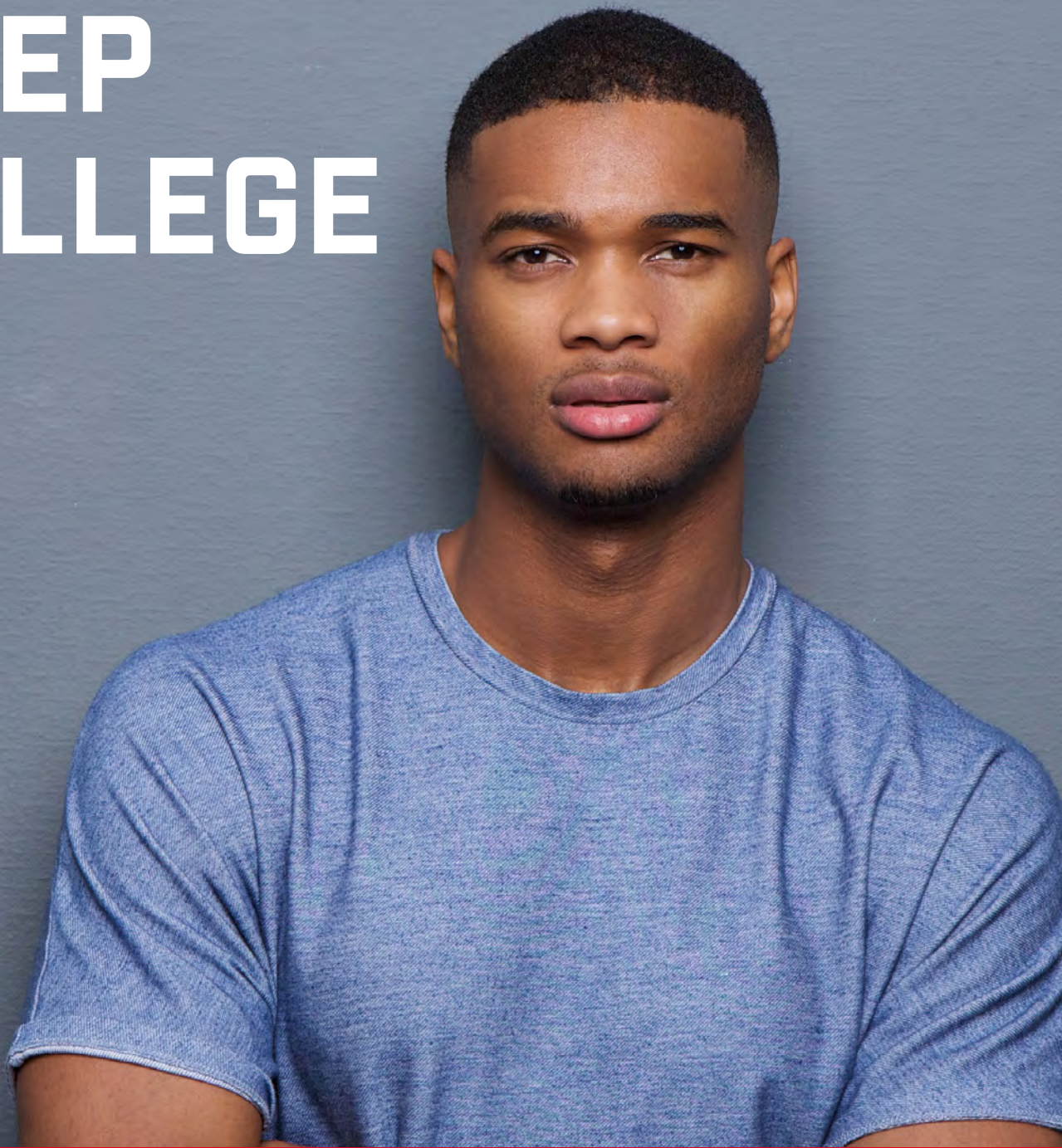


MILITARY PREP COLLEGE



UPGRADE YOUR FUTURE



2017/18 Prospectus

Training provider of the year



Welcome to The

Military Preparation College

Thank you for taking the time to read our latest prospectus.

Since 1999, the Military Preparation College has shown that young people from all types of backgrounds can and do succeed in the right environment. We have seen and supported so many young people make the very challenging transition from childhood to adulthood and develop into positive, productive role models in their own right.

At the Military Preparation College, we believe that through outstanding leadership and teaching, all can achieve their goals. We have been inspected by Ofsted and awarded "outstanding" in all areas – in outcomes for students, learning and assessment, leadership and management and in the quality of teaching. We have also been awarded the TES training provider of the year, 2017 in recognition of the exceptional results our students achieve across all of our Colleges.

Every Instructor at the College has served in the Armed Forces and all are role models to our students. They have been trained by the best and in turn, our students are learning from the best. The sense of pride our staff feel in developing, training and supporting our students has also been recognised by the Times 100 Best Companies to Work For 2017.

