



TIGERS TRUST  
IN THE COMMUNITY

# NCS TIGERS TRUST



# WELCOME PACK SUMMER 2022

A guide to NCS this summer...



# NO WE CAN

## Wave 1:

### NCS

Monday 27th June to Friday 8th  
July

NCS Summer 2022 is coming up soon and we want you to have all the information required for you to have the best experience. Please read through this information booklet which includes key contact information, the different phases, the timetable, the venues, a recommended kit list and answer any FAQs.

We cannot wait to see you on NCS this Summer with us at the Tigers Trust.

#### Key contact:

**Provider Name:** Tigers Trust

**Provider Address:** Tigers Trust Arena, Walton Street. Hull, HU3 6GA

**Wave Leader Name:** Elliott Greenfield

**Wave Leader Email:** [elliott.greenfield@tigerstrust.co.uk](mailto:elliott.greenfield@tigerstrust.co.uk)

**Wave Leader Number:** 07719 968126/01482 358371

Connect with our social media pages to keep up to date with all the things we do with the Tigers Trust and keep an eye out for our NCS related posts:



**TIGERS TRUST**  
IN THE COMMUNITY

#### Instagram:

Search for "tigerstrustofficial"  
Hit Follow!



#### Facebook:

Search for "Tigers Trust"  
Hit Like!



#### Twitter:

Search for @tigerstrust  
Hit Follow!





**EPIC**

Week 1\*

**BE EPIC**  
You know that buzz you feel when you nail something you thought was near to impossible? Imagine that, but for everyday you're with us. Throw in meeting a new crowd and still having some time to recharge and chill. Pretty great, right?



**EPIC**

Week 1/2\*



**LIVE LIFE**  
It gets better. You'll also pick up skills designed to help you smash the whole 'adulting' thing. Want to know how to budget? Answer questions with confidence? Present to a room full of people without freezing up? Leave it to us.

**GOOD**

Week 2\*

**DO GOOD**  
But wait, there's more! You'll take all that you've learned and turn your passion into action. Want to see a positive change in your community? Pave the way. You'll have the tools and team to make a lasting impact.



**PARTY**

After NCS\*



**GO PARTY**  
And on top of all the pals, lols, and skills, you'll get a certificate to remind you of all the wins, and then go party with your team! You've got to go out with a bang, right?



# Week 1 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Travel to residential site and 'settle in'	Tigers Trust Olympics	Epic Challenge	Food For Thought	Guided reflection and pack and go
Afternoon	Team building activities and activity tasters	Enterprise Challenge	Epic Challenge	Trash Fashion Show	Travel back to Tigers Trust Arena
Evening	'One Hull of a Quiz' and evening activities	Your Voice Matters and evening activities	Social Action Kick Off and evening activities	Queue and Play & NCS Awards	

Please note, there will still be time for relaxing and socialising throughout the week. If you have any questions, please do get in touch with us!

# Week 2 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Charity Carousel and Social Action Planning	Social Action Planning and Changemakers Introduction	Social Action Delivery	Social Action Delivery	Social Action Delivery
Afternoon	Community Mapping Challenge	Social Action Pitch- Dragon's Den	Social Action Delivery	Social Action Delivery	Social Action Wrap Up and NCS Awards

## What is Social Action?

Don't worry, we get this question every year on NCS. In essence, social action during the Do Good phase of NCS is allowing the young people and their group to find out what they are passionate about, whether that be the environment, sports, politics, music, drama, animals or whatever else. They come together as a team and plan something, that could be volunteering or fundraising or campaigning or putting on an event- it's really up to you and your team. These social action projects can be as big or as little as you like, you can take on the world or maybe do something a little closer to home.

Head to [wearencs.com](http://wearencs.com) and check out some of the social action projects we have done previously.







# NCS Tigers Trust Residential Recommended Kit List

The list below is just a suggestion of what is required- Please try not to buy anything especially for the programme. If you have any questions, please do contact us.

