



MAGNA VITAE

TRUST FOR LEISURE & CULTURE

Magna Vitae's Skill Builder

A fully funded
12 week programme



Magna Vitae is a Registered Charity, Charity Number 1160156. A Partner to East Lindsey District Council.

Your
future
starts

now...



Are you looking to build your skill sets?
Perhaps there is a certain qualification you're
interested in, that would look brilliant on your
CV? Well, *you're in the right place!*

*Here at Magna Vitae,
we are incredibly proud to
present to you this free,
fantastic opportunity!*

We bring to you our 12 week, fully funded
skill-builder programme! We have a whole
variety of experience and qualifications
available to you, that could help you gain
employment. You can achieve certification in
varied, transferable skills on a timetable that
is tailored to you! Not only will we help you
to build up your CV... We will help
you build YOU, too.

*What are you waiting for?
Apply now!*

Become familiar with some hands-on experience. Here's a peek at what you can expect from our skill-builder programme:

- You could learn the best interview techniques;
- First Aid at Work;
- Customer Care;
- Safeguarding Training;
- Food Hygiene Certification;
- Health and Safety in the workplace - and so much more!

The funded placement (if completed) can include:

- Basic nutritional advice - enabling a healthy body to match a healthy mind
- Information on how to stay active to combat mental health challenges
- Level 2 Emergency first aid at work
- Level 3 in paediatric first aid
- GDPR awareness for businesses and frontline staff
- COSHH awareness
- Training in display screen equipment
- Fire Marshall course
- Legionella awareness and understanding
- Mental health understanding, support mechanisms and how to support others in a workforce
- Training for personal protective equipment and staying safe in a working environment
- Safeguarding awareness

Alongside these qualifications and skills, individuals will be invited to work alongside the Magna Vitae Team in a variety of departments, including:

- Digital marketing
- Front of house experience
- Sales
- Coaching and lessons delivery
- Community outreach - supporting vulnerable adults
- Behind the scenes of our theatre
- A Day in the life of a Barrister
- A44 climbing experience

Finally, we expect in the 12 weeks supported scheme, learners will have developed:

- Skills in social interaction
- Team work and work place environment awareness
- How to be successful with varied communication methods
- Confidence in applying for varied positions
- CV and employability
- CV writing and Interview experience

magnavitae.org

What's on offer?

Full access to a 3 Month Platinum Membership:

As part of this programme, we will provide a 3 month platinum membership, which provides exercise classes and use of swimming pools (where available) - whilst also giving access to fitness sessions in the gym. This then allows fitness levels to be increased which can aid you with the National Pool Lifeguard Qualification (NPLQ)



Meet the Team/Communication/Interview Skills:

An informal chat. Communication methods, which will include social media, "text", email, phone conversations and face-to-face meets. The project lead will make notes regarding language, tone and improvements on how to improve these areas.



Tour of Site/Meet the Team

A tour of the site, detailing the internal workings of our venues and different departments.



Gym Induction and Health MOT:

Metrics include weight, segmental muscle and fat, total, intra and extra cellular fluids, skeletal and abdominal cavity analysis, metabolic efficiency, metabolic age and cellular performance. Education in how to maintain a healthy lifestyle and manage activity levels.



Nutrition Workshop:

During this session our qualified Nutritionist, Marko, will gather information about the learners health issues, lifestyle and food intake. He will then feed back with practical steps of what could be done, hand-outs where appropriate and a follow up consultation on how they have progressed.



Level 2 Emergency First Aid at Work course:

The qualification is Ofqual accredited and valid for three years, making it suitable for all industries and enabling you to meet HSE requirements. The Emergency First Aid at Work course comprises of practical work and theoretical classroom work, including practical assessment on CPR and first aid.



