

Exit7

Sample Programme

The programme will depend on the group's fund raising events and availability of providers so will need adjusting accordingly.

First six month's programme

Session	Topic	Speaker	Notes
1	Introduction to the programme.	CD plus Leaders	Expectations of the group and leaders.
2	Parents and young people meeting	CD plus leaders	Set out the programme and the expectations. Consent forms for parents to sign
3.	Getting to know the group		Team building and familiarisation activities
4.	Fund raising ideas		
5	Food health and fitness	Helen Money	NHS Speaker
	HALF TERM		
6	Keeping safe/ online safety	Police	
7			
8	Drugs and alcohol awareness	Health service	
9	Fund raising ideas for Easter holidays		
10	Easter party		
	EASTER HOLIDAYS		
11	Welcome back session		
12	Fun cooking		
13	Managing your money	?	
14	Preparing for Blenheim Palace fund raising event.		Blenheim Palace event Sat 7 th May tbc
15	Preparing for Youlbury camp		Youlbury camp 13/14 May
16	Review of Youlbury Camp		Lessons learned about team work
17	Preparation for Abbey Park fun Day event		3 rd June Abbey Park fun Day event.
	HALF TERM		
18			School exams
19			School exams
20	Introduction to the Nasio Kenya trip	CD/ Nasio NH?	Young people and parents. Young people given forms to complete once they have decided to continue.

21	Talk and discussion about Nasio trip	A young person	A past Exit 7 ambassador to lead the talk and discussion
22	Drugs awareness		
23	Team time		Kenya team signed up. Support team formed.
24	Fund raising ideas for the summer		
25	End of sessions celebration		

One Year Programme

TERM 1

Session	Date	Topic	Speaker	Notes
1.	4 Sept	Welcome back. The year ahead. Personal journals distributed.	CD Leaders	The role of the two teams may need emphasising here.
2.	11 Sept	Fund raising review, targets and plans		
3.	18 Sept	First Swahili lesson	SS	Sophie Sheard to teach a song they will sing in church in Kenya. To be practiced once each week!
4.	25 Sept			
5.	2 Oct	East African geography, history and culture		
6.	9 Oct	Decision about the project to be completed in Kenya		
7.	16 Oct	Prejudice and discrimination awareness	Police	
	23 Oct	HALF TERM		
8.	30 Oct	Fund raising review		
9.	6 Nov	Bonfire Party ?		Could be a fund raiser? Insurance?
10.	13 Nov	Second Swahili lesson	SS	General greetings to be used at the start and end of every session from now on.
11.	20 Nov	Skills training for Kenyan project		
12.	27 Nov			
13.	4 Dec	Fund raising review		
14	11. Dec	Christmas party and quiz		
	18 Dec	CHRISTMAS HOLIDAYS		

TERM 2

1.	1 st Jan	Welcome back (in Swahili) Fund raising review	Leaders	
2.	8 Jan			
3.	15 Jan	Swahili Lesson	SS	Numbers
4.	22 Jan	Skills training for Kenyan project		
5.	29 Jan	HIV awareness		
6.	5 Feb			
	12 Feb	HALF TERM		
7.	19 Feb	Fund raising review		
8.	26 Feb			
9.	5 March	First Aid		
10.	12 March	Parents' meeting	Leaders CD NH	Travel plans, passports, visas, vaccinations and malaria Tabs, kit list.
11.	19 March	Fund raising over Easter		
	26 March	EASTER HOLIDAYS		

Term 3

1.	9 April	Welcome back (in Swahili) Fund raising review		
2.	16 April			
3.	23 April	Swahili Lesson	SS	Where? Who? Why? How?
4.	30 April	Prepare for Blenheim Park event		Blenheim event bag drop fund raising
5.	7 May			
6.	14 May	Bush Skills		
7.	21 May	Prepare for Abbey Park fund raising event		Abbey Park fun day fund raising event
	28 May	HALF TERM		
8.	4 June	Fun cooking		School exams
9.	11 June			School exams
10.	18 June	Fund raising review Radio training three weeks starts.		Radio training on three consecutive Saturdays in Oxford.
11	25 June	Final Parents meeting		Travel plans, no mobile phones, pocket money, kit list, packing, weight allowance etc.
12	2 July	Photography activity		How to take a brilliant photo
13	9 July	Swahili Lesson/ Quiz	SS	Money. Revision
14	16 July	Final preparations for		

		Kenya.		
15	23 July	SUMMER HOLIDAYS AND 10 DAY TRIP TO KENYA		

Post Kenya programme

1.	3 Sept	Post Kenya get together and review		
2.	10 Sept	Prepare for presentation to stakeholders and parents		
3.	17 Sept	Presentation/ Graduation. Exhibition of journals and prize for best.	Leaders CD JCranston	Parents, donors, friends, future Exit 7 members.
4.	24 Sept	What next? Discussion about how to use the experience. Options.	Andrea Freeman. Oxford Business School.	Volunteering Fund Raising Career CV Education options Future of the group Supporting Exit 7