## Clothing Guide:

- 2 x Large Towels
- Waterproof Jacket
- Re-useable drinks bottle
- Comfortable indoor clothes
- 2/3 comfortable bottoms or similar (NOT JEANS)
- 2/3 Sweatshirt/Hoody
- 2/3 T-Shirts
- Swimwear
- Socks & underwear (enough for each day + spares)
- Indoor footwear (such as trainers)
- 2 pairs of outdoor footwear - that will get wet/dirty (Walking boots/old pair of trainers)



## Other Essentials:

- Sun Hat & Sunglasses
- Toiletry bag - Shampoo, soap, toothpaste, sun cream etc.
- Small ruck sac/day bag
- Bin bags/carrier bags for wet clothes
- Specific medication (if needed)-with written description of how it should be taken, clearly labelled with participants name
- Notepad & Pen
- Money (£20 max)- you do not need any extra money. However, there is a tuck shop on site with drinks and sweets etc. for sale.

\*Please note that this only a recommended list, bring whatever you think you need and feel comfortable in and if unsure of anything just ask us. We are here to help!

## **Top Tips**

"Bring an extra pillow, sleep is important. Also treats and sweets go down well"

Josh Barrett



# FAQ's

## **Can I bring my phone?**

Yes, you can bring your phone! You'll probably want to take loads of pictures and use your socials, there is good phone signal and WIFI too :) Please note, we are not liable for any loss and/or damage of any items.

## **How does room allocation work?**

Rooms are anywhere from 2 to 14 people (same sex). If you require single occupancy rooms please be in touch with us directly (these are very limited and are reviewed on a case by case basis). We will be sending a GoogleForm to complete soon with your requests.

## **Can I be in a team with my friends?**

Yes, we will be sending out a friendship request form soon- please keep an eye out for this.

## **How many people will be in my team?**

Teams are up to a maximum of 16 young people and will have a minimum of 2 staff members per team.

## **How do we get to and from the venues?**

Week 1 we will be taking a coach to and from the Tigers Trust Arena to the venue for the residential week. Arrive at the Tigers Trust Arena for 8am on the Monday. Week 2 you will need to get yourselves to the Tigers Trust Arena for Monday and Tuesday with the following 3 days being in your community.

## **What do I need to do with my bags?**

We will be having a bag drop on the Thursday and Friday, 9am to 5pm, prior to your departure at the Tigers Trust Arena. We encourage you to do this as you won't be lugging around a big suitcase with you on Monday morning. We will contact you closer to the date with this information.

## **Do I need any extra cash?**

No, you do not need any! All costs are covered during Week 1, you can bring a small amount of cash if you wish. We recommend no more than £20!

## **Do I need to bring any specialist equipment?**

No, all specialist equipment will be provided. You just need to bring what you think you need during Week 1.

## **Will I be forced to do any activities?**

No, we encourage but you will not be forced. We run a Challenge by Choice theory on all of our activities

## **Are all staff first aid trained and DBS?**

Yes, all staff will have completed an overnight training course at the venue and have completed a rigorous application process with all staff having enhanced DBS'.

## **Deal Breakers:**

We have a zero tolerance approach on the following deal breakers; alcohol, drugs, sexual activities, bullying & racism/discrimination. These are our deal breakers and if you are found to be doing any of these, you will be withdrawn from the programme immediately! We also have a 3 strike rule, this works by you getting 2 chances a verbal warning, a written warning and then removal from the programme. This is agreed in the code of conduct signed on day 1 of the programme, exact details of the code of conduct will be released at a later date.



## Key Contacts:



**TIGERS TRUST**  
IN THE COMMUNITY

### **Staff Member:**

Richard Dexter

Josh Barrett

Elliott Greenfield

Kayleigh Jackson

### **Roles:**

Head of Programmes/  
Base Contact

Admin Lead/Wave Leader

NCS Officer/Wave Leader

Designated Safeguarding Lead

### **Email:**

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### **Mobile:**

01482 358371

07719 968131

07719 968126

01482 358384

**If you have any questions or concerns prior to the programme please contact [ncs@tigertrust](mailto:ncs@tigertrust) or call us on: 01482 358371. If you have a Wave Specific question, please contact your Wave Leader directly.**