





*MLT Trustees - Ed Saville and Manny Manfred recognising learners for their fundraising efforts.*

## Foreword

The Motivational Preparation College for Training (or MPCT as most will know it), comprises 3 separate components. These are The Military Preparation College, The Military Preparation School and the Sports & Exercise College. All of the students enrolled in these colleges are collectively referred to as Learners.

Learners at MPCT colleges are the main focus of our charity and our aims and charter support them in a variety of ways. At any one time there are over 1,500 Learners enrolled in the current 30 locations around the UK. There are a further 10 colleges planned for the coming year and this will significantly increase the number of Learners who will require our support and financial assistance.

Together with welfare assistance to the Learners, we provide specific educational opportunities. This is to help these young people from all types of backgrounds develop and succeed in an environment where the highest values and standards are reinforced by excellent MPCT instructional staff.

In 2018 our charity funded two 4 day Battlefield tours to Belgium & France for 160 Learners and staff with total grants of over £50,000. These funds were raised by MPCT colleges and other donations. More funding is always needed, especially as the Learner base increases. Thank you for your support.

Manny Manfred. Chair of Trustees, Motivation & Learning Trust

## Motivation & Learning Trust

The Trust acts as an enabler for young people who are or have been students of MPCT in the form of practical assistance in order to enhance their life chances in the challenging arena of employment and to enable them to participate fully in society as responsible, independent and mature adults.

We provide practical physical resources to enhance the opportunities of young people who are or have been students of MPCT in order to develop their skills and increase their participation within society and improve their employability.

For the public benefit we promote the extended education of students who are or have been students at MPCT in such ways as the trustees think fit. This includes, firstly, providing their education by providing travel opportunities to undertake historical visits to significant battlefields and militarily historical venues. Secondly, the Trust provides bespoke standalone educational opportunities as the trustees see fit in order to enhance the life chances of such students.

We act as a resource in advancing the education of young people who are or have been students of MPCT under the age of 25 years (and exceptionally other young people who would benefit from assistance) by developing their mental, physical and moral capabilities through team orientated physical activities over and beyond the core curriculum.

MLT needs your help in order to achieve its aims. With your help we can and will make a difference in the formative stages of the lives of the young people with whom we work.

For more information, please visit: [www.mpct.co.uk/motivation-learning-trust](http://www.mpct.co.uk/motivation-learning-trust)



MLT Trustee Dave Smith awarding our MLT "For Fundraising" trophy at a recent awards ceremony.



## MPCT Learners

Over 1,500 of these young people are enrolled at any one time in the three organisations that comprise the MPCT. They join for a variety of reasons, not just to improve their chances of joining the Military. They come from a variety of backgrounds and many have left school with few or no qualifications. Some have physical and or medical problems that will preclude them from military service. Alternatively, they may simply want to improve their educational grades or physical fitness, without the tedium of regular college attendance.

The world is a tough place for a teenager who perhaps has not had the best of starts in life. The lack of positive role-models during their childhood may have contributed to this poor start and poverty has certainly had an impact for many. However, they all have one thing in common – their determination to succeed at something! They are all volunteers so there is no compulsion. Discipline problems are greatly reduced as a result.

By utilising a similar framework to the armed services, MPCT's Values & Standards are reinforced by their ex-military instructors who are excellent role-models and can give advice on their development and career choices. To date, over 2,900 Learners have enlisted in the Military since the college has been operating and a further 9,000 have gone into further education, training or, more importantly, employment. Increasingly, organisations are actively targeting MPCT colleges to seek high calibre employees for a variety of positions. Three Learners have been enrolled in an apprenticeship scheme in South Wales.

As the number of Learners grows in line with the expansion of MPCT, there will undoubtedly be an increase in requests for welfare assistance from the MLT. Surprisingly the number of request are relatively low. I see this as a sign that Learners are taking control of their own lives and, with some help, are better able to make their way in this world of ours. Nonetheless, there is a need to sustain the level of Learner support that our charity can offer.

Educational trips to museums and overseas battlefield tours are just a few examples of the many ways we are able to develop these young people. Learning of the sacrifices made by others, so that they may thrive, is not only humbling but rewarding. All who take part in these activities benefit. Not only those who travel on the visits but those who receive interesting presentations back in the colleges, when they return.

