



SCHOOL LEAVERS

Develop your **fitness**, achieve **qualifications** and **skills** for future **employment**.

0330 111 3939 mpct.co.uk



UK TRAINING PROVIDER OF THE YEAR 2017





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MILITARY PREPARATION COLLEGE

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.

Our Mission

Our mission is to engage, motivate and educate in order to achieve excellence for all.

Our Ethos

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

Our Vision

MPCT’s vision is to provide outstanding standards of learning in every region of the United Kingdom. This will support young people to reach their potential and progress to their chosen career or learning path.

Our Core Values

Transparency
Dedication
Pride

Integrity
Empathy
Teamwork

Diligence
Loyalty
Robustness

Honesty
Consistency
Respect



MD WELCOME



Since 1999, MPCT 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.

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Graduates of the programme who decide to join the British 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 any MPCT site will provide an insight into what is a very unique and rewarding education.

Huw Lewis MBE



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 Academy
Apprenticeships
Swansea
Wrexham



AP - Adult Provision courses available to 19-23 year old at selected locations



PHYSICAL TRAINING

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.



Daily physical training sessions



Adventure Training opportunities



Health screening



Fitness Assessments to track **your progress**



Varied activities for **all abilities**



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

HEALTH AND WELL-BEING

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 the uniformed services.



FREE breakfast club



FREE healthy eating plan



FREE advice on losing and gaining weight



Daily outdoor activities to promote wellness



Team building activities to promote social development



Opportunities to play **sport**



MPC INSTRUCTORS

All of our Instructors are ex- British Armed Forces personnel and they bring a wealth of experience to support and advise students throughout their time at the college.



Will help you achieve **qualifications**



Will set realistic **targets** for you



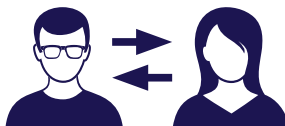
Will use their **military background** to make learning fun and engaging



Will improve your **fitness**



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



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





MILITARY TRAINING

At the Military Preparation College, you can enrol on a full-time or part-time course so you can work alongside your education and training. Our courses are designed to give all Learners the skills needed to start their journey towards a rewarding career in the British Armed Forces or to progress on to further education or training.

At the college, Learners follow a weekly routine of activities and curriculum. This includes vocational and skills training, physical training, military training days and assessments

Our curriculum covers a wide variety of skills development, including public speaking. The skills and confidence needed are gained through the practice of preparing and delivering ice-breakers and presentations. You will always have your peers and your Instructor supporting you every step of the way as your confidence builds.

Problem-solving and leadership skills are essential in the Armed Forces and civilian employment. You will take part in a range of problem-solving activities both in the field, and in academic lessons. The ability to work effectively as a team member will be essential to your success. Leadership opportunities abound at the college, and we encourage all of our students to challenge themselves to be more than average.



Military **visits**



Military personnel
support



Low level tactics



Assault course
training



Annual whole college
competition



Activities that support
your application to the
forces



MPC'S BIB SYSTEM

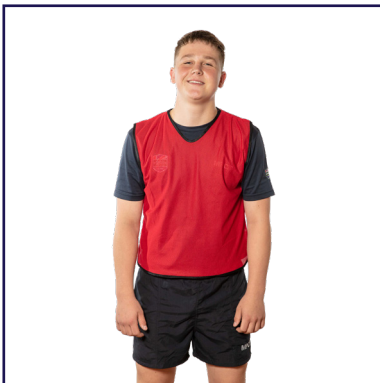
Here at the Military Preparation College there is such a varied spectrum with physical ability we use a Bib System to ensure that everyone is training at suitable intensity.

As PT is 50% of the curriculum it is paramount that not only do our Learners participate in PT but also enjoy it.



BLUE

This bib is given to a beginner. They may not be very physically active upon joining MPCT and need support to achieve the required standard of PT at college. They may find running hard and have weak upper body strength. Steps should always be followed to ensure they are engaged and enjoy PT sessions.



RED

This bib is given to a Learner with an intermediate level of fitness. They may have been on the course for more than 4 weeks and improved their fitness as a result. They've shown that they are capable of improving and steps should be made to help them goal set for the next level.



GREEN

This bib is given to a Learner with an advanced level of fitness. They would have either progressed through the bib system or joined the college with a high level of fitness. Green bibs will need to be fully engaged and challenged to fully appreciate the PT programme.