Graduates of the programme who decide to join the Armed Forces are more likely to be successful than direct entrants. Students who decide to pursue other career options have the core skills to support their success. With this new found set of skills and qualifications, doors are now open to them, which were previously firmly closed.

Most gain far more than they ever felt possible.

A visit to the Military Preparation College will provide an insight into what is a very unique and rewarding education.

Contents

MPC introduction	2
Our core values	4
Key facts	6
Who attends the MPC?	8
How will you progress?	10
Our mission	13
Physical training	14
Health and wellbeing	22
Vocational lessons	24
Military lessons	26
Qualifications	28
Your instructor	30
After MPC- Student stories	32
What people say about MPC	38
FAQ's	40
How to find us	43



OUR CORE VALUES

PRIDE
RESPECT
EMPATHY
INTEGRITY
ROBUSTNESS
TEAM PLAYER

LOYALTY
HONESTY
DILIGENCE
DEDICATION
CONSISTENCY
TRANSPARENCY



The College core values are our guiding principles that all staff demonstrate and act as positive role models to our students.

We encourage and support all of our students to develop these core values whilst at the College as they are lifelong standards that will strengthen character and employability skills.

WE ARE THE BIGGEST AND BEST MILITARY PREPARATION COLLEGE IN THE UK!

Over
2600
MPC Students have joined
the **Armed Forces**



Trained by expert
military instructors

**ENROL
TODAY and
UPGRADE
YOUR FUTURE**

OUR LOCATIONS

- BANGOR
- BIRMINGHAM
- BRIDGEND
- BRISTOL
- CARDIFF
- DUDLEY
- EASTBOURNE
- FARNBOROUGH* moving soon
- GLOUCESTER
- HASTINGS
- ISLE OF WIGHT
- LIVERPOOL
- LONDON
- MERTHYR TYDFIL
- NEWPORT
- PORTSMOUTH
- SOUTHAMPTON
- SWANSEA
- WOLVERHAMPTON
- WREXHAM

Up to
£1500
financial
support available*



We **speed up** the
process of joining
the **Armed Forces**



**Start at
any time**



**Grade 1
Ofsted report**



**Training
provider of
the year**



GCSE
Programme
available



Search **Military Preparation College** on your
favourite social media channel to see what we get up to!

*terms and conditions apply

WHO ATTENDS THE MPC?



Ryan Hancock

Career Aspiration:
RLC Driver

Reason for joining MPC:

I left school with no qualifications and didn't really know what to do with myself. I saw an advert for the army and this interested me but I felt I wasn't fit enough. A friend told me about the MPC and I visited an open day and joined that day. Since joining my fitness has improved greatly.

Caroline Andrews

Career Aspiration:
Combat Medic

Reason for joining MPC:

I had already passed the Assessment Centre but my start date was 5 months away so I joined MPC to keep on top of my fitness and improve my military knowledge. Since joining I have also gained a qualification.

David Wilkinson

Career Aspiration:
Submariner

Reason for joining MPC:

My Grandfather and Father were both in the Royal Navy and they urged me to join MPC to gain an insight into the navy whilst on the course. Since joining I have visited HMS Temeraire and can't wait to start my navy application.

Ryan Smith

Career Aspiration:
Paratrooper

Reason for joining MPC:

I was deferred from joining due to having a brace. The MPC has allowed me to study and get fitter whilst I await my start date now that my brace has been removed.

Sarah Edwards

Career Aspiration:
Dog Handler

Reason for joining MPC:

I want to be a dog handler in the British Army but the waiting list is quite long so I'm attending the MPC to gain qualifications, confidence and improve my fitness whilst my application is processed.

Tommy Ilford

Career Aspiration:
Royal Marine

Reason for joining MPC:

I didn't reach the required standard during my Potential Royal Marine Course (PRMC) and was advised to join the MPC to get fitter. I have been at the college for 6 months now and my fitness rocketed and I've just passed PRMC and I'm awaiting my start date.

Saril Hussain

Career Aspiration:

Vehicle mechanic in the REME

Reason for joining MPC:

I attended the Assessment Centre (AC) but didn't pass my final interview. I joined the MPC to improve my confidence. Since joining I have taken part in VIP visits where I have regularly spoken in front of groups. I am now waiting for a date to re-attend AC.

WANT TO UPGRADE YOUR

FUTURE? JOIN MPC NOW!

HOW WILL YOU PROGRESS?





OUR MISSION

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

ETHOS

To create an environment that is caring, safe, supportive and positive.

As a MPC student, you will:

Work towards recognised qualifications

Improve your confidence

Improve your fitness

Be part of a team

Attend bespoke military activity days

Get expert tuition from military staff

Become a better you!

