



**Street League Employability Academy – Renfrewshire Sports/Fitness  
Commencing Tuesday 9<sup>th</sup> Oct 2018**

**Stage 2 EF**

**Duration:** 10 Weeks (6 weeks Centre based with 4 Weeks Work Tasters)

**Hours:** 16 per week

**Timetable:** Tuesday - Friday 9.30-1.30pm

**Venue:** Robertson Sports Centre, Paisley PA2 7TR / ARC, Barrhead, East Renfrewshire G78 2LW

**Expenses:** £55 plus travel expenses covered (minus £3)

**Sports Content:**

- 50% of timetable is Sport/Fitness orientated. (Badminton, Football, Boot camps & various other fitness classes)
- Voluntary Work: multiple opportunities locally
- Variety of fitness including; gym sessions, fitness circuits
- Fitness and Nutrition workshops

**Employability Content:**

- 50% of timetable is Employability group work
- Weekly job search and supported applications
- Work Tasters to give the young people a guide to which each industry offers
- Daily group work including: Barriers to Employment, Goal Setting, CV Building, Interview skills, Application Forms, Communication, Sustainability
- One to one action planning and review
- Workshops relating to important issues regarding young adults i.e Show Racism the red card, Sexual & Mental Health
- SQA Accredited Qualification at SCQF Levels 3: **Health and Wellbeing Award and Employability Award**

**Work Tasters:**

- 4 weeks, 2+ hours per week
- Tasters available in a variety of sectors (not just sport)
- Tailored to the young person however we have national partnerships with several employers in a variety of industries
- Work Taster weeks also include 2 x sports/fitness sessions and 2 x IT Sessions.

**Referrals:**

- All referrals must have at least some interest in sport/physical activity to ensure enjoyment and sustainability on the programme
- All referrals must have a desire to move on to either further education or work
- All referrals to be signposted to: [lynsey.mcinnally@streetleague.co.uk](mailto:lynsey.mcinnally@streetleague.co.uk) Tel: **07887530522**