QUALIFICATIONS

At the Military Preparation College, Learners 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.

Traineeship - Engagement

Our Engagement course is part of the Traineeship programme and is a great way to get a feel for the Military Preparation College. 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 Qualifications form part of the curriculum on the Engagement Programme and will help you develop the skills and confidence you need to progress onto the Level 1 Traineeship.

You can achieve the following Essential Skills Qualifications:

- Entry Level 1, 2 and 3 in Essential Application of Number Skills.
- Entry Level 1, 2 and 3 in Essential Communication Skills.

Traineeship - Level 1

Our BTEC Level 1 in Public Services 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 attend full time for 30 hours (5 days) per week.

During Level 1, you will continue to work through your Essential Skills Qualifications, as well as working towards a BTEC Award, Certificate or Diploma in Public Services.

You can achieve the following Essential Skills Qualifications:

- Entry Level 3, Level 1 and Level 2 in Essential Application of Number Skills.
- Entry Level 3, Level 1 and Level 2 in Essential Communication Skills.

Searching for a job.

Conduct at work.

Wellbeing and fitness for public service.

Public Services group project.

Public Services Careers.

Improving health and fitness for entry into the Uniformed Public Services.

Personal skills for the Public Services.

Managing your health at work.



Introduction to security work in the Public Services.
Practical teamwork in the Public Services.
Map reading using ordnance survey maps.
Planning and participating in an event.
Developing personal skills for leadership.
Working as a volunteer.

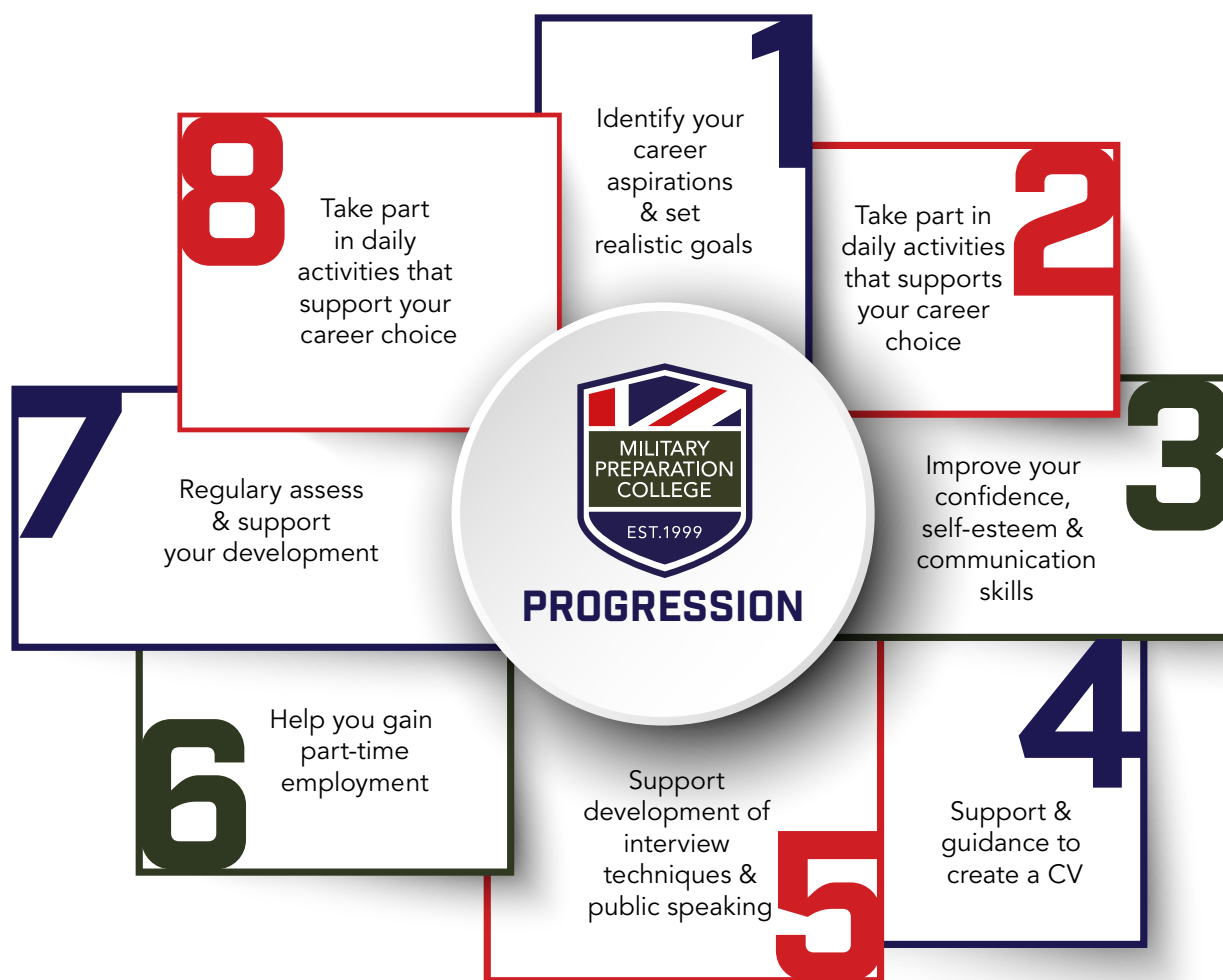
You will gain the skills, confidence and knowledge required to progress on to further study or entry into your chosen public or military service role.