PHYSICAL TRAINING



Daily physical training sessions



Adventure Training opportunities



Fitness Assessments to track **your progress**



Health screening



Varied activities for **all abilities**



Bespoke training plan to **support** your application to your chosen **career path**

The benefits of physical exercise are so important to your development that we put a large emphasis on it and as such you will do some sort of activity every day. You will be taught how to eat properly, how to effectively exercise and look after yourself. This will make you feel stronger, be healthier, look better and achieve more. Regardless if you pursue a career in the uniformed services, this experience will set you up for life.

UPGRADE YOUR FITNESS!

go to [MPCT.co.uk](https://www.mpct.co.uk) and start your journey.

PHYSICAL TRAINING

YOUR JOURNEY

All activities are planned using our unique bib system so you are always working to **YOUR** level of ability



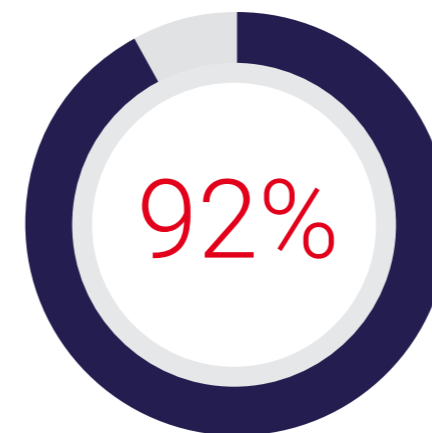
Beginner level



Intermediate level



Advanced level



92% of MPC Students PASS Phase 1 training

Physical exercise plays an important part in College life and half the day is spent improving your fitness



**WHY WAIT?
UPGRADE YOUR
FUTURE TODAY!**
go to MPCT.co.uk
and start your journey.

PHYSICAL TRAINING

Here are a selection of exercises that we use at the Military Preparation College. These exercises will help you to become physically stronger, improve your stamina, posture and movement patterns. They will also make you more physically robust and less prone to injury. At the College you will be given all the support and guidance needed to improve your fitness and prepare you for an active life upon leaving the College. You do not need to know these exercises before you join, but give them a go and see how you get on.

This is an example of how our bib system works.

During a PT session, depending on your fitness ability you will do the following repetitions on the exercises below:



8 Reps



10 Reps



12 Reps



SQUAT

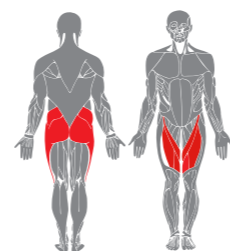
Main muscles used: Quadriceps (legs), gluteals (backside).

Secondary: Hamstrings (legs), core muscles.

Great for: Building leg strength, improving running ability, improving core stability.

Method:

1. Stand with feet shoulder width apart, weight through your heels and your hands on opposite shoulders.
2. Lower your hips until your thighs are parallel with the floor. Ensure you keep a neutral spine and your knees do not go much past the front of your feet.
3. Return back to the start position by squeezing your glutes and pushing through your heels.



HALF SIT

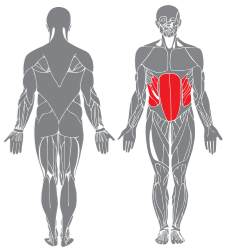
Main muscles used: Abdominals.

Secondary: Hip flexors.

Great for: Improving core strength and stability.

Method:

1. Lie on your back with your feet firmly on the floor, with a bend in your legs and your shoulder blades in contact with the floor.
2. Keeping your hips in contact with the floor, squeeze your abdominals and bring your torso up to about a 30-40 degree angle.
3. Under control, lower your torso back to the start position.



PRESS UP

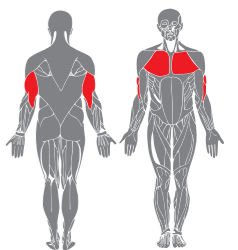
Main muscles used: Pectorals (chest), triceps (arms).

Secondary: Deltoids (shoulders).

Great for: Improving upper body strength.

Method:

1. Place your hands shoulder width apart directly underneath your shoulders. Have your legs together and your feet in contact with the floor.
2. Under control, lower your body until the backs of your arms are parallel with the floor all the time keeping alignment through your ankles, knees, hips and shoulders.
3. Push through your palms and raise your body to the start position.



PLANK

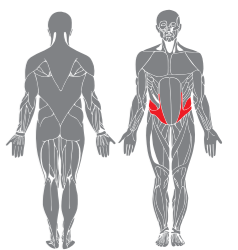
Main muscles used: Transverse abdominus (abdominals).

Secondary: Lower back muscles.

Great for: Improving core strength.

Method:

1. Place your elbows shoulder width apart directly underneath your shoulders. Have your legs together and your feet in contact with the floor.
2. Hold this position ensuring that there is alignment through your ankles, knees, hips and shoulders.

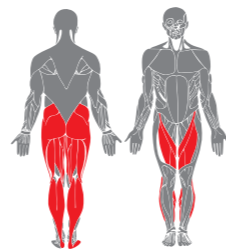


PHYSICAL TRAINING



LUNGE

Main muscles used: Hamstrings (legs), quadriceps (legs), gluteals (backside), calf muscles.
Secondary: Core muscles.
Great for: Building leg strength, improving running ability, improving core stability.