Learners and MPCT staff are encouraged to raise funds for The Motivation & Learning Trust and they do this in many ways. They organise events such as bag-packing at local supermarkets, sponsored physical activities and unique one-off events such as carrying a fridge around the Isle of Wight and a 24 hour log relay up Wales' third largest mountain to support World Mental Health day.

We are all Learners but in different ways. These young people, with the guidance, training and development that they receive at MPCT Colleges, will undoubtedly go on to achieve great things and be better citizens. The Motivation and Learning Trust – "Our Learners Charity", will continue to provide support to these fine young people. Their support and fundraising efforts are greatly appreciated.



# Locations

## ENGLAND

Aldershot	AP
Birmingham	
Bishop Auckland	AP
Bristol	AP
Battersea	AP
Croydon	AP
Dudley	AP
Eastbourne	AP
Edgware	AP
Gloucester	AP
Isle of Wight	
Liverpool	AP
Newcastle	AP
Portsmouth	AP
Southampton	AP
South Shields	AP
Teesside	AP
Walsall	AP
Wolverhampton	AP

## WALES

Bangor
Bridgend
Cardiff
Cardiff Schools
Cardiff Sports
Merthyr Tydfil
Newport
Rhondda Sports
Rhymney Schools
Sports Apprenticeships
Swansea
Wrexham



**Key**

- MPCT & MLT at this location
- Proposed colleges
- Logistics
- AP** Courses available to 19-23 year olds



# Patrons and Trustees

At MLT we value our friends and partners who share our mission and core values. We are fortunate to have the support of our diverse and talented Patrons who all have specialist knowledge, skills and experiences that enhance what we do to positively impact on young people's lives.

Our Patrons act as ambassadors for the Charity. They help increase the awareness of the good work done throughout the colleges and introduce us to new partners and supporters. Our Trustees work tirelessly in facilitating the funding and support that we provide to Learners.

Thank you to all of our Patrons and Trustees for your continued support.

## MLT Patrons



Lieutenant General Tyrone Urch CBE



Professor Kevin Davies MBE, RRC, TD, DL, PhD, MA, RN, PGCE



Jeff Cuthbert PCC

## MLT Trustees

Chair of MLT



Lieutenant Colonel Marvin (Manny) Manfred

Vice Chair of MLT



Major John Charles, TD, DL, BSc, MCIQB, MInstRE



Andrew Dodge



Steve Williams



Huw Lewis MBE



Huw Moores



David Morris BEM



Dave Smith



Dionne Sylvester



Stephen Bridle



Emma Lambert



Paul Lewis



Ed Saville



Jason Trinder



Steve Bowden



Garry Blewitt OBE

## Learner Activity



*A group of MPCT Learners at the Canadian Armed Forces Memorial at Vimy Ridge, Flanders, Belgium.*

## Battlefield Tours

In May and October of 2018, 85 MPCT Learners and staff from a variety of colleges in England and Wales took part in two excellent MLT sponsored battlefield tours to France and Belgium. The aim was to visit the scene of the fighting on “The Western Front” of World War 1. Fierce fighting took place in this area between the outbreak of war in 1914 and the signing of the Armistice in November of 1918.

Coaches undertook the journey, collecting the learners from a variety of MPCT colleges on the way. They travelled through England and Wales towards the Channel Tunnel in Folkstone, where they boarded the Shuttle to begin the adventure. For some of the Learners this was their first experience of overseas travel.



*A group of MPCT Learners at the Canadian Armed Forces Memorial at Vimy Ridge, Flanders, Belgium.*

Having collected the professional guides from CGT Battlefields Ltd on the way, they embarked on a busy schedule of visits to sites and museums in the region. The sites and museums they visited are too numerous to mention here but they included areas in “The Somme” and Flanders in Belgium. Those of you who are familiar with this great conflict will recognise the names; Newfoundland Park; Ulster Tower; Thiepval Memorial; Lochnagar Crater and the 38th Welsh Division memorial at Mametz Wood. As the tour progressed, the parties visited other locations such as Vimy Ridge and Wellington Quarry in Arras before arriving in Ypres where they took part in the internationally renowned Last Post Ceremony. This ceremony takes place every evening at the Menin Gate, an impressive monument to many of those who fell during World War 1, who have no known grave. Selected Learners laid wreaths from each MPCT College represented on the tours, and were watched by an audience of over a thousand visitors.