PROGRESSION HOW

Here at MPCT we provide Learners with skills that they require to progress onto their chosen career. The course is tailored to you. Your progress will depend on your personal ability and what career you'd like to aim for.





LEARNER PROGRESSION

There are many routes that can be taken after your time with MPCT. Whether you want to progress into the Army, further education or a civilian career MPCT can help you get there. Here are a few examples from previous Learners.



Brandon Blyth-Hooper

"I came to MPCT to improve my fitness, confidence and state of mind all with an aim of getting into the Royal Navy. On my first day at MPCT I was very nervous and scared as it was a new environment for me, where I would have to make new friends. I was very weak when I started and after 10 months I'm stronger, faster and fitter. MPCT has helped me improve my confidence and made me mentally stronger. I have now been accepted to do a Health and Sports Science Course at Solent University, where I will be studying personal fitness and training as well as joining the Rugby and Boxing teams."



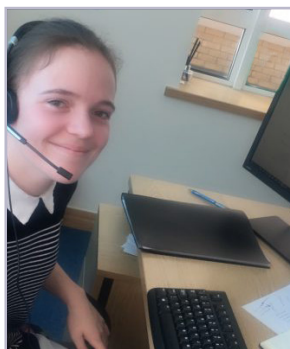
Bradley LeBeau-Roe

"What a difference a year at MPCT has made to me. I have absolutely loved every day that I've spent at the college. I love how the instructors have believed in me, treated me like an equal, spoke to me like an adult and respect me. I've made new friends and achieved qualifications that I never thought would be within my reach. MPCT has helped me gain a place at AFC Harrogate progressing toward the Parachute Regiment. In August 2018 attended my Pass Out Parade."



Asmita Rai

"I have worked extremely hard to achieve my certificate in Employability Skills and have gained my level 1 and level 2 Functional Skills in English all whilst sitting my GCSE English exams. PT has always been one of my strongest features, my instructors said that I am one of the strongest female athletes in the college and I've won gold in the Taekwondo National Championship and silver at International Tournaments. I recently attended assessment centre at Pirbright and came away with a grade 1. The interviewer at Pirbright said I was outstanding and the best female candidate they have had in a very long time, which made me very proud of myself. I am joining the Army Air Corps and awaiting a start date."



Natasha Kirk

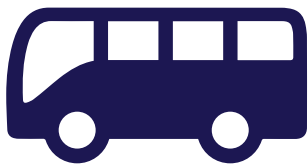
"I joined MPCT back in 2016. I was hoping to improve my fitness before I applied for the Army, but MPCT has given me so much more than that. It has instilled in me core values that I will carry with me in the future. When I started, I didn't feel very confident and didn't know how to push myself to achieve great things. Whilst at MPCT in 2017, I got the fastest female time for the mile and a half run as well as the cross-country run. Whilst at MPCT, I received so much support from all of the staff, particularly staff Thacker who has been a real inspiration to me. I am over the moon to be offered the position at head office. I was really disappointed to find out that I wouldn't be accepted in the Army at this stage due to health issues, but being part of the team at head office is really special."



WHAT CAN I SPEND MY TRAINING ALLOWANCE ON?

