



Free
training
opportunities

Success Through Sport.

For more information
or to enrol on a course
please contact the
City in the Community team
on **0161 438 7836**
or email citc@mcfc.co.uk

Are you unemployed and aged 18-25?
Do you want to have fun, get healthy
and receive **FREE** training and support
in your quest to find employment?
With 'Success Through Sport' you can.



Success Through Sport is an 8 week programme giving you the chance to:

- Get fit and get healthy
- Have fun and play sports
- Gain accredited qualifications
- Find volunteering opportunities
- Get personal support around finding a job or getting some training
- Go to MCFC home games
- Improve your employability

Success Through Sport is running 2 courses at:

Platt Lane Complex, Yew Tree Road,
Fallowfield M14 7UU

Nichols Campus, Manchester College,
Hyde Road, Manchester M12 6BA

Success Through Sport Programme Outline.

- 1-2-1 Health Trainer sessions to help change your lifestyle and improve your health.
- Personal support with job hunting, plus training and volunteering opportunities.

Programme Timetable

Week 1

Introduction / Fun sports session / 1-2-1 session

Week 2

Fun sports session / Coaching taster session

Week 3

Fun sports session / Health workshop

Week 4

Fun sports session / Employability skills workshops / 1-2-1 session

Week 5

Fun sports sessions / Employability skills workshops

Week 6

Fun sports session / Coach taster session

Week 7

Fun sports session / Mini job/training market

Week 8

Final sports session / Final preparations for FA 1st4sports certificate in Coaching Football Level 1 / 1-2-1 session

“Being on Success Through Sport has been great fun. I’ve got some new skills and qualifications, I’m about to begin volunteering and feel much better about getting myself a job. Plus I got to go to some City matches for free!”

Issy - STS participant