After the ceremony, Learners and staff were able





*Before laying wreaths, Learners ponder the names of thousands of Allied Soldiers who have no known grave and are listed here on the Menin Gate.*

to spend some personal time in the beautiful city of Ypres. The guides had arranged for a local Belgian Chocolate shop to remain open and even some special offers were made available. Many mothers received delicious treats from their children on return!

The final day of the tours included visits to the largest Commonwealth War Grave Cemetery at Tyne Cot, Hill 60, and a German War Cemetery. There was even time to squeeze in a visit to the Welsh Dragon Memorial at Langemarc, near Passchendaele, which is

dedicated to all Welsh Soldiers who were killed in the war. This memorial, dedicated in 2017 by HRH The Prince of Wales as part of the 100th Celebration of the Battle for Passchendaele, was particularly poignant to the Welsh Learners, who laid a wreath on both visits.

The base of the memorial is a Cromlech that in Wales is interpreted as a “megalithic tomb consisting of a large flat stone laid on upright ones.”

During the tours, Learners were issued with comprehensive booklets that encouraged involvement and research. Facts and information were obtained from displays or guides at each location and many will prepare and deliver presentations to their peers at their respective colleges on return.



*Guide Brian Shaw outlining the events of the Battle of Passchendaele, which took place in 1917.*

Physical training is an important part of Learner activity throughout the Military Preparation Courses. Making training challenging and fun at the same time has been shown to improve performance. Add the sense of “making a difference” by raising funds for charity and we have a fully committed group of Learners just raring to go.

The military has always appreciated that log exercises are an excellent way of improving physical fitness. As well as building upper body strength, the exercises develop teamwork and self-confidence as well as a healthy dose of the co-ordination required to change the log carriers without losing time or momentum. The logs are heavy and skill and practice is required to change the team in a safe and efficient manner. Here are 2 examples of how these activities can be incorporated into events to raise funds for the MLT:

## London (Croydon) Fundraising Event A 10 mile Log Run

In June 2018, MPC Croydon held a sponsored 10 mile log run to raise funds for their charity, The Motivation and Learning Trust. Organised by Staff Nicoll, a team of 34 Learners and staff planned the route and raised sponsorship – some Learners raising over £100! The day was eagerly awaited by all and, an amazing amount of skill and effort was put into completing this arduous and challenging task.

After each mile, and after a short break, the learners were given command tasks and games circuits. As the route progressed, the strain on their faces grew. After the relief of moving from the log to the running group, Learners soon found themselves back on the log again, with their arm and leg muscles straining to maintain the demanding pace.

With Staff Atkin setting the speed and direction, Staff Instructors Nicoll, Lopez, French and Allen supervised the Learners. They ensured that the changeovers were carried out safely and the group was kept as tight as possible. Many Learners found the event really challenging and all of the staff were ready to offer support. Bemused civilians shouted encouragement along the route.

Over £1,000 was raised for The Motivation and Learning Trust. An outstanding amount considering the numbers involved. I am delighted to say that other colleges are now planning similar events and raising funds for their charity. The Chair and Board of Trustees of the MLT Charity would like to thank Croydon College and all others who fundraise for the MLT. Your efforts are greatly appreciated.



*Learners and Staff from MPC Croydon at the end of the gruelling 10 mile course.*



Learners from Newport College on the first ascent of the day.

## Into the Light World Mental Health Day Challenge

In support of World Mental Health Day on Wednesday 10th October 2018, young MPCT Learners from around South Wales took part in a charity 24-hour log-carry up Pen Y Fan Mountain, the highest peak in South Wales, situated in the Brecon Beacons National Park. At 886 metres above sea-level, Learners continually carried the log up and down the mountain for the 24 hour period. The event was named as 'Into The Light'.

The significance of the log represented "a burden, of which, collectively shared through communication and togetherness, can be successfully supported throughout challenging times." The 24-hour period represented this burden; being supported by many from transitioning from the darker and more challenging times to a lighter and more positive path. The event was a collaboration between two organisations; MPCT and Brotectors. Since its formation in 1999, the Motivational Preparation College for Training (MPCT) has been dedicated to offering opportunities to young people through training and education. Brotectors is a Mental Health Support organisation which looks to support young men and women both through online support and workshop based activities.

