



Social Inclusion Programmes

Tackling

- Unemployment
- Underachievement
- Anti-social behaviour
- Youth Crime and Gang Culture
- Disengagement



Go Make a Difference

What is Challenge 4 Change?

Challenge 4 Change is a registered charity that provides learning through fun and makes a real difference. It teaches effective communication skills, team skills, inspires confidence and motivation and enables people to overcome their perceived barriers in order to progress. C4C raises their aspirations and works with those members of society who are in most need.



The Challenge 4 Change Centre

The Challenge 4 Change Centre is the first of its kind in the North of England. Based in Trafford Park the Centre combines training rooms with a 13 station aerial trekking course over 35 feet off the ground, high ropes training activities, a climbing wall and a low level obstacle course.

Experiential Learning

C4C programmes and activities follow an experiential learning cycle – experiential learning is simply learning by doing. Our courses enable people to acquire skills, knowledge and understanding of both themselves and others through experience rather than through formal education or training.

These skills include problem solving, communication, leadership, motivation and interpersonal skills. Learners are also given confidence, self esteem and have their aspirations raised.

"Excellent motivational and team building activities, brought the learners closer together"

Alan, E2E Tutor



Staff

Challenge 4 Change uses highly experienced and qualified trainers, who teach, explain, demonstrate and inspire. This makes the learning process both fun and memorable.

Introduction to Social Inclusion Programme

Our Social Inclusion Programme aims to improve the lives of some of the hardest to help members of our society. Courses focus on reducing or eliminating barriers to employment and wider social participation and can offer progressions into further training, employment and education opportunities.

Engagement & Partners

Appropriate Engagement Activities and Programmes are developed with Partners e.g. education, health and criminal justice teams, other charities, training providers and statutory organisations. We help people to move away from drug and alcohol misuse, anti-social behaviours and criminal activities.

Our engagement can be in the form of one-off sessions, fixed-term courses and rolling programmes. They can operate as a stand alone or as a component or energiser within an existing programme e.g. weekly sessions have been delivered as part of Entry 2 Employment programmes and also to NEET groups via Connexions services.

Training Providers have also used C4C for motivational, reward and retention sessions which also deliver core skills in a fun and exciting way.

All sessions and programmes are developed to meet the specific needs of each partner and client group.

If you would like to find out more about our social inclusion programme and how it can support your work please telephone: **0300 123 1401**

Case Study

Graham

Graham was a powerfully-built young deaf man who often displayed aggressive behaviours.

He arrived at C4C to work within a group of ten 17-19 year olds, for a session in improving communication skills. During pre-course planning we decided to use non-verbal communication and ask Graham to lead.

Graham arrived separately and was greeted by C4C staff who established a level of communication that was comfortable and effective.

As the nominated leader, Graham flourished. With new found peer group respect, he revelled in the responsibility of his position. For the first time he was able to reach his potential by working as part of a team, and he clearly enjoyed the experience.

The feedback from Graham was extremely positive and the change in him was noticeable. This was due to the planning of the C4C staff and the hard work from Graham and the rest of the group.



“Tell me and I will forget.
Show me and I may remember.
Involve me and I will understand.”
(Confucius)

Our Programmes

Our programmes cover 5 key areas of operation: Community, Social Inclusion, Sport, Education and Corporate. If you would like more information on any of our courses, please contact us on **0300 123 1401** or by e-mail at **info@challenge4change.org**

Benefits

Benefits from courses will depend on the aims of each course and the client group. We can help you to identify how to maximise the benefits you can derive for your group. Some of the benefits include:

- > Improved problem solving and decision making skills
- > Enhanced thinking skills
- > Improved communication skills
- > Increased levels of confidence and self esteem
- > Understanding issues of conflict and how to resolve them
- > Opportunities to improve and develop team building skills
- > Developing effective leadership skills
- > Raising aspirations
- > Promoting understanding of self image
- > Improved personal and team physical development

“I really liked it and we all worked as a team”

Emma, NEET Group

Challenge 4 Change Centre

373 Trafford Park Road
Manchester, M17 1AL

T: 0300 123 1401

F: 0161 237 9458

E: info@challenge4change.org

W: www.challenge4change.org

“It was brilliant and I really enjoyed it – we pulled together as a team”

Shazad, E2E Learner