The 16-19 Training Allowance is here to help

All Learners in Wales will receive a Training Allowance between £30 – £50 to assist with any costs. Learners are also entitled to money to offset the cost of daily travel. Learners can claim back up to 90% of their travel costs.



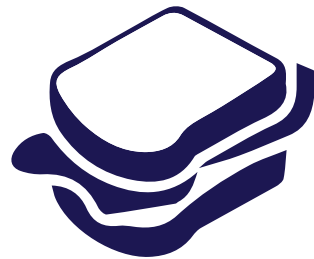
TRAVEL

(between home and college)



UNIFORM

Any money spent on kit and equipment essential to complete the course



LUNCH

The Training Allowance can help with any food costs



To find out more, contact us on **0330 11 3939** or talk to your **Instructor.**

MOTIVATION & LEARNING TRUST

The Motivational Preparation College for Training (MPCT) has been actively engaged in the enhancement of life chances for young people for over seventeen years. The success of the education and training strategies employed by MPCT have made an enormous difference to young people who may not have found their way easily into adulthood, employment and as a contributing member of society. It is apparent that a significant number of young people who enrol on the MPCT programme need additional financial and resource assistance in order to help meet their potential. Quite simply the motivation, support and encouragement they receive at MPCT is not always mirrored at home.

The formation of the Motivation & Learning Trust (MLT) young people's charity is designed to meet this need. MLT will take a proactive and decisive role in ensuring that young people within the MPCT family who need assistance get it. In exceptional circumstances the trustees will consider the needs of young people outside of this.

MEMORANDUM OF UNDERSTANDING



For the third year running, MPCT were hosted once again by the Regimental Headquarters of The Royal Regiment of Fusiliers in the Tower of London on 13th September 2018. Patrons and VIPs of both MPCT and the MLT were invited to experience an MPCT sponsored event including a fireside talk by Tom McClean, which was then followed by dinner and the witnessing by all of the signing of a Memorandum of Understanding (MOU). The MOU was signed to establish the working relationship between MPCT and Headquarters Army Recruiting, and Initial

Training Command (HQ ARITC), and to set out the mechanism by which MPCT can help increase the number of successful applicants joining the Army. The stakeholders who signed the MOU were Huw Lewis MBE (Managing Director MPCT), Major General Paul Nanson CBE (GOC ARITC) and Cath Possamai (Chief Executive Officer RG). This agreement will mean that by working together, many more young people will be supported, nurtured and educated, allowing them to achieve their ambition to serve their country.

The evening was a very successful and enjoyable event, where Learners from our MPC London Colleges delivered excellent Icebreakers and impressed all in attendance.



OUR CONTACT CENTRE

Our Communication Team Advisors are made up of a group of people with a number of different roles. Their commonality is that they are there to advise and support you in any way they can. A few of the team are ex-learners, therefore they have the best knowledge of our provisions and how they function. The team are available to talk to you between the hours of 9am to 7pm and are looking forward to your call. If you would prefer to email them send your enquiry to enquiries@mpct.co.uk or head over to our website where there is a chat room facility on our home page.

All of our colleges hold regular open days for anyone who is interested in our courses. You will have a chance to meet the Instructors, check out the facilities and find out more about the opportunities the Military Preparation College can offer. For more information and to book your place, you can head over to our website or get in touch with the team.

SAFEGUARDING



02921 675537
KEEPMESAFE@MPCT.CO.UK

The primary objective of MPCT is always the safety and well-being of its Learners. It's vision has always been about supporting and developing young people to achieve their goals and aspirations. We accomplish this through a combination of study and military based physical activities.

We do this by ensuring that all our staff are sufficiently trained to deal with any safeguarding concern that may arise. They are supported by dedicated safeguarding leads in all areas and co-ordinated nationally by a Lead Safeguarding Officer.

We engender a culture of openness and transparency encouraging all Learners to engage fully with MPCT staff, giving them the confidence to disclose any concerns they may have. All disclosures made by Learners are always taken seriously and given the appropriate attention to ensure that they are always kept safe.

MPCT has also got processes to allow safeguarding concerns to be reported via alternative routes when the referrer may not have the confidence to speak directly to an Instructor. These will include:

Dedicated safeguarding email keepmesafe@mpct.co.uk
Dedicated safeguarding line with voicemail **02921 675537**

The person responsible for overall safeguarding for MPCT is the Lead Safeguarding Officer who is independent from the colleges and will take personal responsibility if there are any direct concerns made against an instructor or other member of MPCT

Childline: 0800 1111 www.childline.org.uk
NSPCC: 0808 800 5000 www.NSPCC.org.uk





UNIFORM

MPCT uniforms are supplied by Black Mountain Clothing.



