



LLANDARCY
ACADEMY OF SPORT
ACADEMI CHWARAEON
LLANDARSI

Sport & Public Services
Chwaraeon a Gwasanaethau Cyhoeddus

STUDENT OF THE MONTH
MYFYRIWR Y MIS

May - Mai



Chelsea Allen
PTA Group / Grŵp 'PTA'

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more than just an education
mwy nag addysg yn unig



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SPORTS and PUBLIC SERVICES

NEWSLETTER



NEATH PORT TALBOT COLLEGE
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Issue No. 7

Welcome to the 7th edition of NPTC's School of Sport & Uniformed Public Services (SPS) annual newsletter. Here you will find details of some of the sporting successes and activities that our staff and students have been involved in during the year.

It also introduces some further opportunities and challenges open to students over the coming months.

If you would like any information about the courses we run at Neath Port Talbot College, please visit www.nptc.ac.uk or contact Admissions on 01639 648000

Blog - Follow Your Dream Charity

BTEC Level 3 students involved with "Follow your Dream Charity"



BLOG REPORT:

We'd like to say a huge "THANK YOU" to our friends at Neath Port Talbot College and the Llandarcy Academy of Sport for helping us once again by hosting a Football Skills Workshop to a group of pupils from Ysgol Hendre, also based in Neath.

The morning was filled with lots of footballing fun and concluded with a 5-a-side game where the children were able to show off their passing and shooting skills.



A fantastic time was had by all but there was a final surprise for the children ... they were presented with a medal, football and rucksack by Eli Walker and Andrew Bishop, both play for the Ospreys and Wales rugby.

Follow Your dreams would to thank in particular Matthew Jones of the Sport Science Department, Julian Brock and the three 1st year sports students: Cameron, David and Lauren for their fantastic contribution on the day.

Swansea Prison Visit

Level 3 Public Services Student Report on Swansea Prison Visit

Neath Port Talbot College's Level 3 2nd Year Public Services' students took part in a visit to Swansea Prison on 20th March 2013. This was part of their 'Custodial care' and 'Security procedures' course units.

On entering the prison, we were greeted by two prison officers who would be showing us around, informing us about life in the prison, the work done by prison officers and lastly taking us through the correct security measures for all visitors. This visit to Swansea prison was 'a nearly full' tour of the entire prison, giving the students the chance to see many things that visitors wouldn't often get to see.

The officers taking us through the prison were a female officer and Officer Paul Mackay, who went to school with our lecturer-in-charge: Simon Adams.

At the beginning of the tour, we had to go through the proper search procedures before going further into the prison. A female prison officer provided us with information on what the search procedures are for all visitors and staff entering the prison. We then went through the same procedure as anyone else.

Anyone under the age of 18 must be searched by a female officer; a female officer also has the authority to search males and females; male officers only have the authority to search males over the age of 18. Searches carried out on visitors to the prison, are carried out on entry to the prison and when the individuals leave they conduct a rub down search. Items not allowed to be taken into the prison are kept in a locker held in the room where the searchee are conducted [they are not allowed to bring in any type of recording device such as mobile phones, other items they can't take in include car keys].

Visitors have to walk through a metal detector and you can also expect a sniffer dog to be used to check for any suspicious substances; they also randomly check the inside of some individuals' footwear (5% of visitors). The offenders are also checked in this way before and after they enter the areas where the visits are conducted. When dealing with individuals who enter the prison, such as legal representatives for court, they are searched at random. On the issue of religion and searches, the woman prison officer stated that she would pass any worries she had regarding this issues to a higher member of staff. The prison can refuse entry to people who don't co-operate.

We were then taken to the visitors' centre where we were provided with information on how prison visits for prisoners are usually conducted. We were informed that before the visits, prisoners and visitors are both searched; in fact, they will search all individuals, even babies. They have to keep changing their searching techniques because offenders are constantly trying to work round the boundaries. In the visiting area, they have a low table and chairs. Prisoners are not allowed to move from their chair whilst the visit is conducted. There are chairs on the other side of the table for visitors to sit. The visitors' centre also has an area with an isolation room where prisoners are allowed to have contact with visitors through a plastic screen. This is for inmates who are being punished for misbehaviour or can't be trusted not to try and smuggle items into or out of the prison.