Level 3 First Aid in Paediatrics:

The Level 3 Paediatric First Aid training is a 2 day course lasting 12 hours in duration. You will cover a variety of both theoretical and practical based learning which will make sure you are competent in administering vital first aid skills to infants and children. Following on from this, you will then take an assessment to make sure that you have learnt the skills needed to become qualified. The Level 3 Paediatric First Aid qualification will remain valid for 3 years from the date you pass the assessment.



National Pool Lifeguard Qualification (NPLQ):

Completed towards the end of the programme. Starting as a Pool Lifeguard is a great way to get your 'foot in the door' in the sport, fitness & leisure industry. Benefits include - An excellent starting point for a career in the leisure industry; Opportunity for career progression as most leisure managers start as Pool Lifeguards; Work within a team; The NPLQ is recognised around the world, so potential to work and travel; The Qualification is valid for 2 years from date of passing the assessment.



GDPR Awareness Course - On Demand Training:

The General Data Protection Regulation (GDPR) is shaping policies and practices, not only in IT, but throughout virtually every department in organisations across the world. This course will explain the GDPR in simple terms, equipping you to make effective decisions and collaborate with GDPR compliance officers to ensure your business is toeing the line. GDPR compliance is essential not only for avoiding significant fines, but also maintaining the confidence of clients and stakeholders.



COSHH Awareness Course - On Demand Training:

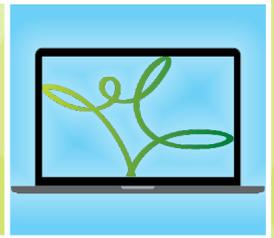
This Control of Substances Hazardous to Health (COSHH) Awareness for Frontline Staff online training course raises awareness of the dangers associated with hazardous substances and the practical steps that can be taken to eliminate or reduce the risks that they present. The course covers what hazardous substances are, the forms that hazardous substances can take and how to identify them, chemical storage and disposal, considerations when using hazardous substances and COSHH risk assessments.



Display Screen Equipment - On Demand Training:

This course covers the following topics:

- Key legislation and assessing risks
- Reducing display screen equipment risks
- Working from home
- By the end of this course delegates should understand the risks and control measures associated with using display screen equipment (DSE).



Fire Marshal Course - On Demand Training:

By the end of this course delegates should understand incidents involving fire, key legislation applicable to fire in non-domestic premises and work activities that could involve fire, the basic components of fire, how fire spreads, the ways fires are classified in the UK, how fires can be prevented, types and uses of fire extinguishers, risk assessment, fire safety arrangements and the key roles and responsibilities of the Fire Marshal. The course aims to give delegates an awareness of the dangers associated with fire and the practical steps that can be taken to minimise and control the risks that fire presents.



Legionella Awareness - On Demand Training:

The course covers the following topics:

- What is Legionella
- Terminology
- Team responsibilities
- Overview of Control measures
- Record keeping
- By the end of this course delegates should understand what Legionella is, the risk it poses, and the control measures required to operate a building safely.



Mental Health Awareness - On Demand Training:

Workplace and mental health, understanding common types of mental health problems and the impact on individuals By the end of this course delegates should understand what mental health is, the common types of mental health problems and how to look after their own mental health.



Personal Protective Equipment - On Demand Training:

The course covers the following topics:

- Information, Instruction and Training
- Safety Signs
- Use of PPE
- PPE Legislation
- What is PPE?
- Types of PPE
- PPE Selection
- Maintenance of PPE
- Storage of PPE
- By the end of this course delegates should understand the importance of and how to select, use, store and maintain Personal Protective Equipment.



Safeguarding Awareness - On Demand Training:

The course covers an awareness of the following topics:

- Definitions of Safeguarding
- Who is responsible for Safeguarding
- Different types of abuse
- How to respond to a disclosure
- Acceptable behaviour
- By the end of this course delegates should:
- Have a basic understanding of what Safeguarding is
- Be familiar with the different types of abuse and know how to recognise the signs and symptoms
- Know how you should handle a disclosure and who to report to whilst at work



Food Hygiene Certificate:

This Level 2 Food Hygiene course has been designed to help anyone who handles, prepares or serves food in the catering industry to understand their legal responsibilities. It also helps you to learn what constitutes best practice in regards to controlling food safety hazards, controlling temperatures, food storage, food preparation, personal hygiene and premises cleaning.