The aim of the event was to raise awareness of mental health and to raise funds for the Motivation & Learning Trust (MLT). The vision of The MLT is to support, develop and enhance life opportunities for MPCT learners past, present and future. We raise and administer funding in order to offer young people support in crisis and facilitate bespoke, inspirational educational opportunities that will ensure they become meaningful and contributing members of society who are confident, competent and fully aware of their role in being the best they can be. The event, which was completed successfully and without any injuries, raised a total of over £2,500 for the MLT who greatly appreciate the efforts of the Learners and staff.





## Offshore Sailing

A group of MPCT Learners sponsored by The Motivation and Learning Trust were able to take part in an offshore sailing expedition. Sailing requires knowledge, ability and above all teamwork. This gave them an opportunity that otherwise they may never have had.



MLT Trustee Ed Saville with ex-Learners Jacob Rottier-Burnett, Alex Sayce-Upton and Ieuan Upton.

## Wedge Group Ltd

Coming into contact with the MPCT Learners, MLT Trustee Ed Saville saw the benefits of their training and just how motivated they all were. In his capacity as General Manager of Wedge Galvanizers at their factory in Newport, Gwent, he felt certain that many of them had the skills and enthusiasm to be considered for employment.

To date we have seen 11 MPCT Learners taken on at the Newport and Eastleigh factories, of which 9 are still with the company. Of the 9 employed, 3 were enrolled on the Apprenticeship Scheme, 2 have completed it. An outstanding effort by those Learners and for the company in giving them the opportunity. Senior Management at Wedge have been so impressed with the calibre and qualities of MPCT Learners that they are expanding the scheme to their other factories within the UK.

Since MPCT have been operating, they have reported over 9,000 Learner progressions for those not joining the Military. As a result of the association with MPCT, Wedge have made substantial contributions to our charity and continue to support our efforts.

## Who we've helped

Since its foundation in 2014 The Motivation and Learning Trust has made 71 grants totalling almost £76,000. Of these 52 were related to welfare issues and these have amounted to over £3,000. Relieving Learner hardship is a priority and our dedicated Welfare Trustee Steve Williams is ideally placed to source assistance from local councils in addition to MLT financial support. This is particularly important where homelessness is encountered and a long term solution is desirable.

Grants include £50,000 to part-fund two 4 day Battlefield Tours to France and Belgium in May and October 2018. This was for 160 Learners and staff from both English and Welsh MPCT colleges. A total of 3 MLT Trustees also accompanied the tours.

Each year, at Christmas time, all MPCT Colleges hold a Christmas meal. This follows the Military tradition where the staff serve the Junior Ranks of the unit. MPCT Learner's meals are subsidised by the charity, which for this year will total £3,000.

**Here are some examples of how we, as a Charity, have helped current and ex-Learners.**



### Michael Nothnagel

MPCT Newport College Learner

My name is Michael Nothnagel. I am 18 years of age and I've lived in Newport for the majority of my life. However, I was born in Johannesburg, South Africa and I was in the process of applying for British Citizenship when I joined the Military Preparation College in Raglan Barracks, Newport, after leaving school.

As long as I can remember I have wanted to join the Royal Marines and to prepare for this I have been attending MPCT Newport for almost 2 years. This has both improved my physical and mental capabilities and for example my confidence and general public speaking have improved drastically. Last year I was privileged to be asked to give my testimonial

to a group of MPs at the Houses of Parliament in London. This is something I would not have even dreamt of being able to do before attending the college. My fitness has gone from doing barely nothing to getting a high B grade on my recent Potential Royal Marines Course in Lympstone, Devon, and I am very proud of that.

Unfortunately my joining the Royal Marines was dependant on me having UK Citizenship and a British passport which has a total cost of over £1200. Though my parents were supportive, I was having difficulty in finding the funds. I was told that I may be able to ask for assistance from the MLT charity and I was encouraged to submit a bid.

The Motivation and Learning Trust has been instrumental in helping me to achieve my dream of joining the Royal Marines. By arranging an interest free loan to be repaid once I am earning enough money, it has allowed me to submit a passport application and I now have a start date for me to commence recruit training on the 4th of June 2018.