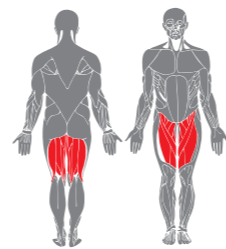
Method:

1. Stand upright with your hands by your sides and your feet slightly closer than shoulder width apart.
2. Step forward, further than a normal walking pace and lower your hips until your rear knee is approx 3 inches from the ground. At the same time, raise your hand to a vertical position (this is optional).
3. Push off the front leg to return to the original position and repeat using the other leg leading.



SQUAT THRUST

Main muscles used: Hamstrings (legs), quadriceps (legs), hip flexors.
Secondary: Abdominals.
Great for: Improving hip strength, cardiovascular fitness.



Method:

1. Place your hands shoulder width apart directly underneath your shoulders. Have your legs together and your feet in contact with the floor.
2. In one movement, bring your knees as close to your elbows as you can with your feet slightly off the floor.
3. Push your legs back to the original position.

Here are some of the PT activities we do....

- Circuit training
- Swimming
- Adventure runs
- Sport
- Battle PT
- Fitness assessments
- Endurance runs
- Games



An example 7 day training programme

Day	Exercise	Intensity
Monday	College PT Circuit training	10 station circuit x 3. 8 reps for beginners, 10 reps for intermediate, 12 reps for advanced.
Tuesday	College PT Swimming	5 x 1 min treading water. 30 min stroke technique. Introduction to water polo.
Wednesday	College PT Battle PT	2 mile log run. Assault course challenge.
Thursday	Rest	
Friday	30 mins running 5 x 100m sprints	11 minute mile running pace
Saturday	Sport/hobbies/walking	
Sunday	Rest	

HEALTH AND WELL-BEING



FREE
breakfast club



FREE healthy
eating plan



Daily outdoor
activities to
promote wellness



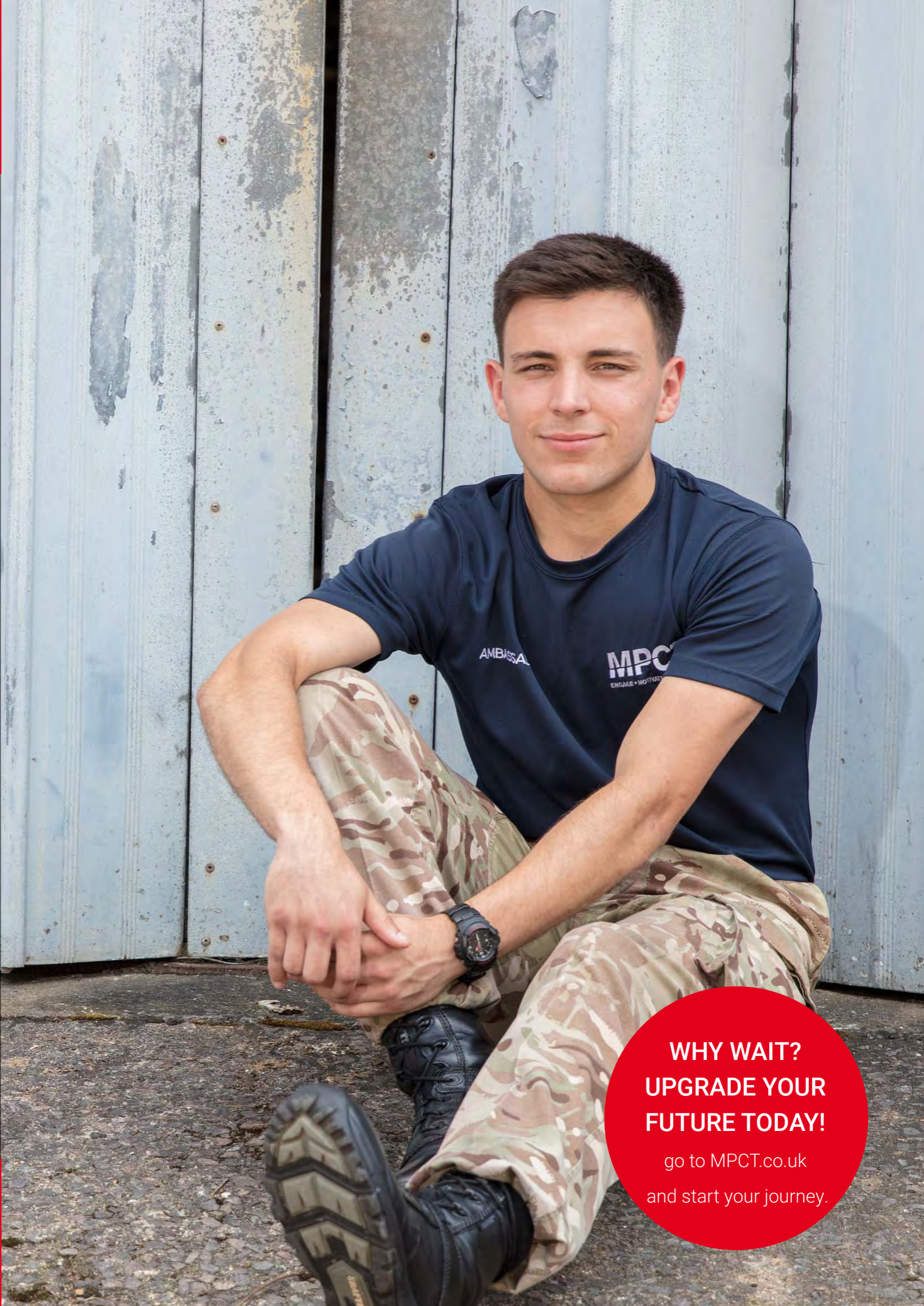
Teambuilding
activities to promote
social development