Challenging Behaviour Training:

Challenging Behaviour training course provides learners with the knowledge they need to respond to challenging behaviour in children of all ages. It goes into detail about the underlying causes and functions of the behaviour, the proactive strategies you can use to reduce the likelihood of it occurring, and how to deflect or react to low-level behaviour. The course will also discuss extreme challenging behaviour, including how to de-escalate incidents and put support in place (such as behaviour support plans, restorative practice, and targeted interventions) to help the child after the event. Perfect for anyone looking to work with a teaching / coaching environment.



Customer Service Training:

This course is designed to help anyone who works in customer service, or any role that would require customer service, improve their skills in order to provide a customer with the best possible experience each and every time.



Risk Assessment Course:

This course helps you to understand each of the key steps of a risk assessment, including how to identify risks, manage hazards and determine the likelihood of harm, so that you are confident in carrying out a risk assessment in a work place.



Learn to Swim Lessons (10):

This course is available to those that sign up to do their NPLQ - enabling those who need support to achieve their NPLQ qualification.



FAQ's

- **What is the 12 week skill-builder programme?**

This is a 12 week programme that supports people who may be struggling with mental health, social anxiety or people who are struggling for employment, so want to develop their skill set. The idea behind the programme is to help people develop their skills and support individuals in the local community.

- **Who is eligible for the programme?**

All applications will be reviewed by our training assessors. To be eligible for this scheme, you must live in a coastal

town. (1. Wainfleet and Friskney; 2. Croft; 3. Willoughby with Sloothby; 4. Alford; 5. Marschchapel; 6. Tetney; 7. Withern with Stain; 8. Skidbrooke with Saltfleet Haven; 9. North Somercotes; 10. Burgh Le Marsh; 11. Winthorpe; 12. Ingoldmells; 13. Chapel St.Leonards; 14. Trusthorpe and Mablethorpe South; 15. Grimoldby; 16. North Thoresby; 17. Mablethorpe North; 18. Seacroft; 19. Skegness; 20. St. Clements; 21. Mablethorpe Central; 22. Sutton On Sea South; 23. Sutton On Sea North; 24. Holton Le Clay; 25. Mablethorpe East).

- **How much will this cost me if my application is successful?**

Nothing! It is fully funded.

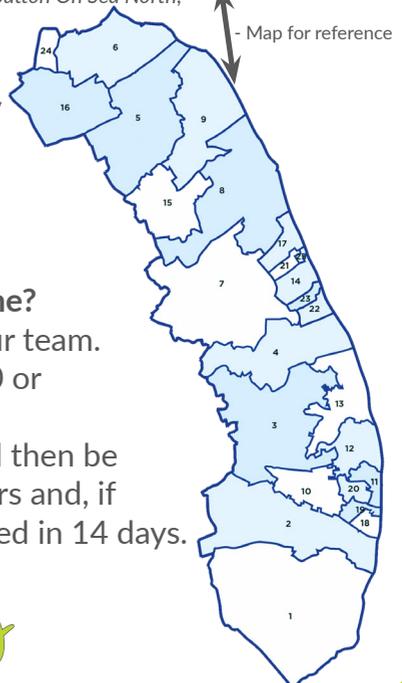
- **How do I apply for the programme?**

Just enquire with a member of our team.

You can call us on 01507 607650 or

email us at info@mvtlc.org

Your submitted application would then be reviewed by our Training Assessors and, if successful, you would be contacted in 14 days.



magnavitae.org



MAGNA VITAE

TRUST FOR LEISURE & CULTURE