepare for Work programme was another important step in Jade's journey, covering topics such as workplace health & safety, budgeting, workplace procedures and more. Jade also completed work placements, which helped her gain valuable skills such as teamwork and customer service.

Jade's final programme at SWRAC was a Supported Internship, which focused on work experience activities. While on this programme, Jade had the opportunity to try different work placements, gaining experience in different areas including housekeeping and restaurant work.

Although she did not enjoy all work placements, it allowed her to determine what line of work was best suited for her. Jade expressed an interest in Golf Catcher, a popular golf club located in Christchurch. Her work experiences included doing a variety of tasks such as serving tables, cleaning the golf grounds, and collecting golf balls. Her work attitude has been so impressive that Golf Catcher has offered her paid employment.

Jade's journey demonstrates the impact that the right support can have on an individual's life, especially for individuals with additional needs.

By providing Jade with a supportive environment and individualised learning opportunities, SWRAC helped her gain the skills and confidence necessary to achieve her goals. Her success at Golf Catcher is a testament to the effectiveness of the support she received.



# THE BOURNEMOUTH CENTRE

Our centre in Bournemouth is very easy to get to, with bus and rail services within easy walking distance. This centre has a large amount of indoor facilities including a fully equipped kitchen, games room, break-out areas and a sensory room.

Whilst on programme the learners will be utilising many of the outdoor facilities located around Bournemouth, many of which are within walking distance.



## Address:

22 Sea Road  
Bournemouth  
Dorset  
BH5 1DD



# THE DORCHESTER CENTRE

The Dorchester Centre is located just 1 mile from the centre of Dorchester. This centre offers a peaceful rural centre with an emphasis on outdoor based activities.

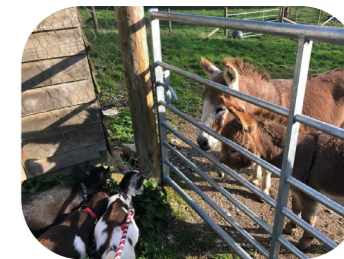
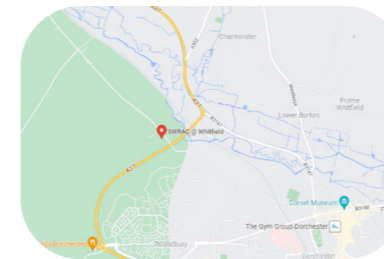
The site features several classrooms as well as a large outdoor space which includes an orchard, greenhouses, wooded area, allotment area and 2-3 acres of grazing for the many animals that live there.

The learners coming to this centre get to learn in a very relaxed environment with plenty of access to the outdoors.



## Address:

Poundbury Road  
Bradford Peverell  
Dorchester  
Dorset  
DT2 9SL



# THE SEFTON & LIVERPOOL CENTRE

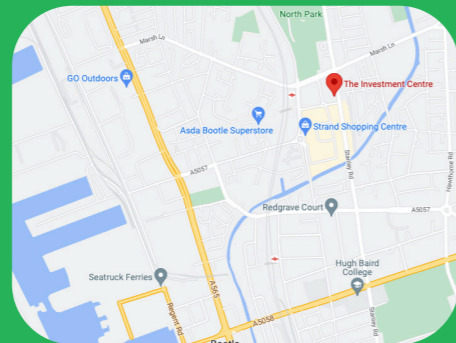
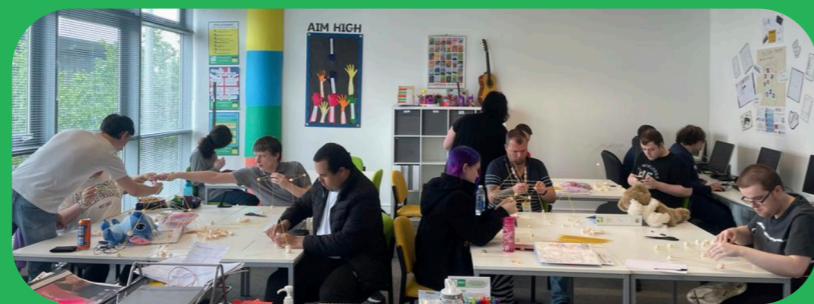
This centre is airy, light & open and is easily reachable from Sefton, Liverpool and the wider Merseyside area by car, foot and all types of public transport.

Its excellent facilities are conducive to learning as well as development of social & softer skills. Like our other centres it is equipped with great classroom facilities as well as break-out/games areas, a sensory room, a domestic kitchen and a small mock-up apartment.

We also utilise other local indoor & outdoor sites for physical activity and hands-on experience.

## Address:

Sefton Investment Centre  
375 Stanley Road  
Bootle  
L20 3EF



# THRIVE AT MERLEY

Our 'Thrive' centre at Merley House is for young adults (aged 16-30) with learning difficulties, low-level physical disabilities and/or low-level mental health concerns.

Set in a beautiful Georgian manor house this setting provides informal education and constructive activities to help individuals thrive in life, prepare for adulthood and head towards independent living.



## Address:

Merley House  
Merley House Lane  
Wimborne  
Dorset  
BH21 3AA



# WHO WE WORK WITH

**Our staff are committed to finding our learners relevant real-life work experience.**

We work with a wide variety of employers to meet the careers aspirations of our learners and the needs of the employers in the local job market.

The employers that we work with include the RSPB, Golf Catcher (Iford Golf Centre), McDonalds, BCP Council, Best Western Carlton Hotel, Beryl Bike, Department for Working Pensions, Sunseeker, ACP Windows, Ellis Jones and many more.