To stop criminal activity in the visits, they have surveillance in the form of prison staff at both ends of the room to oversee activities and to intervene if something was to happen. They also have CCTV around the room, e.g. above tables and some hidden CCTVs. They also have points in the room (by certain tables) which are designed to make observation easier for prison staff. These areas are either closer to the members of staff in the room or their table is overseen by the CCTV in the room.



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STUDENT OF THE MONTH MYFYRIWR Y MIS March - Mawrth



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Beach Clean Up!

Beach Clean Up! : L3 Uniformed Public Services

On the 19th of April, we arrived at Blackpill Beach, Swansea Bay to take part in the National Beach Clean Up! The Beach Clean Up was being sponsored by Marks and Spencer; they also provided food and juice at the end of the Clean Up. We were briefed by a member of the Swansea branch of Marks and Spencer and from the Beach clean up team.

We set off into individual groups, scouring along the beach and towards the water to look for bigger objects. Ben found a traffic cone in the water and Joe a used tyre!! Needless to say, we both got filthy, but for a worthy cause!



Sam's group went along the shoreline looking for rubbish that people could step on. They found things such as drink cans, sharp bits of plastic, signs and deodorant cans. Each member of the group took it in turn carrying the bags, so we could all contribute to picking up litter. Sam's group filled up two bags with all the rubbish they could find. They also found a used syringe but there was no needle attached, so it was safe to pick up. Their group also found a squid and they walked down to the sea and put it back into the water so it could survive.

Overall, the Beach Clean Up was very successful because everyone enjoyed the day, it was nice to help out with cleaning up the beach and giving something back to the local council and the community. We are all very grateful and would like to say a huge thank you to M&S for the catering and for the W&ave who joined the Clean Up too!



We were taken in to a wing of the prison itself, where we had the chance to see the kitchen where prisoners were working. They informed us that the prisoners working there are doing so as part of a rehabilitation process where they will study educational courses and work to do within the prison in order to earn rewards such as visits with their families, qualifications or money to use within the prison. On the wing, we found that the prison itself was small and overcrowded because the prison holds twice the amount of prisoners that it is meant to.

We were also taken to have a look at a cell so we could get an idea of just how living in a cell can be very cramped and difficult.

Towards the end of the trip, we were then shown the exercise yard and the gym; whilst at the gym we had the chance to ask some questions to an officer acting as the gym instructor about intimidation by prisoners. Finally, we took the chance to sit down and get as much information as possible from Paul and the officers who showed us around before having to leave the prison.



Unfortunately we were unable to take a group picture for the visit outside the prison due to security reasons.

Everyone in the Public Services who participated greatly enjoyed this trip and found it to be very informative and an eye opener into life inside the prison for officers and prisoners.

Athletics

**NEATH PORT TALBOT COLLEGE CHAMPIONS!!
WINNERS OF BOTH THE SENIOR GIRLS & SENIOR
BOYS TITLES AT THE AFAN NEDD TAWE SCHOOLS
ATHLETICS CHAMPIONSHIPS!**

Report:

On Wednesday the 8th of May 2013, NPTC took part in the annual Afan Nedd Tawe Schools Athletics Championships. Each winner can progress to take part in the Welsh Schools Athletics competition at Brecon in June. NPTC took a large representation of students with both experienced and novice athletes trying their hand in a large range of events.

NPTC took home both the senior girls and senior boys schools title, a fantastic achievement! A number of students excelled in their respective events, with notable performances from Ellie Norkett, who won both the girls 100m and the shot put; Billy Promanchanta took home gold in both the 100m and long jump. Scholarship student and Welsh international triathlete Deri Stewart won a very competitive 300m, destroying the field and winning by nearly one minute. **Twelve NPTC students will now go on to represent Afan Nedd Tawe at the Welsh Schools' Championships on June the 19th 2013 in Brecon. Well done and good luck!!**

Football



BTEC Level 3 Sport students go for Goal!

Both Conah McFenton and Taylor Golding recently represented Wales Under 17 Schools.

On Wednesday the 15th of May, two NPTC students represented the newly formed Wales Under 17s schools football side. Unfortunately, the newly formed side lost 2-0 in Newport to an experienced and very talented London Academy side. This was a good opportunity for the boys to put their hands-up for places in next year's Under 18 schools side, who play in the prestigious Centenary Shield tournament which is televised on Sky Sports. This was a great year for Scholarship student Conah McFenton who also recently represented the Wales Under 18 semi-professional side in the Home Nations' Tournament.