I'd like to thank everyone who has helped me to achieve my dream, both in the college and the MLT. I aim to do the MLT and MPCT proud in my career with the Royal Marines.

Afternote: At time of writing, Michael is over halfway through his training and is repaying his loan in monthly instalments from his Military Salary. Good luck Michael; well done!



## Antony Smith

MPCT Newport College Learner

I'm Antony Smith I'm 17 and from Newport. I left school at 15 with average GCSEs but before that I did Army Cadets for four years and had a lot of fun. I got to do a lot of cool things and I got to do most of the things that normal soldiers do like firing live rounds, Fieldcraft and a lot more. I also did my Bronze and Silver Duke of Edinburgh's award.

The best part of it all was that I got to meet all the main authority figures in NATO at the NATO summit at the Celtic Manor. I was lucky enough to get an invitation to be a guard of honor so I got to meet David Cameron, President Obama and the Prime Minister of Germany. Also I met a lot of officers in all different branches of the armed forces from all over the world including some Special Forces members.

After I left school I didn't know what to do to help me achieve my goal of becoming a Royal Marine. So, after a day of looking, I found MPCT and applied to join Newport College. 3 days later I started and haven't looked back. I've been here for just over a year and have meet a lot of VIPs such as the Mayor of Newport, The Lord Lieutenant and a lot of other people.

MPCT has helped me a lot with my fitness. I've gone from not doing anything to doing 60 press-ups, 85 sit-ups and pull-ups. I can get to level 14 out of 16 on the Beep Test fitness assessments. My 1.5 mile run time has gone from 16:50 to 9:00 minutes which is a great improvement. I also got the chance to go to the Royal Marine Training Centre and take part in a Look at Life. I got a B grade on this but without the help of the college this would not have been possible. It has also helped me a lot with my confidence. I used to suffer with mild social anxiety but after a lot of hard work I overcame it and I can now talk to anyone about anything.



My chosen job choice is to be a Royal Marine Commando. For this I will spend 32 weeks in The Commando Training Centre in Lymington, Devon where, I will be doing basic soldiering, fieldcraft, weapon handling and much more.

The MLT Charity has given me a lot. They helped me get my first set of kit and have given me the chance to go to Belgium and France for a battlefield tour. We stayed in Ypres, where we experienced Mametz wood, the Menin Gate and the Thiepval

memorial for the missing, and many more places. I am very grateful for this opportunity, it was an amazing experience.

Whenever I get the chance, I help to raise money for the MLT. I have done every bag pack that Newport college have done since I joined and will continue to do so until I leave. They have helped so many people like me and are still doing it so I feel like it's the least I can do. I would like to say thank-you on behalf of all the people they have helped, not only in my college but colleges in all locations.



## Dan Sheen

Former MPCT Learner and Veteran

Beneficiary of a Motivation & Learning Trust Grant

In 1999, Dan applied to join the army but was deferred due to an asthma condition as a child. He was encouraged to join the Military Preparation Course in Cardiff which is part of the MPCT we know today. He benefited greatly from the physical and outdoor activities but recalls he was less keen on the classroom work. He persevered, and in 2000 was accepted into the army and, after training joined the Royal Welch Fusiliers.

With 8 years training under his belt and qualifications for the rank of Sergeant gained, his career was progressing really well. Unfortunately Dan, whilst on operations in Afghanistan in 2008, stepped on the pressure plate of an improvised explosive device placed by a terrorist.

The injuries he sustained that day changed his life forever. He had lost his left leg below the knee, the calf from his right leg was missing, his pelvis had to be pinned and plated back together and there was a hole between his legs where the shrapnel had entered his body, severing his artery. To make matters worse, his left knee had also been shattered. Those first 3 years after the incident were, without doubt, some of the hardest days of his life. He says "it felt like everything I'd ever been good at had been taken from me".

Dan eventually recovered and, always looking for a challenge, took up skiing. In 2016, after time in the Foundation Team (where he competed in the British Championships) he moved up a grade to the Race Team and was advised to get his own ski rig which would improve his performance. Costing over £7000 it was going to be a tall order. However with the help of Huw Lewis the MD of MPCT and Steve Williams the Welfare Trustee for the Motivation & Learning Trust, the hunt for funds was gaining pace. With a donation from the MLT and many other organisations the money was found and the equipment was purchased. Dan was on his way!