Opportunities to
play **sport**



FREE advice on
losing and gaining
weight

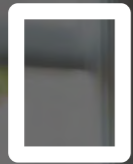


**WHY WAIT?
UPGRADE YOUR
FUTURE TODAY!**

go to [MPCT.co.uk](https://www.mpct.co.uk)
and start your journey.

All of our instructors have experience and knowledge in supporting people with leading a healthy lifestyle. They will be able to support your goals and give you advice to ensure that you fuel your body correctly for maximum performance. They will also be able to support weight gain and loss in line with a career in uniformed services.

VOCATIONAL LESSONS



iPads in every centre



Use of **outdoor** classrooms



Hands on approach to learning



Recognised qualifications



Military themed lessons



Work with **like-minded** people

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



UPGRADE YOUR QUALIFICATIONS!

go to MPCT.co.uk
and start your journey.

MILITARY LESSONS



Military visits



Assault course training



Military personnel support



Low level tactics



Annual whole College competition



Activities that support your application to the forces

UPGRADE YOUR ADVENTURE!

go to MPCT.co.uk
and start your journey.

Our lessons are contextualised with a military theme. This allows you to gain an insight into the military and learn new skills. All of our instructors have military experience and they make the lessons fun, yet informative. You will also get the opportunity to visit military establishments whilst on the course.

QUALIFICATIONS @MPC

At the Military Preparation College students can enrol on a full-time or part-time course so that they can work alongside their education and training. Our course is designed to give you the skills you need to start your journey towards a rewarding career or continue with education and training.

England

Level 2 in Employability Skills (Phase 1)

The Level 2 Employability Skills qualification will help you develop the skills and attitudes valued by employers in any sector or industry. The aim of the course is to help successfully prepare you for getting a job. Getting a job is just the first step, we also focus on giving you the tools to succeed and advance in your role or future career.

You will gain the skills and knowledge required to progress to employment, further study, a traineeship or an apprenticeship.

Level 2 in Uniformed Services (Phase 2)

The Level 2 Diploma for Entry to the Uniformed Services qualification will help you research, prepare and complete the application process for a career in the uniformed services, including the British Army, Royal Navy, Royal Air Force, Police, Ambulance Service and Fire and Rescue Service.

You will gain the skills and knowledge required to progress on to further study or entry into your chosen service.

Functional Skills (up to Level 2)

The Functional Skills qualifications at the Military Preparation College support you to achieve your vocational aspirations as these skills are becoming increasingly important in the workplace.

Functional Skills qualifications are intended to support you to improve your numeracy and literacy skills. The Functional Skills qualifications will help you to develop and demonstrate that you can apply these vital skills to a range of situations.

We will support you in achieving these qualifications, which will increase your confidence and motivation. The skills you gain will be valuable in further learning, work and life in general.

GCSE English and maths

After successfully completing your level 2 Functional Skills English and/or maths qualification, you will then have the opportunity to progress onto GCSEs.

Perhaps you didn't achieve grades A*- C at school/college. Don't panic; you will have the opportunity to improve your grade alongside your other course activities.

By studying GCSE English and/or maths you will continue to develop your literacy and numeracy skills which are essential for everyday life, preparation for employment and higher levels of study. They will therefore help you to achieve your goals and progress to the next stage of your personal journey.

Wales

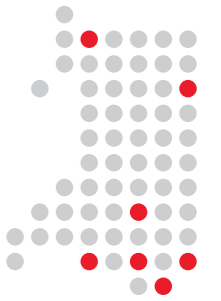
Engagement

Our Engagement course is a great way to get a feel for the Military Preparation College on a part-time programme. You will attend for 21 hours a week (3.5 days) and will benefit from increased support to gain confidence on the course before you progress on to the Level 1 Traineeship. Essential Skills Wales form part of the curriculum on the Engagement programme and will help you to develop the skills and confidence you need to progress onto the Level 1 Traineeship.