Football

Swansea Pride Football tournament

On Sunday the 4th of May 2013, two Neath Port Talbot College Teams entered the NPTC-sponsored Swansea Pride football event which precedes the main Pride festival held in Singleton Park. Promoting the message of inclusiveness and diversity, the event saw eight teams from across the south Wales area take part in a friendly, yet competitive, football tournament. Neath Port Talbot College managed to get both teams through to the final which saw Neath Port Talbot College 1st Team beat their 2nd Team counterparts 14-5. To promote this message even further, Senior Lecturer, Andy Robinson, rolled back the years to play a glorious 10 minutes and showed the students how it was done in the 1980s! Player of the tournament, as voted by the organising committee, was Level 1 Public Services' student Billy Promanchanta.



Three Peaks Challenge

Llandarcy Academy of Sport: Three Peaks Challenge May 21st-22nd 2013

On the 21st and 22nd of May 2013, 30 students from the 2nd Year of the BTEC L3 Extended Diploma in Sport groups and the PTA group embarked on the **Welsh Three Peaks Challenge**. The Three peaks challenge incorporated walking up the highest peaks Pen Y Fan, Cadair Idris & Snowdonia within a 24-hour time span. Students and staff joined together to raise money for the **BRITISH HEART FOUNDATION**, which currently stands at approximately **£1,000!!**

We started in Brecon, with the smallest peak of Pen Y Fan, standing at 886m. The peak could not be seen at 11am on the 21st, due to the amount of mist and fog which turned to dampness as we walked up! After taking around two hours to get up and back, we refuelled before travelling the 2 hours by mini bus to the next mountain.

Located in Gwynedd, Cadair Idris was the next mountain standing at 893m. By 2pm, the weather was lovely with bright sun and blue skies; this was by far one of the most enjoyable walks, but its bumpy and rocky surface proved to be a challenge to some! On reaching the peak, we had a great photo opportunity and headed back down.

An hour later we arrived at Snowdonia, stopping for some food and well-earned refreshments! Finally, we reached our accommodation and recharged our batteries! Next morning, we woke at 6am ready for a 7am start! Standing at 1,085m Snowdon, the largest mountain in Wales and England proved a difficult walk. A harsh cold wind restricted our ascent, especially towards the top! We finally reached the summit after 2 ½ hrs and finished our Three Peaks Challenge in 23 hours! We recovered in the new café, located on top of the mountain before returning to the minibuses for the four-hour drive home. Well done gang!



Image of the group, before we started walking up Pen Y Fan - Leg 1 of the Three Peaks Challenge



Three members of the PTA class including Shayne Prior, Kelsay Hendra and Josh Maccarinelli in the company of Dai's dog 'Rip'.

Sporting Stars Shine



Newly appointed Scarlets' and Lions' player, George North, was guest of honour at Neath Port Talbot College's (NPTC) Annual Sports Ball and Presentation Evening. He gave up his time to present awards which honoured the various students that have made sport at the College so successful.

Also present at the event was the College's very own Dafydd Howells who shared the limelight following the announcement that he'll be making his Welsh Senior Rugby debut, touring to Japan in the summer.

Head of Sport at NPTC, Barry Roberts, said: "His dedication and commitment is finally paying off and underlies the important links we have at Neath Port Talbot with the Ospreys Academy at Llandarcy Academy of Sport, together with the exceptional Multi Sports facilities that help develop stars of the future!"

Over the course of the evening, several awards were presented to those who had experienced sporting achievements over the last year including top accolades for Sportsman and Sportswoman of the Year.

Richard Jones was named as Sportsman of the Year for his 'determination to squeeze out every drop of natural ability'. He is on target to achieve a maximum 18 Distinctions in his BTEC Level 3 Extended Diploma in Sport Qualification. Alongside his academic success, Richard is a Welsh International boxer, regularly training up to five times a week; early mornings before College and late in the evening after work. He also finds time to be NPTC's only Gold Young Ambassador; training the sport leaders of the future.