***Having a placement was the best thing we have ever done. James became a real part of the team and encouraged a fresh approach to work. We are very impressed with how well organised the placement was and look forward to working with SWRAC in the future.***

**Kate Brooks**  
Solicitor, Ellis Jones

# CASE STUDY

## Alternative Education Programme

Luke left mainstream school in year 7 due to bullying. When he started with SWRAC he had high levels of anxiety and very poor engagement with the staff and other learners. His attendance was very poor and he struggled with low confidence.

SWRAC's small classroom sizes helped Luke with his anxiety levels, and it didn't take long for him to settle into the Traineeship programme. Throughout his programme Luke had one-to-one support from the LSA. With this support and encouragement Luke's confidence started to improve and he became more capable with working independently.

The staff at SWRAC supported Luke in finding a work placement in his chosen area. He had a keen interest in construction and with this guidance & support Luke managed to secure work experience at a local window fitting company.

This was his first taste of work experience.

Luke's work placement employer was very impressed with Luke and sent the following feedback:

*"Luke has become a really trusted part of the team, very shortly after starting, Luke's mentor felt completely comfortable with Luke taking control of the line when lifting huge windows to higher floors, if at any moment he had let go even for just a slight second his mentor would have fallen off the ladder. Luke's attention to detail is incredible, he did not need to be asked twice he took on board recommendations immediately and remembered them well throughout his experience with us, some full time people do not do that!"*

**James, Managing Director  
- Local window company**

When Luke returned to the classroom after his work placement he had a new confidence & determination to succeed on his programme and to move onto further employment.

When Luke finished his programme with SWRAC his confidence had grown so much that he was no longer the anxious young person he was when he started. He had learnt a range of new skills including socialising with new peers and had experienced what it was like to have a job. He had also secured a job at the company he did his work placement at.

He left SWRAC with confidence & purpose for his future and SWRAC still check in with him to ensure he is progressing well and achieving his goals.



*"Like my Tutor because she understands me and I like coming here because I'm settled. My attendance is great and my mum is so happy. I feel safe here and everyone is kind. Everywhere I've been I've been bullied but not at SWRAC."*

Phebe

*"It is easy to learn here because it is a smaller environment with less people in a class. There is more structure here and the staff explain everything clearly. I don't get super angry here, which is really good. I used to get super angry at school. I've got some friends here too."*

Jordan

*"It's good here, I didn't go to school for a year because I was so anxious and got sick. My tutor and LSA support us well and I know I can get help if I need it. I learn more here than I did in mainstream."*

Will

*"I was kicked out of school at the start of year 8. I could never learn in mainstream school. I didn't go to school for 2 years. I like it here because there are less people and teachers help me understand. My tutor is good, he explains things good. I get support from an LSA and people understand me here."*

Holly

# HOW IT WORKS

If you are a young adult who is interested in coming to SWRAC or you are a parent/ carer, service provider or support team that would like to explore how we can help we would love to hear from you.

We have contracts with central and local government which enable us to provide our services as part of the normal educational funding process, provided the young person is 16-18 or 16-25 (THRIVE programme up to age 30) with an Educational Health and Care Plan (EHCP) or the learner is under assessment by the Local Authority for this.



## With you from start to finish, and beyond.

### Step 1

#### Make Contact

Contact us by phone - 01202 848099, 0330 2020 383 or by email - [referrals@swrac.ac.uk](mailto:referrals@swrac.ac.uk) if you or a young adult in your care is interested in coming to SWRAC.

### Step 2

#### Engagement

Following consultation with the Local Authority the SWRAC Engagement Team will meet with the learner. The team will work with the learner to identify their individual support needs and will support them through the transition process into their education at SWRAC.

### Step 3

#### Educational Programmes

After a full induction with the education team, learners will embark on a full programme of continuous learning and development, which may include just one programme, or several, depending on their needs and objectives.

### Step 4

#### An 'open door' policy

At the end of your SWRAC journey we will support learners to transition onto the next stage of life, work and/or education. This support will continue for up to year after they have left us.

**SWRAC has been a life changing. Phebe has always struggled with education and different settings, but straight away she enjoyed attending SWRAC. Getting her to attend is not stressful, which reduces the anxiety at home. She has formed an amazing bond with her Tutor & LSA.**

**The work she has produced has been brilliant, she has done amazing art work, which she is proud to show off. She also has been doing some great poetry! The whole environment is calming with small classes, animals, lots of fresh air and staff that understand Phebe's needs.**

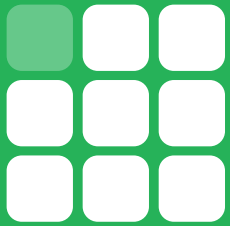
Parent of a learner



**From the very first meeting Conor and I had with staff to discuss whether SWRAC would be a suitable place for him, I have found the centre to be a place of care and calm. The staff are friendly and approachable, and Conor has found somewhere he can be himself, knowing that support networks are in place to deal with his needs.**

**Since Conor's enrolment I noticed a change in his confidence and levels of anxiety within the first few weeks. He has been part of a small group which suits Conor as he is quiet and lacks self-belief. He often talks to me about the topics covered and is particularly interested in mental health which SWRAC clearly takes seriously. Even with such a small group there is a second adult to support the students, which is fantastic."**

Parent of a learner



# SWRAC

**Helping young adults  
realise their full potential**

**Contact us today**

**SWRAC**

Merley House  
Merley House Lane  
Wimborne  
Dorset BH21 3AA

**01202 848099  
0330 2020 383**

**referrals@swrac.ac.uk  
www.swrac.ac.uk**



**Consistently Good since 2008!**

“Learners with high needs had overcome significant barriers to learning particularly related to anxiety, as a result of the care and support provided by SWRAC’s staff.”