Traineeship - Level 1

Our Level 1 course will help you research, prepare and complete the application process for a career in the uniformed services, including the British Army, Royal Navy, Royal Air Force, Police, Ambulance Service and Fire and Rescue Service.

You will gain the skills and knowledge required to progress on to further study or entry into your chosen service. You will attend for 30 hours a week (5 days) and alongside your BTEC award, Essential Skills Wales form part of the curriculum at the College.



YOUR INSTRUCTOR



Will help you achieve **qualifications**



Will set realistic **targets** for you



Will use their **military background** to make learning fun and engaging



Will improve your **fitness**



Will support you to progress to your chosen **career goal**



Expert **advice** and **guidance**



**UPGRADE YOUR
PROSPECTS!**

go to [MPCT.co.uk](https://www.mpct.co.uk)
and start your journey.

All of our instructors are ex-military and bring a wealth of experience to support and mentor individuals through a flexible programme. Students receive regular mentoring sessions with their instructors to help them identify personal goals as they progress through the college.

AFTER MPC STUDENT STORIES

Having successfully completed the Military Preparation College course, our students go on to join the Armed Forces, civilian employment or further education. Our Instructors and tutors support every student with their job and college applications to ensure that they choose the best job and education routes for their chosen careers.

“The Military Preparation College helped me prepare both physically and mentally to achieve my aim of joining the Princess of Wales’s Royal Regiment.”

MPCT: 2012 – 2013, Eastbourne
Employer: British Army and MPCT Ambassador
Role: Private, Princess of Wales’s Royal Regiment

Why did you choose to go to the Military Preparation College?

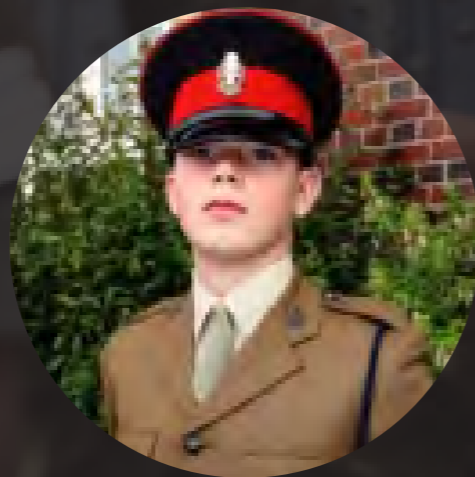
At school I was constantly told that I wouldn’t amount to anything and wouldn’t do anything with my life. I was bullied at school and didn’t enjoy going. My family were very supportive of me wanting to join the Army from the age of 9 and wanted to find somewhere that would help and support me to get into the Army. After leaving school I joined the Military Preparation College in the July.

How did the Military Preparation College prepare you for employment?

The College supported me physically and mentally prior to going on selection. Without their help and support I wouldn’t have received a high B grade at selection. They also supported me to find out more about the local infantry regiment and supported me through the application process. I also gained qualifications in Public Services whilst at the College.

How is your life and career progressing since you left the Military Preparation College?

The College helped me achieve my aims of joining the PWRR by preparing me both physically and mentally. I am currently posted as part of the regiments RST and come back to Eastbourne Military Preparation College to offer support to students on their Military Training Days on a weekly basis as an Ambassador for the College.



AFTER MPC STUDENT STORIES

Employers recognise and appreciate the core values and employability skills our students develop whilst at the College. Our students develop and demonstrate physical and mental robustness, communication skills and they are great team players.

Our students progress from the College to work in a wide range of industries from the public sector to manufacturing, construction, retail and the sport and exercise industry. The employability skills and qualities gained at the College are transferrable to all sectors and job roles.

“The ethos of the MPC students is what we want. They have developed skill sets and behaviours we can work with in the workplace. We value their time-keeping, confidence, dexterity and fitness. We don't want people off sick, so fit and healthy young people from the MPC is perfect for us.”

Ed Saville, General Manager at Newport Galvanizers

“MPCT made me want to do more. It motivated me to get my qualifications, get fit and get a decent job.”

MPCT: 2016 – 2017, Newport

Employer: Newport Galvanizers

Role: Apprentice Trainee Galvanizing Operatives

Why did you choose to go to the Military Preparation College?

The course was really practical and hands-on so I knew it would be a good choice for me. I don't like to be stuck in a classroom all day. Doing physical training and practical lessons was a perfect way for me to learn.

How did the Military Preparation College prepare you for employment?

It gave me a confidence boost which has really helped me to make friends and have the confidence to communicate with my colleagues. The physical training at the Military Preparation College has been so important too as you have to be fit for the job as there's lots of physical work and heavy lifting.

How is your life and career progressing since you left the Military Preparation College?

I've made a lot of friends here, it's a good environment to work in as well because it's practical and I love that. I'm working towards my NVQ and I'm earning a decent salary too. I've just passed my fork lift licence too so I am constantly developing and getting new skills to help progress my career.



AFTER MPC STUDENT STORIES

MPCT: 1999, Cardiff

Role: Lead training instructor, Military Preparation School, Cardiff

Why did you choose to go to the Military Preparation College?

