

# PRE-ENTRY CENTRAL BEDFORDSHIRE

The pre-entry programme is a series of sessions which will assist individuals in their journey towards learning and employment.



## Taster sessions

Typically 6-12 up to 3 hours per session

## Training Needs analysis

Discuss interests, talents, experience, opportunities, learning needs



## First Steps Workshops

**Creative /Art project** - Develop a painting or piece of artwork

**Media project** - Animation, producing a DVD on a relevant activity

**Music workshop** - i.e. Drumming

**Circus skills** - Uni-Cycle, Diabolo, plate-spinning

**Sports/Outdoor Activities** - Climbing, Golf, Fishing, football, orienteering

**Team Building/Trust Activities** - Group activities building trust, stepping out of comfort zones

**Photography** - Learning the ins and out of taking a great photo

**Weaving/arts and crafts** - Learning how to wave and make baskets and other arts and crafts activities

**Employability Skills** - CV writing, discovering your strengths

**Entrepreneurial Skills** - Skills to help starting businesses

## Accredited courses

*Improving Own Learning and Performance*

Accredited by the Open College Network, this unit enables the client to gather evidence while they are enjoying their favourite activities and measure their improvement in performance

**Support Available** - Crèche, transport, translation, and Information Advice and Guidance



For more information please contact the community and workplace team on:  
01234 272101 or email [community@energize-solutions.co.uk](mailto:community@energize-solutions.co.uk)  
and we'll get back to you as soon as possible.



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