Richard was one of two students in the Neath Port Talbot County Borough to represent the County at the National Young Ambassadors Conference in Cardiff. He also works within the 5x60 schools programme as a sports coach at Cwrt Sant Comprehensive School, delivering quality extra curricular sport and physical activity provision. Richard has recently won a place at The University of Birmingham.

Sportswoman of the Year was named as Lowri Norkett who is a second year student studying a BTEC L3 Extended Diploma in Sport Qualification. She is Vice Captain of the Ladies' Netball team and an active member of the Ladies' Rugby squad and was one of the top try scorers in the recent Rosslyn Park 7s' Tournament. She is an excellent all round athlete who has also represented the College in athletics; Lowri is currently in the Afan Nedd Tawe Team, Welsh Netball Hub and plays Senior Netball for Pontardawe first team. Lowri is hoping to study Sports Coaching in UWIC this September.

Another top award for both academic achievement and sporting prowess was the Kieran Sparrow Award, which was presented in memory of a gifted and talented young student. This award went to Jemma Parfitt, Jemma is a second year A Level student, studying French, History and PE. Jemma is hoping to study a Joint Honours Degree in French and PE at Bangor University in September. She is a current Sports Scholarship student who plays Ladies' Football for Swansea City Ladies. She has been an outstanding member of the ladies' football squad and has represented the Welsh Colleges' football side for two consecutive years.

Pic Cap: NPTC's sports students who received awards from Lion's and Scarlets very own George North.

National Public Services Competition: cont



After our main meal, we made our way to the high ropes course, where we had to climb 'Jacob's Ladder'. Three other members were then positioned around the course and had to carry a small green ball around, then for the last person to throw it down to the last member who was locked in a stretcher. Our final event of the day was field craft, where we had to transport the casualty to the supply area; on our journey we had to search for ten items. One camouflaged hostile was hiding in the undergrowth. Once at the supply area, we used what was there to build a waterproof shelter which could fit the whole team in!

Later that night, we had our evening meal then again retired to our tent at 22:00 after a quiz in the main hall.

Sunday

On the final day, after breakfast we took part in the Crime Scene Investigation scenario which involved walking into a room and attempting to decipher a break in and theft. Once this was solved, we moved onto the problem-solving aspect of the contest which involved all members being blindfolded then given two shapes; the aim of this was to work out the two shapes that the assessor had and their colour.

Our second event on Sunday was a presentation. Four members of our group had to take part in front of a Police Officer; the Police Officer then assessed us on aspects such as confidence, knowledge and overall performance. We talked about things such as the X and Y theory and discipline. For our third, event we did the orienteering course that had each team running around the campus finding laminated sheets with unique codes. When we got back from the run, we had to answer a set of questions relating to map and compass work. Once we completed it and finished lunch, we took part in the low ropes course where two members were blindfolded and we had to make our way around the course as many times as possible. We finished with a final presentation to end the weekend and we were awarded certificates of achievement.

We headed home to Wales after an enjoyable weekend; it provided us with a huge insight to what skills we could develop and certain activities we may encounter in the many Uniformed Public Services' jobs.

Three Peaks Challenge

British Heart Foundation: Three Peaks Challenge!

1st Leg - Bottom of Pen-Y-Fan



2nd leg - Summit of Cadair Idris



Finished! The summit of Snowdon -

23 HRS Total Time!



Cricket Results

Cricket Results:

1. NPTC V BRECON COLLEGE
BRECON 178 FOR 8 - 40 OVERS
NPTC 130 FOR 7 - 40 OVERS
NPTC LOST BY 48 RUNS
2. BRITISH COLLEGES T20 COMPETITION
SOUTH GLOUCESTER COLLEGE - 165
NPTC - 137
NPTC LOST BY 28 RUNS
3. NPTC V MCC:
MCC 289 FOR 7
FOR 10
NPTC LOST BY 67 RUNS

Marines Trip

UPS Level 3 : Marines Trip

By Rhiannon James, Brooke Garwood,
Samantha Bymes and Zoe Austin

Introduction

On Thursday the 16th of May, students from both Public Services and Sport went to Cardiff Castle to spend the day with the Royal Marines. The purpose of the trip was to have an insight to the Royal Marines and Royal Navy lifestyle.

