

Young Civic Award



Expedition

Volunteering

Skills

Physical



Civic Message

I am delighted that you have taken up the challenge of the Young Civic Award.

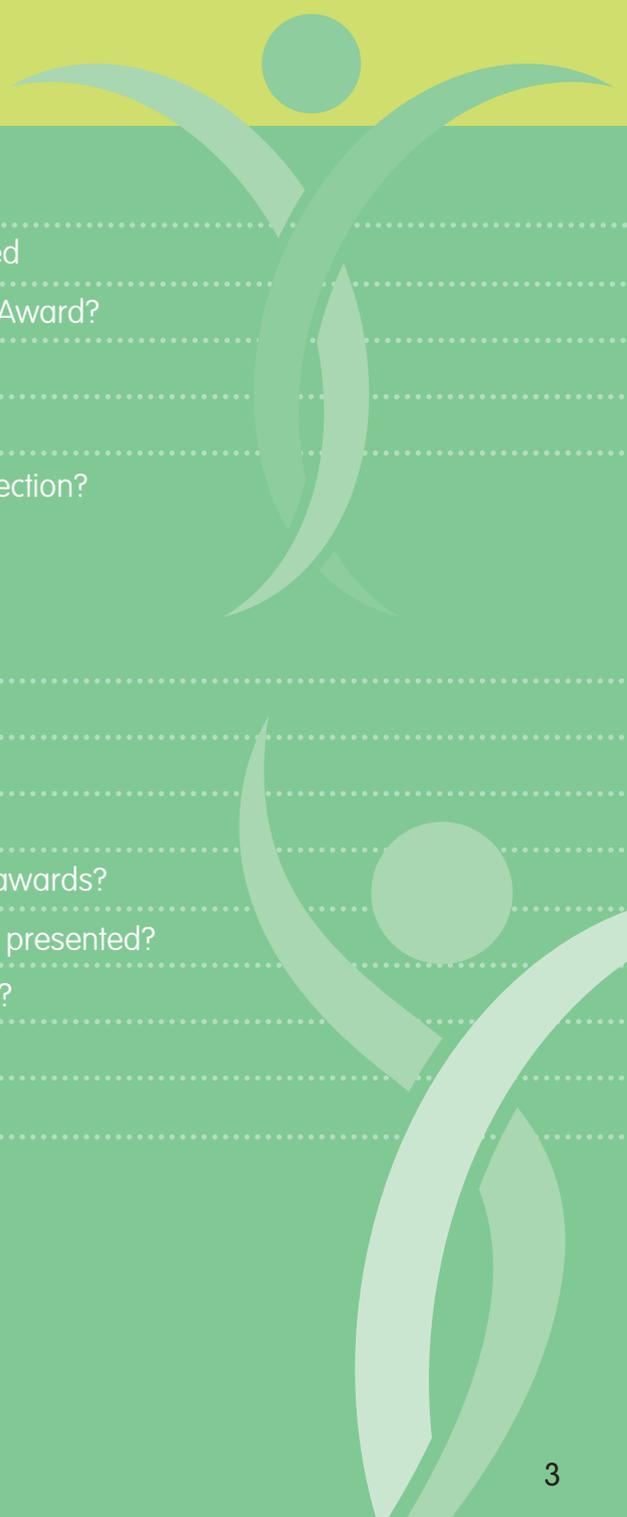
I feel sure that while taking part in the award you will discover new interests, make new friends and gain a great deal of satisfaction in all that you achieve.

May I wish you every success in your quest for this highly prized award.

Best wishes

The Chairman of North Tyneside Council

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What is the Young Civic Award?

The Young Civic Award rewards young people for making positive use of their leisure time. It is a flexible programme of activities tailored to meet the needs of each individual taking part.

The award has three levels:

Level 1	Young Civic Award
Level 2	Young Civic Award
Level 3	The Duke of Edinburgh's Award

At each level there are four sections:

- Volunteering
- Physical recreation
- Skills
- Expedition

By taking part in the award you will be encouraged to:

- Discover new talents
- Take positive action within your community
- Become fitter by taking part in a physical activity
- Find out more about others, the environment and yourself

Who can take part?

Level 1 From age 6 upwards

Level 2 From age 11 upwards

How do I get started?