I was waiting on my entry date to join the army and was advised by the Cardiff Armed Forces Careers Office to join the MPC while I was waiting. I attended an open day and immediately decided that it was the place for me to spend my next 6 months prior to joining. Even though I left school with a full complement of GCSE's, the chance to gain further qualifications through active classroom activities and intense physical training appealed to me, as did the opportunity to learn new specific military skills that would aid me with my military training.

How did the Military Preparation College prepare you for further/higher education and/or employment?

My time at the MPC gave me invaluable skills and knowledge that specifically helped me gain a successful career in the Royal Engineers. However, the skills and qualities that I learnt whilst at the Military Preparation College have continued with me throughout my life no matter what my vocation. These transferable skills such as communication, discipline and organisational skills have enabled me to go on to complete 2 higher education courses and gain full time employment in the sector of my choice.

How is your life and career progressing since you left the Military Preparation College?

Immediately upon leaving the MPC, I joined the Royal Engineers at the age of 17. I spent 5 years serving as part of 21 Engineer Regiment gaining promotion to Lance Corporal at the age of 20. Since leaving the Army I have gained a First Class Honours Degree in Sport and Exercise Science from the University of Glamorgan and a Postgraduate Diploma in Strength and Conditioning from Cardiff Metropolitan University.

Why would you recommend the Military Preparation College to young people?

I would recommend the MPC to both young people who are interested in joining the Public Services and those who are interested in other careers. For those joining the public services the opportunity to gain expert training from professional instructors who have all completed a career in the public services is not to be missed. The training can be specifically tailored to the needs of each student depending on their public service of choice allowing them to be fully prepared for their initial training and their future job role. For those who do not go on to join the public services, on offer at the MPC is the opportunity to gain an extensive range of life skills and qualities that are invaluable to success in all careers. Without which I have no doubt that I would have not had the same success in military and civilian life.



FAQ'S

Here are some of the frequently asked questions by students before they enrol on the course. If your question isn't here, please call the team on 0330 111 3939 and they will be happy to answer your question.



Is the course free?

Yes, the training is free due to the course being part funded by the European Social Fund.

When can I start?

Unlike traditional colleges, you can start anytime during the year.



Do I need qualifications to start the course?

No. However, if you have completed the same qualification at a higher level you may not be able to join the course.

Do I get paid?

You may be eligible for a training bursary or allowance depending on which country you live in. For more information on this, speak with the team.



Do I have to be fit to join the course?

No. We will ensure that you work at a level that is suitable to you. Your fitness will improve naturally as you take part in exercise every day at the College.

Is the course residential?

No. You will still live at home whilst attending the College.



Do you get any holidays?

Yes. You will be eligible to 35 days holiday per year.

What do I need to bring on my first day?

Any paperwork that you have been given or sent by the team. Once at the College you will take part in an induction where everything will be explained by one of our instructors.



Do I have to join the military if I attend the MPC?

No. You will be supported in whatever career path you choose to follow. Although the course is based on military values, it will give you the confidence and employability skills to succeed in any career you choose.

Will I get to wear a uniform?

Yes. All students on the programme wear the College uniform. This makes them part of the team and gives them a sense of pride. Details on your uniform will be explained on day one.



WHAT PEOPLE SAY ABOUT MPC

“ Since joining MPCT Bradley has been far more disciplined, orderly and content. Now he’s really driven to succeed. How these guys [MPC Instructors] get him out of bed at the time he gets up is beyond me and its with such enthusiasm.

Gary and Sophie McLean, parents of Bradley McLean

“ He is just so committed, he cycles 5 miles each day, up at the crack of dawn. He is really proud to be a part of it [MPC]. He’s not academic, he has dyslexia so that held him back at school but at the MPC he is thriving. You can see his confidence build, he loves it and he always talks really positively about the MPC staff, their coaching and support.

Stacey Burnett, Grandmother of Jacob Rottier-Burnett

“ He is a lot more confident, he was shy at school as he struggled with his literacy but now he’s more confident in his English and getting his points across.

Now he actually gets up and irons his clothes, he does his own clothes now. He has developed a lot of pride.

Hayley Rombach, Mother of Jay Nixon

“ His fitness is a lot better. He’s really focussed on a career in the RAF. He has done a lot with the Air Cadets in the past so now the MPC is really helping him with his fitness, this was key for Caisil.

Peter Fryer, Careers Advisor and Step Dad of Caisil O’Hare

“ The core values are what attracted me to employing young people from the Military Preparation College. Those sort of values are a solid foundation to work with and continue to develop in the workplace.

Students from the MPC have been shown positive role models with the ex-military instructors who teach them every day. The ethos of the MPC students is what we want. They have developed skill sets and behaviours we can work with in the workplace. We value their time-keeping, confidence, dexterity and fitness. We don’t want people off sick, so fit and healthy young people from the MPC is perfect for us.