MTP Camouflage Trousers

MTP camouflage trousers. Please note that the trousers supplied will be 'Grade 1 Used Condition'.

£19.38



Combat Boots

Genuine issue brown combat boots. Please note that the boots supplied will be 'Grade 1 Used Condition'.

£39.99



Cool Polo T-Shirt

Set-in sleeve design, self-fabric collar with 3 button placket and self coloured buttons. Self-fabric taped back neck.

£12.36

Instructor Recommended Bundle £170.00



Recommended Bundle

Bundle contains 2 cool round neck t-shirts, 2 cool polo t-shirts, 1 classic round neck sweatshirt, 1 pair of performance shorts, 1 soft shell jacket, 1 pair of MTP camouflage trousers, 1 pair of boots, 3 bibs and 1 tie or scarf.

HOW TO ORDER YOUR UNIFORM

To order your uniforms please get in touch

VISIT www.bmc.london

CALL 01989 566364

EMAIL orders@bmc.london

FAQ

FREQUENTLY ASKED QUESTIONS

Do I need qualifications to start the course?

No. You just need the right attitude.

Is the course free?

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

Do I need to be fit to join the course?

No. We will make sure that you work at a level that is suitable for you. Your fitness will improve naturally as you take part in exercise every day at the college.

Do I get paid?

You may be eligible for a training bursary. For more information visit <https://www.gov.uk/1619-bursary-fund/further-information> or contact us on 0330 111 3939.

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.

Will I need to pay for any equipment?

Dependant on personal circumstances, financial support could be available. For further details contact us on 0330 111 3939.

Are the courses residential?

No. You will still live at home whilst attending your local Military Preparation College but you will have the opportunity to go on overnight exercises.

Will the course help me choose a career?

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

Do I have to join the military if I attend the Military Preparation College?

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. You will also gain valuable qualifications.

Do I get any holidays?

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

When can I start?

Unlike traditional colleges, you can start anytime during the year. This is usually within a week of applying.



OUR OTHER PROVISIONS

Adult Provision - 19-23 - England only

The Military Preparation College (MPC) is a unique training college that offers free Adult Provision courses for unemployed adults, aged 19-23, helping them to develop their fitness, vocational qualifications, and employability skills in preparation for future employment.

The training course is 15 hours per week (part-time) and runs over a maximum of 49 weeks. The course is open to anyone currently claiming job seekers allowance, and as a part-time course this will not interfere with any potential benefits; allowing you to get fit, educated and confident enough to reach your goals.

Military Preparation School - 13-16

The Military Preparation School (MPS) provides a curriculum for life through preparation for lifelong learning. We have a professional and engaging curriculum that welcomes a diverse range of learner who is able to access and succeed through our expansive curriculum options.

The Learners who attend the MPS receive a unique learning experience. Achieving qualification attainment and developing vital employment and work-based skills are the fundamental objectives for all MPS learners. The active and holistic approach to learning inspires, motivates and educates all Learners to reach their potential.

Sports and Exercise College 16-19

The Sports & Exercise College is designed for 16-19-year-olds who wish to gain qualifications and experiences to pursue a career in the sports and active leisure industry. We offer level 1, 2 and 3 qualifications as well as additional courses and qualifications that help further develop our students' employability skills, such as circuits and gym instructor courses.

That means – get on board, get fit, get skills and qualifications, get employed and give it all you have. You will have access to a huge range of events and activities, including presentations, training and mentoring from professional sportsmen and women, Olympians and industry experts.

Sports Apprenticeships

Sports apprenticeships are available to anyone in Wales aged 16+ who are working in the sport and active leisure industry, or those who wish to enter the sports and active leisure industry through exercise and fitness or sports coaching. Apprenticeship training is a great way to up-skill your existing work-force while ensuring your employees remain motivated and familiar with current trends.

MPCT[™]

Motivational Preparation College for Training

**FOR MORE INFORMATION
GET IN TOUCH TODAY**

**0330 111 3939
WWW.MPCT.CO.UK
ENQUIRIES@MPCT.CO.UK**