Briefing

When we arrived in Cardiff Castle, we were given a form to fill out with our personal details and what service we were interested in joining within the Royal Marines or the Royal Navy. We were then put into groups and given mentors for the day. The mentors then introduced themselves to us and told us their backgrounds and experiences in their service. The girls were separated from the boys because there was only one female member of staff. After being separated, we then warmed up ready for our first stand.



First stand

Our first stand was rock climbing. We were split into two groups because there were too many girls to do rock climbing at once. One group did the rock climbing and the other did the tug of war; after completing the first task, we then swapped over. Some of the girls decided not to join in with the rock climbing as they were scared of heights.

Second stand

The second stand was abseiling off Cardiff Castle. We had to put on all of the safety equipment including the harness, helmet and gloves. We were given a demonstration on how to put the harnesses on properly; we were then checked before heading up to the top of the Castle. Some of the girls yet again didn't feel up to doing this task and didn't even attempt to put the equipment on! Once the girls who wanted to take part were all kitted up we then went to the top of the Castle in groups of five. We were reassured that it was safe! We then individually got re-checked that the harnesses were tight enough and then were abseiled down the side of the Castle one by one.



Third Stand

The third stand was the Rigid Inflatable Boats (RIB). Before going on the boats, we were briefed on how to put on the life jackets and were told how they worked and what to do if they didn't. We were then split into two groups again as there were only two boats. We got on them and had about five minutes of driving up and down the river Taff. Some of the girls didn't hold on tight enough as about 3 of them ended up falling into the water! After we went on the boats we went for a half-hour lunch break.



Fourth stand

The fourth stand was the laser gun activity. We were split into two teams, the green team and the black team. The aim of the first game was to collect the yellow box from the other team. We then had to shoot the other team to gain points. The losing team then had to run around the field and back to the stand. The second game we played involved collecting the casualty from the middle of the field before the other team did. The girls from our College won both games!!

Fifth stand

The fifth stand was the food stand. We had to watch the Marines cook food which was chicken pasta. Whilst cooking, he was talking to the girls about the Royal Navy and Royal Marines and what it consists of, he also informed of our nutritional needs and what we should be eating. We then got to taste the food he had made. Our mentor then showed and explained the ration packs and passed a package of food to each of us..

Sixth stand

The sixth stand was looking at all the different guns and equipment they need to use. We were told about them and why they used them. We could take photos with them and hold them to feel how heavy they were.



Royal Marines combat

After finishing the last stand, we had to sit down and watch the Marines fighting. This was for self-defence; they have close contact with the enemy and they need to know how to defend themselves if they are attacked. They completed many different moves and ways of fighting, some with weapons too.

Conclusion

Overall, the day with the Royal Marines was fun and enjoyable. It was very interesting and has made us think about what we want to do in the future!

National Public Services Competition: L3 UPS

Why Did We Go?

We aimed to test the skills we had learned throughout our course, such as leadership, teamwork, communication, orienteering, etc. This would allow us to raise our performance in relation to other colleges.

Friday

We stayed at Brooklands College in Weybridge, from Friday to Sunday. Eight members of the Level 3 Uniformed Public Services course arrived at around 18:00. We exited the minibus and were shown which area we had been allocated to set-up and pitch our tents! At around 19:00, the group attended an opening presentation that gave an introduction to what was going to happen over the course of the weekend. We received a programme explaining in detail the time and location of each event.

At 20:00 that night, we took part in the first event, the tug-of-war. Unfortunately, because a competing college failed to turn up, we were forced to compete against another team, Coleg Sir Gar. This resulted in a two-nil loss. We retired to our tents at around 22:00 after our evening meal.

Saturday

We started the day at 06:00, then after breakfast we took part in the next event on our agenda. This was the 'Major Incident' event. This event was run by the Royal Air Force; the event involved the resuscitation and evacuation of one simulated casualty. The next event was Field Cookery, where we managed to achieve third place. Using only set ingredients consisting primarily of a trout, half a leek, a tomato, a potato, a carrot, and a range of spices and flavourings.

The next event was the Drill Competition. We were required to learn several commands such as left and right turn, about turn, quick march, eyes left and right, and halt. We then moved onto the fitness stage of the competition where three team members and one reserve member took part in a mini triathlon, where each member took part in either running, cycling or rowing, alternating every few minutes.