In late 2017 Dan was selected to travel to South Korea to experience the 2018 Winter Paralympic games. This is where future Paralympians can experience the excitement and tensions of competition at the highest level. He benefited greatly from the experience, which he really enjoyed and it is planned that he competes in the 2022 Winter Paralympics in Beijing, China. That is now his focus for the future. Unfortunately Skiing is an expensive sport, and he is always looking for sponsors to help him achieve his dream of becoming a Paralympian in 2022.



He would like to take this opportunity to thank Huw Lewis, Steve Williams, and all his team for everything they have helped him with. Not just for the funding but also for helping to mould him into the man he is today. He'd also like to thank his partner Roslyn for putting up with him through good times and bad.

## National Memorial Arboretum



In the autumn of 2016 The Motivation & Learning Trust sponsored a memorial to those 5 ex-MPCT Learners who had made the ultimate sacrifice whilst serving on Military Operations in Iraq and Afghanistan. A memorial plaque and a tree was purchased at the National Memorial Arboretum in Staffordshire and a date was set for the memorial service.

The charity funded the transportation of families and other attendees to the service and provided refreshments. Representatives from The Royal Welsh, The Welsh Guards, The Parachute Regiment and The Corps of Royal Engineers accompanied current MPCT Learners in paying their respects. The service was conducted by two serving military Padres. Regimental Associations had kindly provided their Standard bearers and a bugler played the last post. The ceremony was very moving and the families greatly appreciated the opportunity to recognise their loved one's sacrifice in this way.

The Charity continues to recognise the service and sacrifice of military personnel in the funding of Learner visits to the National Memorial Arboretum and on the organised trips to museums and battlefields. Prior to these visits, Learners will undertake comprehensive research and will give illustrated presentations to their peers on return.





## Remembrance



### Private Craig Barber – 2nd Battalion The Royal Welsh

- Aged 20 – died August 7th 2007
- Attended MPCT from May 2003 – August 2003
- From Ogmore Vale
- Driving a Warrior vehicle and was killed by small arms fire.



### L/Cpl Dane Elson – 1st Battalion Welsh Guards

- Aged 23 – died on 5th July 2009
- Attended MPCT from January 2004 – February 2004
- Born in Zimbabwe and lived in Bridgend
- Killed instantly by an explosion from an improvised explosive device.



### Private Kyle Adams – The Parachute Regiment

- Aged 21 – died on 6th August 2009
- Attended MPCT from May 2005 – May 2006
- From Cwmbran
- Killed with two comrades while undertaking a routine security patrol alongside Afghanistan National Security Forces. The vehicle they were traveling in was hit by an explosion followed by a small arms fire attack.



### Private James Prosser – 2nd Battalion The Royal Welsh

- Aged 21 – died on 27th September 2009
- Attended MPCT from September 2005 – December 2005
- Born in Caerphilly
- Died as a result of an explosion that happened during a vehicle patrol in the northern Helmand province of Afghanistan.



### Sapper Connor Ray – 33 Engineer Regiment

- Aged 21 – died on 18th April 2012
- Attended MPCT from October 2007 – December 2007
- Born in Southampton, Connor moved to Newport where he studied at MPCT in 2007.
- Died as a result of his injuries after being seriously hurt by an improvised bomb on 11 April 2012, the eve of his 21st birthday.

# How to donate

Registered Charity Number 1155810

You can donate any amount to our charity via one of the following methods:

**Our website:** [www.mpct.co.uk/motivation-learning-trust](http://www.mpct.co.uk/motivation-learning-trust)

## Postal Donation:

Cheque made payable to 'The Motivation and Learning Trust'.  
MPCT House  
Oak Tree Court  
Mulberry Drive  
Cardiff Gate Business Park  
CF23 8RS

## Donating websites:

**theBigGive.org.uk**



**smile.amazon.co.uk**



You can also donate via the "Donate" button on our Facebook page.  
[www.facebook.com/learningtrust](http://www.facebook.com/learningtrust)

*giftaid*

Please note that you have the ability to Gift Aid your donations and can set up a standing order.



# MPCT<sup>TM</sup>

Motivational Preparation College for Training





Helping young people  
reach their full potential.

Registered Charity Number: 1155810