

## How is my progress measured?

- You will be assessed at the beginning and end of this programme, and again after a further three months. This will help you see the progress you have made.
- During the Award Ceremony at the end of the course you will be able to invite guests, to see how you have developed over the duration of the course.
- You will also receive a detailed report and portfolio at the end of the programme outlining what you have learnt and how effective you have been in applying these new skills.

## Notes

## Instructors

**Andy Balfour:** has worked extensively for the fire service and childcare sector; as a qualified practitioner he has worked in various settings including outreach, project management and development, supported housing, training, and as an assistant manager of a residential therapeutic behavioural unit, delivering cognitive solutions based on the resilience model.

**Liz Warren:** coordinator of Evolution, has used her community media degree to creatively consult in various settings; residential youth homes, homeless hostels, within the travelling community and with alcohol / substance misusers. She is also qualified to psychometrically test candidates.



## Contact Details

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Tools For Skilled Thinking

## Information for Candidates

## Evolution: Youth Offender Project

This leaflet will help to answer any questions you may have about the programme and explains what is expected of you.

ROYAL BERKSHIRE  
FIRE AND RESCUE SERVICE

PREVENTING PROTECTING RESPONDING

## What is Evolution?

**Evolution is a group-based programme aimed at young adults, like yourself, who have been involved in offending.**

It is based on problem solving techniques which aim to teach you effective thinking skills. It will take the form of both interactive classroom sessions and practical activity days.

The practical days include activities such as fire service exercises (drills, breathing apparatus (BA) exercise, hose running), drama, role play, outdoor adventure activities (woodland based rescue) and games (board games and brainteasers).

## How will it help you?

You will:

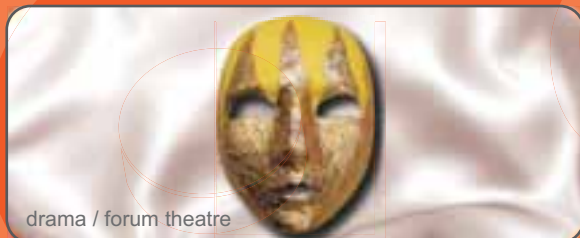
- Learn and practice new skills to help cope with problems.
- Improve your self control and general social skills.
- Learn and practice new ways of developing choices and making decisions.
- Improve your ability to see the point of view of other people, and take this into account when problem solving.

## How long is the programme?

Evolution will run over a four-week period and you will be required to attend three full days a week of theory and practical sessions.

You will be given short assignments to complete during the course to show your understanding of the skills.

Three months after the course you will be asked to attend a recap session, where you will be reminded of the skills taught and made aware of any improvements made.



## Who is it for ?

The course is designed for both males and females, aged between 13 to 18.

Referral onto the course will be made by your caseworker and then you will need to be assessed through an IQ test and an interview to ensure it is appropriate for you to attend.

There are limited spaces so it is important to note that a referral does not guarantee a place on the course.

## Course Content

The programme explores:

- Problem Solving.
- Social Skills.
- Effective Thinking.
- Anger Management.
- Managing Conflict.
- Morals / Values.

You will practice these skills consistently throughout the practical activities.

## Missing a session

- If you miss a classroom session you will need to do a catch-up session.
- If you miss two or more sessions, with an acceptable reason, you may have to start the programme again.
- If you miss two sessions, without good reason, you will have broken the conditions of your order and will be taken back to court.

## Use of video

Sessions are recorded on video tape to ensure the programme is being run in the right way. The tapes are confidential and are securely stored.