- Think about activities you might already do on your own or with friends
- Talk to your youth leader, teacher or a responsible adult about the activities that might be available or that you would like to do
- Plan which activity you would like to start with
- Get hold of a 'record card' from the Award Officer (see details on back page)
- Ask a responsible adult to act as your supervisor
- The supervisor monitors your progress, provides instruction and fills in your record card on satisfactory completion of the activity



Expedition

Volunteering

Skills

Physical

What can I do in each section?

Volunteering

Aim

Making a difference to other people's lives.

Method

Any activity, which benefits other people, the environment or the community can count.

Examples

- Helping with youth group activities
- Taking part in fundraising events
- Helping with a decorating or gardening project
- Peer group support work
- Caring for someone, including family
- Looking after pets
- Community art and environment projects



Physical

Aim

To take part and show improvement in some form of physical activity.

Method

- Choose a physical activity
- Participate on a regular basis
- Take part with interest and enthusiasm
- Show improvement through increased fitness and/or skill and/or knowledge

Examples

- Keep fit through running/aerobics/multi-gym etc
- Multi-sports taster sessions
- Training with/playing in a team
- Learning to swim and improving
- Water sports, climbing, mountain biking
- Dance and gymnastics
- Skating, skateboarding, skiing and surfing
- Racket and club sports



Skills

Aim

To learn a new skill, discover a hidden talent or develop an existing interest.

Method

- Choose a non-physical interest
- Participate on a regular basis
- Take part with interest and enthusiasm
- Show improvement through increased skill and/or knowledge

Examples

- Music: listening, playing or singing
- Arts and crafts
- Computers and information technology
- Drama, films or video
- Fishing, pool, darts
- Needlecraft, woodwork, DIY
- Collections: stamps, coins or programmes
- First aid course

Expedition

Aim

To take part in an adventurous journey in a group.

Method

With a suitably qualified adult accompanying/supervising, carry out a journey involving non motorised travel by walking, cycling, sailing or canoeing. The journey must take place in 1 day and last for 3 hours.

Preparations

- Ideas for journeys
- Learning to navigate
- What to wear and carry
- Action in an emergency
- Things to see and do
- Caring for the environment
- Planning the journey
- Outdoor activity skills

How long will it take to complete?

At Level 1

- Each section requires 3 hours of activity which ideally should be half an hour or an hour spread over at least 3 weeks.
- The expedition takes place within a day but time is spent before you go out in planning and preparation. You can be accompanied by an adult; however the group must do the work with minimal adult help.
- For the other sections the activity can take place in, say, a week or be spread over a number of weeks.

At Level 2

- Each section apart from the expedition requires at least 4 weeks of activity.
- The number of hours is not fixed but there must be a minimum of 4 hours over the 4 weeks.
- The expedition requires 4 hours of activity in a day but again time has to be spent in planning and preparation.



What will it cost?

Cost of the award is £5 per person. This will be paid when you fill in your enrolment form.

There may also be a charge for the activities you do in each section, but that depends on what you choose to do.

What do I get?

Apart from fun, enjoyment, a chance to do activities with your friends and make new friends you get:

At Level 1: A Local Certificate of Achievement.

At Level 2: A Local Certificate of Achievement.

Who can authorise the Awards?

The Participation, Advocacy and Engagement Officer.

How will the awards be presented?

At Level 1

Certificates should be presented in the group.

At Level 2

We hope to arrange a local authority presentation. If this is not possible then the group should arrange a suitable presentation ceremony.

Who can run the award?

Any school or youth group. You need a responsible adult to oversee your award. The group must have an approved adult to oversee the award.

Who can supervise?

A suitably qualified or experienced adult must supervise the activities and be responsible for the safety and welfare of the young people. The adult must also supervise any volunteers working with the young people. Supervisors must also ensure that the minimum duration/hours of activity have been completed before signing off the record card.

Young people should be involved in the planning and preparation of activities. They should be encouraged to review their experiences and make a presentation of their activities on completion.

Adventurous activities should only take place in summer months (April to September).

What about insurance?

Groups are expected to arrange their own suitable insurance cover for any of the activities they wish to follow.

Young Civic Award

Contact details

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 North Tyneside Participation and Advocacy Team