Ed Saville, General Manager at Newport Galvanizers

“ Quite simply, we were blown away! From the moment we arrived, your organisation exuded professionalism, efficiency and an enormous passion and belief in the work you do.

Sarah Brazier, Squadron Leader VR(T) at Llandoverly College

“ I was truly impressed with the turnout, bearing and confidence of your students; they were a credit to you, your staff, their school and most importantly of all, themselves. I was humbled by some of the back stories and in awe of their drive and determination to do something about it. I have no doubt that regardless of whether your students elect to join the military or not, the advice and guidance imparted by MPCT will ensure that they maximise their chances in life and will undoubtedly reach their full potential.

Chief of Staff from the Royal Military Academy of Sandhurst, Lt Col Michael Lewin REME

“ In my view, the MPC changes young peoples’ lives for the better. I have talked to any number of youngsters who all say the same thing: they were a problem, without direction or purpose, gone to bad. And yet after a month or two at the MPC they are turned around and even if they do not join the forces, they become good citizens. Of the many soldiers I have met who attended the MPC, all have made a success of their careers. Various COs all say that MPC graduates are more likely to pass through training, become good soldiers and rise up the ranks. 1 ROYAL WELSH has about the equivalent of a company’s worth of men thanks to the MPC.

Lieutenant General Jonathon Riley CB DSO PhD MA

“ The MPC is an outstanding organisation that ensures every learner engages in learning new skills, improve their maths and English and always achieve their full potential. High success rates are measured not only by qualification success but also by the learner destination. The MPC provides all students with a clear pathway to a successful future. The strong ethos of high expectation is consistent across the organisation.

Pat Denham, OBE, Former Vice Principal & Deputy CEO of South Devon College

ENDORSEMENTS



Community Covenant

HOW TO FIND US

MPC ALDERSHOT
Browning Barracks
Aldershot
GU11 2BU

MPC BANGOR
Old Warehouse
Farrar Road
Bangor
Gwynedd
LL57 1LJ

MPC BIRMINGHAM
Balaam Wood Academy
New Street
Frankley
B45 0EU

MPC BRIDGEND
Ground Floor
14-18 Queen Street
Bridgend
CF31 1HX

MPC BRISTOL
3rd Floor, Block B,
The Crescent Centre,
Temple Back,
Bristol,
BS1 6EZ

MPC CARDIFF
Unit 5 Canal Industrial Estate
Dumballs Road
Butetown
Cardiff
CF10 5FE

MPC DUDLEY
Trafalgar House
47-49 King Street
Dudley
West Midlands
DY2 8PS

MPC EASTBOURNE
Army Reserve Centre
Carter Barracks
103 Seaside
Eastbourne
BN22 7NL

MPC GLOUCESTER
1st Floor Office Suite
Messenger House
35 St Michael's Square
Gloucester
GL1 1HX

MPC HASTINGS
Hastings TA Centre
Cinque Ports Way
Hastings
East Sussex
TN38 0FD

MPC ISLE OF WIGHT
Playstreet Lane
Ryde
Isle of Wight
Hampshire
PO33 3LJ

MPC LIVERPOOL
FireFit Hub
115 Upper Warwick Street, Toxteth,
Liverpool, L8 8HD

MPC LONDON
Army Reserve Centre
Mitcham Road
Croydon
CR0 3RU

MPC MERTHYR TYDFIL
Lower Ground Floor
25 High Street
Merthyr Tydfil
CF47 8DP

MPC NEWPORT
104 Regiment Royal Artillery
Raglan Barracks
Allt-Yr-Yn View
Newport
NP20 5XE

MPC PORTSMOUTH
Portsmouth TA Centre
Peronne Road
Hilsea
Portsmouth
PO3 5LE

MPC SOUTHAMPTON
Chamberlayne College for the Arts
Winchfield Close
Weston
Southampton
SO19 9JF

MPC SWANSEA
Morfa Army Reserve Centre
Alamein Road
Swansea
SA1 2HP

MPC WOLVERHAMPTON
Newhampton Arts Centre
Dunkley St
Wolverhampton
WV1 4AN

MPC WREXHAM
Unit 7 - 8 Eddison Court
Wrexham Technology Park
Wrexham
LL13 7YP

“Whether you think you can or whether you think you can't, you're right.”
Henry Ford

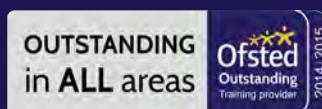
You can also **call** us, **email** us or **web chat** with our staff – they are really friendly and easy to talk to.

0330 111 3939

OPEN DAYS

We hold open days every Thursday for anyone interested in our courses. You will have the chance to meet the Instructors & check out the facilities and find out more about the opportunities the Military Preparation College can offer you.

Sessions times run from 10am – 12pm or 2pm – 4pm.



The Military Preparation College
MPCT House, Oak Tree Court, Mulberry Drive, Cardiff, CF23 8RS
mpct.co.uk 0330 111 3939